



## Newsletter

October 2017

### Information

**ChAPS** are hosting a **Relaxation Session** by Leona for parents and adults on the spectrum on Thursday 12<sup>th</sup> Oct It will be held at our Northwich Training Room, Meadow Street, CW9 5BF at 11am-12pm. To book on, follow the link <https://www.eventbrite.co.uk/e/parents-relaxation-techniques-northwich-tickets-37908931635> Leona will also be running the relaxation sessions at Ellesmere Port parents and Halton parents meeting on the 9<sup>th</sup> October.

**The National Autistic Society** are hosting a Too Much Information – Autism Awareness Session. Too Much Information is the latest campaign from the National Autistic Society, giving an overview of what it might be like to be on the autistic spectrum. It encourages people to see things from the perspective of an autistic person and to challenge the myths, misconceptions and stereotypes that make autistic people feel so isolated and make society feel so unwelcoming. The session is being held on Monday 2<sup>nd</sup> October at Storyhouse Live, Hunter Street, Chester, CH1 2AR, 10am-12pm. You can book onto this at <https://bookwhen.com/tmi>

**Cheshire East Parent Carer Forum** are planning a 'back to school' coffee morning for parent carers in Cheshire East. This will be a chance to meet other parent carers, chat, share information and they would like to gather as much information as they can to find out what matters to parents. The session will be held at Holmes Chapel Leisure Centre, Selkirk Drive, Holmes Chapel CW4 7DZ on Tuesday 3<sup>rd</sup> October from 10am to 12.30pm. Children / young people will also be welcome, and there will be cake!

**Space4Autism** are hosting a Q&A session by David Rutley MP for families living with autism on Friday 6<sup>th</sup> October 7-9pm at The Tytherington Club, 90 Dorchester Way, Macclesfield SK10 2JP. Register for a place at [info.space@hotmail.com](mailto:info.space@hotmail.com)

**NAS CWaC** are holding a **autism friendly session** at **Cheshire Ice Cream Farm** Tattenhall, CH3 9NE on Saturday 7<sup>th</sup> October at 5-7pm. Entry to Ice cream farm is free, additional activities are charged at £2 per child per activity. Autism-trained staff in orange shirts will be on hand to enable families to access this relaxed session.

**Parent/Carer Wellbeing Event** - Free Event for Parent Carers of children with additional needs run by Cheshire & Warrington Carers Trust. Wednesday 18th October 2017, 9.30-2.30pm at McDonald Portal Hotel, Cobblers Cross Lane, Tarporley, CW6 0DJ. Workshops include - Mindfulness Movements, Coping with Stress, Interactive Massage, Hand Reflexology and Family Resilience or enjoy some time in the pool, spa, gym or just "me" time in the hotel. To apply for your free place please contact: The Parent Carer Information & Support Service is on 01606 352834 and by email [Sarah@cheshireandwarringtoncarers.org](mailto:Sarah@cheshireandwarringtoncarers.org)

**Urban Air Trampoline Park** in Winsford are keen to attract the autism community and provide autism friendly sessions. They are now also offering 1:1 Rebound Sessions. For more information visit their website <http://www.urbanaircheshire.co.uk/rebound-therapy> or contact **Nicola Finn or Grace Brennan** on **01606 212690** or email [info@urbanaircheshire.co.uk](mailto:info@urbanaircheshire.co.uk)

**Freedome Trampoline Park** in Cheshire Oaks have Autism Friendly sessions at 9am-10am Saturdays and Sundays at a reduced price of £7 or £11 with a carer. For more information you can visit their website <http://freedomecheshireoaks.pfestore.com/areas/Default.aspx> or call to book on 0151 356 7494.

**The Lowry** - On the last Sunday of every month **Relaxed Playhouse** is an accessible visual art activity for children with additional needs aged 5-11 and their families. Led by an experienced visual artist this laid back activity will offer families the opportunity to spend time together doing something creative and having fun. Relaxed Playhouse is free to attend but must be booked in advance as places are limited. For more information on this activity email the Lowry at [info@thelowry.com](mailto:info@thelowry.com)

"**Tanja Sharpe - Integrative Family Counselling & Mindfulness Cheshire**" [www.tanjasharpe.com](http://www.tanjasharpe.com) Offering; \*Young people's one to one & group counselling - ages 7+ in Schools, from one of our counselling rooms or online \*Parents/Carers & Adults in one of our rooms or online. **ChAPS families discount** at £30 per hour \*Mindfulness - by arrangement through **ChAPS** <https://tanjasharpe.com/> Thanks very much Tanja – highly recommended by **ChAPS**.

**Cheshire Carers Trust** run Parent Carer Support Groups/ Coffee Mornings in Cheshire East. They are informal friendly groups and often include activities and speakers. For more info Crewe, Congleton, Macclesfield and Poynton coffee mornings, times and venues, please check out the following website [www.cheshireandwarringtoncarers.org](http://www.cheshireandwarringtoncarers.org)

**Ellesmere Port Autistic Spectrum Support** their next coffee morning will be Tuesday 17<sup>th</sup> October at Cook Street Café CH65 4AT from 9.30–11.30am.

**Contact A Family** are re-branding to **CONTACT** and provide a range of useful leaflets around all aspects of parenting, and can help any family with disabled children. We have copies of their booklets in our Northwich Training Room. They have recently delivered workshops for us, and can be contacted by email for general enquiries on [northwest@cafamily.org.uk](mailto:northwest@cafamily.org.uk) or on their dedicated helpline 0808 808 3555.

**National Autistic Society** have an online hub, a safe space to join in online chat about various topics. Hub [http://community.autism.org.uk/?utm\\_source=Community\\_solus\\_email&utm\\_medium=email&utm\\_campaign=Community&utm\\_content=Segment\\_1](http://community.autism.org.uk/?utm_source=Community_solus_email&utm_medium=email&utm_campaign=Community&utm_content=Segment_1) . They also have a very supportive school exclusions section on their website, <http://www.autism.org.uk/services/helplines/school-exclusions.aspx>

**Autism Support Hub and Resource Library** are open Wednesdays 10-6pm during term time and have a range of resources as well as books to borrow. Parent membership costs £10 annually. For more information email Amanda or Karen on [autismlibrary@rosebank.cheshire.sch.uk](mailto:autismlibrary@rosebank.cheshire.sch.uk) or call on 01606 74975.

## Future Events

**Space4Autism** are hosting a Bonfire Night whilst watching nearby fireworks on the 4<sup>th</sup> November at The Quarry Stables, Moorside Lane, SK10 5RZ. 6pm-8.30pm. On the night there will be food, games, singing, and lots of fun to be had. For more information on ticket prices and to book on email [info.space@hotmail.com](mailto:info.space@hotmail.com) or call 07832 192488.

**AuKids Magazine** are hosting a comedy evening 'My Sons not Rainman' on Tuesday 7<sup>th</sup> November at The Plaza Stockport, Mersey Square, SK1 1SP, Stockport. 7.30pm – 9.30pm. You can book on via Facebook, [https://www.facebook.com/events/114966899168889/?active\\_tab=about](https://www.facebook.com/events/114966899168889/?active_tab=about)

**Crewe Lyceum** are hosting a **Relaxed Performance of Snow White** on Wednesday 3<sup>rd</sup> January 2018, at 2pm. £18 per person. The changes made are to enable those patrons the opportunity of enjoying the show within an environment which, hopefully, they will find far more comfortable. The changes are specifically as follows: the house lights within the auditorium are kept up rather than the usual darkening. All pyrotechnics are removed from the performance and the sound is brought down and controlled. To purchase tickets you can call the Box Office on 01270 368 242 or follow the link to book <https://crewelyceum.co.uk/Online/mapSelect.asp>

## Book and DVD Suggestions

A new book **Choice and control the autism friendly way** by Sue Hatton is now available from our lending library following a recommendation from a member who is a parent of an adult. He says 'Personally I like that its less than 90 pages and there are bullet point summaries at the end of most chapters. Interesting how the "received wisdom" in dealing with folk on the autism spectrum has changed over time (some chapters are written by guys on the spectrum) particularly relevant today when we have to respect the choices people make.'

We have two copies of '**Sensory Processing Yoga**' DVD for our lending library. The DVD features four easy to follow yoga classes; Alerting, Calming, Motor Planning and Postural Stability as well as various Breathing Exercises and a Guided Relaxation. Mel Campbell is a registered Occupational Therapist and advanced Sensory Integration practitioner, who has worked extensively with children and young people with sensory processing difficulties, which may be a symptom of their autism, ADHD, DCD, dyspraxia, motor or postural stability difficulties.

## Activities for Adults on the Spectrum

Our **Adults Independence and Living Skills** course started on the 8<sup>th</sup> of September currently taking place in Chester. We are hoping to schedule the next course in November in the Ellesmere Port area, please email Carey on [support@cheshireautism.org.uk](mailto:support@cheshireautism.org.uk) for more details.

**Crafty Club** run by Terri is being well supported by many of our adults group and is giving them a chance to socialize with parents of children on the spectrum. Why not come along to a session on 1<sup>st</sup> and 3<sup>rd</sup> Mondays in Runcorn office, and 2<sup>nd</sup> and 4<sup>th</sup> Mondays in Northwich office. Sessions are 1pm- 2.30pm. Thank you **Terri**.

**Spectrum Connect** will meet at New Images, Winsford on **Monday 2<sup>nd</sup> October** and **Monday 16<sup>th</sup> October** 8.30-10pm. Quizzes, board games as well as table football and pool.

**Quiz session by Ian** -next session will be in the New Year. Another Monday evening visit to the **Spinner and Bergamot, Comberbach** has been requested for over the Winter, also Wednesday evening at the **Cross Keys in Knutsford**. Please get in touch with **Carey** for possible dates.

**Parents of Adults** meeting on **Thursday 19<sup>st</sup> October** will be at the Cross keys, Knutsford.

**Yoga for Parents and adults on the Spectrum** will be 26<sup>th</sup> October, 11.30am -12.30pm. Come and join us for a lovely relaxing session.

**Chester Group** for Adults **ASPIRE** will be meeting at P3 York Street Chester CH1 3LR Wednesday 6<sup>th</sup> Sept, 11.30am - 1pm. See Facebook for more info on this group <https://m.facebook.com/groups/491332914410676>

**Aspergers Adults (Ellesmere Port)** is a group run by Carers Trust 4All and they meet at Trinity Church in Ellesmere Port on a Tuesday 7-9pm every other week, next one is 3rd October. For more information you can contact Angela or Charlotte on 0333 323 1990.

## Activities in Halton

**ChAPS** are hosting a Relaxation Session by Leona for Parents and Adults on the spectrum. This will be held at our Runcorn Office, the Old Police Station, WA7 1DF at 10am-11am on 9 October. The session will involve, demonstrating relaxation practices and discussing tips for relaxation for parents and adults to do at home. To book on follow the link <https://www.eventbrite.co.uk/e/parents-relaxation-techniques-runcorn-tickets-37993288950>

**Halloween @Runcorn Hill** Celebrate Halloween at Runcorn Hill with Spooky Science Workshops, Pumpkin Carving and a creepy Xplorer Trail. They will run Monday 24<sup>th</sup> October – Wednesday 26<sup>th</sup> October, the sessions will run at the following times: Monday 11.30am & 1pm, Tuesday 11.30am & 1pm, Wednesday 10am, 11.30am & 1pm. This is bound to be a very popular event so places must be pre-booked by emailing [Michelle.shuker@halton.gov.uk](mailto:Michelle.shuker@halton.gov.uk)

**Core Assets Group** FREE activity groups for children with disabilities aged 12 – 18 years. Children and young people will get the chance to experience a wide range of activities in a safe and stimulating environment. These activities are designed to allow young people to have fun, build confidence and make new friends. **WIDNES** Fortnightly Saturday group 10am-1pm at Upton Community Centre, Hough Green Rd, Widnes, Cheshire WA8 4PF. **RUNCORN** Fortnightly Saturdays groups 1:30-4:30pm at Murdishaw Community Centre, Barnfield Avenue, Runcorn WA7 6EP. For more information please contact Ross McCooey on 07967 381185.

**Sport Works** Swimming and mixed sporting activities for young people with additional needs at Beechwood Community Centre, Beechwood Avenue, Runcorn WA7 3HB. Between 4.30pm and 5.30pm on a Saturday. It will be fun based sports and multi skills activities, then between 5.30pm and 6.30pm the group will have exclusive access to the pool and the emphasis of this hour will be fun, play and water confidence. Sport Works staff join the young people in the pool in addition to supervision of the Centre's Lifeguard. Sessions need booking (costing £4.50) and to attend contact - Jon Uttley on 07539 851326 or [jon@sportworksltd.co.uk](mailto:jon@sportworksltd.co.uk)

**Mersey Storm** Wheelchair Rugby at Kingsway Leisure Centre for all abilities, disabled and able bodied. All equipment is provided. Friday 4.30-5.30pm and 5.30-6.30pm. £2 per session.

**Jump Nation Autism** friendly sessions available fortnightly on Saturday mornings at 10am. September sessions are the 2<sup>nd</sup> and 16<sup>th</sup> September. You can book via their website <https://www.jumpnation.com/classes/autism-friendly/> or by calling their booking line 0845 609 0799 (selecting option 2). The sessions are £8.95 and a carer would attend free of charge.

## ChAPS News

**Bowdon Calling** a laid back charity music evening with food on Friday 6<sup>th</sup> October. Huge thanks to Helen and Trish for organizing this – we are one of three charities that will receive a donation from the event. Full details here <https://www.eventbrite.co.uk/e/bowdon-calling-tickets-34503277231>

**Parents Meeting Ellesmere Port** We had a very relaxing parents meeting last month and the next meeting is Thursday 5<sup>th</sup> October. Leona has agreed to do another session on **relaxation techniques** for parents at Trinity Church in Ellesmere Port, come along for a coffee and a chat 7pm-9pm.

**Swimming Lessons** will be taking place starting September 26<sup>th</sup> and will run up to 7<sup>th</sup> Nov inc (but will not be on Tuesday 31<sup>st</sup> Nov). – this course is now fully booked. The next half term session will run from 14<sup>th</sup> Nov – 19<sup>th</sup> Dec inc. Please book on the Eventbrite waitlist for Nov/Dec course. **ChAPS** have been able to offer this fantastic new opportunity for our families thanks to the teaching provided by **Jeff**, and also to Greenbank School for providing the small safe pool. We are very grateful.

**ChAPS** have teamed up with **SPORT WORKS** to run a **multi sports and swimming session** at Ellesmere Port Sports Village on 2<sup>nd</sup> and 4<sup>th</sup> Saturdays. This has been funded by Sport England and we think this is a great extension to our current provision in Ellesmere Port. We hope that many of our future sporting enthusiasts benefit from it. Please book on using Eventbrite links. Big thanks to Jon for all his efforts setting this up.

**Mindfulness** for Children is currently running in Ellesmere Port, at the Cook Street Cafe training room. This course gives children the tools to cope with anxiety, stress, and anger; it is amazing. Every child, young person and adult including parents should practice mindfulness – it really does help. The next one will be in October in Chester, please register your children now!

Big thanks to **Chester Football Club** who provided weekly training for our children thanks to external funding. Sessions will re-start on Saturday 28<sup>th</sup> Oct. These sessions are for U11s only. Please let us know if your over 11s want to take part.

Our **Attention Card** and Autism Code Keyring are a superb support for anyone on the autism spectrum. Linked directly to Cheshire Police’s intelligence data system they can detail the difficulties that the person has and the appropriate support will be put in place for them. We are delighted that after a year of planning this initiative is being extended to **Merseyside Police** and we look forward to raising autism awareness in Merseyside and training their police officers – launching on 17 October!

We welcome our new Halton Support Worker **Emily** who has a wealth of experience with an adult brother on the spectrum. Please make yourself known and have a chat. She is on holiday now for 2 weeks though!

Both our OPEN OFFICE sessions in Northwich Training rooms and Runcorn Office are running again, however Tuesday 17<sup>th</sup> and school holidays will be **cancelled** due to other activities. If you require support, please message **Carey** on 07462 887815.

### What is being planned at the moment ...

**Intensive Social Skills** for children in Chester are now underway on Mondays. Please book here, if you are not already booked on for next course in Ellesmere Port. <https://www.eventbrite.co.uk/e/intensive-social-skills-classes-for-children-on-the-autism-spectrum-tickets-30158521951>

**Chester Business Club Annual Sponsored Walk** will take place on October 1<sup>st</sup> this year and we will be looking for walkers (2 or 4-legged varieties!) and sponsors. Please consider joining us on the day, and if you can’t make it, please donate to our **ChAPS** fundraising page, thank you.

**Training Programme for Parents** will be rolled out again on an evening session for our working parents starting on Wednesdays from 8th November in Northwich Training room 6.30-8.30pm. The last programme was excellent!

Our **Lego Therapy** sessions are running in The Club on Tuesday evenings at Northwich. It has taken months of work behind the scenes to get everything ready – massive thanks to the staff that have worked so hard.

### Diary Events Please book them in your diary! (Bold are the extra activities)

<b>1 Oct</b>	<b>CHESTER</b>	<b>Sponsored Walk at Chester Racecourse CH1 2LY with Jo &amp; Carey.</b>	<b>10.45am-2pm</b>
2 Oct	BLACON	Parents meeting at Matthew Henry Church Blacon with Toni.	11am-1pm
2 Oct	RUNCORN	Crafty Club with Terri at our Runcorn office with Carey.	1-2.30pm
2 Oct	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Paul & Nat.	5.15-6.45pm
2 Oct	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy and Bobbie.	7-8.30pm
2 Oct	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Di and Cathy.	8.30-10pm
<b>4 Oct</b>	<b>RUNCORN</b>	<b>The Best Gift is You at our Runcorn office with Tanja and Carey.</b>	<b>10-11.30am</b>

5 Oct	WINSFORD	Parents Meeting at Subway Delamere Street Winsford CW7 2LU with Carey.	9.30-10.30am
5 Oct	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul & Sam.	5-6.30pm
5 Oct	RUNCORN	Junior Youth Club at Lord Taverners Runcorn WA7 2PG with Mel.	6.15-7.30pm
5 Oct	E'PORT	Parents Meeting <b>Relaxation</b> at Trinity Church CH65 0AB with Paul & Sam.	7-9pm
<b>6 Oct</b>	<b>BOWDON</b>	<b>Bowdon Calling charity music night.</b>	<b>7.30pm-1am</b>
7 Oct	NORTHWICH	Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
8 Oct	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon & Diane.	10.30- 12pm
8 Oct	WIDNES	Anti-Gravity Yoga for kids at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
9 Oct	RUNCORN	Parents Meeting <b>Relaxation</b> at our Runcorn Office with Emily.	10am-12pm
9 Oct	NORTHWICH	Crafty Club with Terri at our Northwich Training Room with Carey.	1-2.30pm
9 Oct	BLAKEMERE	Barnaby's Playbarn family session with Carey, Di & Bobbie.	5-7pm
9 Oct	BLACON	Kidz Club at Ash Grove Day Nursery Blacon Point Road with Nat & Paul.	6-7.30pm
11 Oct	BLACON	Parents Meeting at The Enterprise Centre The Parade with Toni.	7-8.45pm
12 Oct	NORTHWICH	Parents Relaxation session at Northwich Training Rooms with Leona.	11am-12pm
12 Oct	E'PORT	Youth Club at Cook Street Café CH65 4AT with Tessa.	7-9pm
12 Oct	RUNCORN	Youth Club at Lord Taverners Runcorn WA7 2PG with Mel, Joanne & Lauren.	7-9pm
14 Oct	E'PORT	Multi Sports at Ellesmere Port Sports Village with Jo.	3-4pm
14 Oct	E'PORT	Family Swim at Ellesmere Port Sports Village with Jo.	4.15-5.15pm
14 Oct	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
15 Oct	B'TRAFFORD	Animal Therapy at Bridgefields CH2 4JT with Paul & Sam.	2-4pm
15 Oct	WIDNES	Anti-Gravity Yoga for Parents at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
16 Oct	CHESTER	Parents Meeting at Kingsway Community Suite Kingswood with Evie.	10am-12pm
16 Oct	RUNCORN	Crafty Club at our Runcorn office with Terri and Emily.	1-2.30pm
16 Oct	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Nat & Paul.	5.15-6.45pm
16 Oct	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.	7-8.30pm
16 Oct	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Cathy & Di.	8.30-10pm
18 Oct	RUNCORN	Crazy Club at Widnes WA8 with Emily & Mel.	5-7pm

19 Oct	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
19 Oct	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul & Sam.	5-6.30pm
19 Oct	RUNCORN	Junior Youth Club at Lord Taverners Woodside WA7 2PG with Mel & Emily.	6.15-7.30pm
20 Oct	DELAMERE	Walk for adults on the spectrum and parents at Delamere with Carey.	11.45am-2pm
<b>20 Oct</b>	<b>FRODSHAM</b>	<b>ChAPS &amp; ChAPettes Social night with Di and Jo.</b>	<b>7pm – LATE!</b>
21 Oct	WIDNES	Roller Disco at Kingsway Leisure Centre WA8 7QH with Mel.	5-6pm
23 Oct	NORTHWICH	Crafty Club with Terri at our Northwich Training Room with Carey.	1-2.30pm
23 Oct	BLACON	Kidz Club at Ash Grove Day Nursery Blacon Point Road with Nat & Paul.	6-7.30pm
23 Oct	RUNCORN	Spectrum Connect adults social at The Halfway House WA7 5NR.	8-9.30pm
23 Oct	NORTHWICH	Parents Meeting at Northwich Training Room with Diane.	7-9pm
<b>24 Oct</b>	<b>DELAMERE</b>	<b>Family walk and picnic lunch in Delamere Forest with Carey and Emily.</b>	<b>10.30-2pm</b>
<b>24 Oct</b>	<b>NORTHWICH</b>	<b>Falconry session at Blakemere with Carey and Emily.</b>	<b>2-3pm</b>
25 Oct	WINSFORD	Urban Air Trampolining in Winsford CW7 3RL with Carey, Di & Bobbie.	5-6pm
25 Oct	CHESTER	Youth Club at Newscene Chester with Nat & Paul.	7.30-9pm
<b>26 Oct</b>	<b>COTEBROOK</b>	<b>Family day at the Shire Horse Centre with Jo and Emily.</b>	<b>10.30-2pm</b>
26 Oct	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
26 Oct	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul & Tessa.	7-9pm
26 Oct	RUNCORN	Youth Club at Lord Taverners Runcorn WA7 2PG with Mel & Emily.	7-9pm
28 Oct	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Road WA16 9RU with Terri.	2-3pm
28 Oct	E'PORT	Multi Sports at Ellesmere Port Sports Village with Jo.	3-4pm
28 Oct	E'PORT	Family Swim at Ellesmere Port Sports Village with Jo.	4.15-5.15pm
31 Oct	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm
<b>31 Oct</b>	<b>DELAMERE</b>	<b>Family walk and picnic lunch in Delamere Forest with Carey and Emily.</b>	<b>10.30-2pm</b>
<b>31 Oct</b>	<b>NORTHWICH</b>	<b>Falconry session at Blakemere with Carey and Emily.</b>	<b>2-3pm</b>

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