

March 2024

ChAPS Newsletter



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ChAPS Fundraising Challenge

We are moving ahead with full steam towards our ChAPS Fundraising Challenge at the end of March. We are extremely excited for the challenge and have loved hearing about everyone's ideas!

Including Megan who is hosting a cake sale for the Warrington children's nursing team; our staff member Jo and her daughter Cerys, who are hosting a fundraising pop up at Northwich Rugby Club on Friday 29th March 11am-2pm; ChAPS member Freya and family; and our staff member Chloe, who is participating in a danceathon with the Louise Carter School of Dance.

We are also excited to announce our ChAPS Fundraising events! These events are open to all ChAPS Members and families and friends, and will be a great way to add to our ChAPS Totaliser. All booking links for the events can be found in the Activity Links.

It is not too late to be a part of this challenge. We would love for as many local clubs, schools, colleges, community groups, businesses, and members to participate in this idea as possible!

Could you walk 5 miles within the 10 days for ChAPS? Could you wash your parents, friends, family or neighbours cars? Or could you challenge your friends and family to guess how long it would take you to solve a RUBIX Cube? If so, then we would love to hear from you.

Or can you donate to our challenge? Our Go Fund Me Page is now live—to give a donation, please click here: <https://gofund.me/d1fc8c9a>

All contributions, no matter the size will make a big difference to our 'ChAPS Totaliser'.

Contact Chloe at chloe.carter@cheshireautism.org.uk for more information or to get involved.

ChAPS Fundraising Events:

ChAPS Easter Craft Evening

Tuesday 26th March, 5-7pm

ChAPS Autism Ark, Northwich, CW8 1BE



An evening for our members at The Ark with Easter Crafts and lots of fun! Attendees will be making easter chocolate nest cakes and decorating gingerbread men. As well as decorating plastic eggs, scratch art baubles, and making pom pom sheep.

The price is £2 per person. This session is open to the whole family.

Easter Bingo

Thursday 28th March, 6.30-8.30pm

ChAPS Autism Ark, Northwich, CW8 1BE



Come join us for our Easter Bingo—expect lots of bingo calls and some easter inspired prizes!!

The price is £2 per person as an entrance fee—this includes a free drink redeemable at the café. Bingo books will be sold on the night at £3 per book, remember the more books you buy, the greater your chance of winning! This session is open to the whole family and friends.

World Autism Acceptance Day Treasure Hunt

Tuesday 2nd April, 1-3pm

Theatre Porto, Ellesmere Port, CH65 6QY



Come join us for our World Autism Acceptance Day Treasure Hunt. Before you set off, you'll receive a trail sheet and pencil to help you with your adventure. All children participants will receive a special prize for competing.

The price is £2 per person.

This session is open to the whole family and friends.

ChAPS Easter Egg Hunt

Thursday 4th April, 1.30pm, 2pm or 2.30pm

Petty Pool, Sandiway, CW8 2DR



Our Easter Egg Hunt at Petty Pool is back! Before you set off, you'll receive a trail sheet and pencil to help you with your adventure. On completion of the trail, all children participants will receive either a chocolate egg or a bag of sweet treats.

The price is £2 per person.

This session is open to the whole family and friends.

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ChAPS Newsletter



Cheshire Autism
Practical Support

Holding the Space Mindfulness Course



After the success of our last 6-week mindfulness course, we are excited to announce another 6-week course starting in October.

The course is called 'Holding the Space' and will be delivered by Lee from Broad-Minded. The course will have a focus on self-awareness, having a positive mindset and really being in the present moment to move forward feeling empowered and at peace. Allowing yourself to be in harmony with life, your environment and all the challenges it brings. Having time out to relax, nurture self and revitalize the soul through mindfulness.

These courses are open to any parent carer living within Cheshire West and Chester.

This course will be delivered in Northwich (starting Monday 11th March) and Chester (starting Thursday 14th March) - to book on, please go to the [parent/carers section](#) in the activities section below.

Date & Time	Activity	Location
Monday 4 th March 1.15- 2.15pm	Yoga with Laura	St Mary's Hand-bridge Centre, Chester
Saturday 9 th March 10am-12.30pm	My Time <ul style="list-style-type: none"> Reflexology Tai Chi 	ChAPS Autism Ark, Northwich
Monday 11 th March 7-9pm	Northwich Holding the Space Mindfulness Course (6 weeks)	ChAPS Autism Ark, Northwich
Thursday 14 th March 12.30-2.30pm	Chester Holding the Space Mindfulness Course (6 weeks)	St Mary's Hand-bridge Centre, Chester
Thursday 14 th March 7-8pm	Qigong with Donna	ChAPS Autism Ark, Northwich
Saturday 16 th March 10am-12.30pm	My Time <ul style="list-style-type: none"> Mindfulness Movement Sound Bath 	St Mary's Handbridge Centre, Chester
Wednesday 20 th March 7-8pm	Mindfulness Movement with Lee	Queens Park High School, Chester
Friday 22 nd March 1.45-2.45pm	Yoga with Sarah	ChAPS Autism Ark, Northwich

National Autistic Society Seminars

We have three seminars to be delivered by the National Autistic Society – two on understanding and supporting stress and anxiety-related behaviour and one on sensory needs. All seminars will be at ChAPS Autism Ark.

Sensory Needs Seminar on Monday 4th March between 10am-2.30pm

- Brief intro on what is autism
- Sensory processing and our 8 sensory systems
- Sensory processing differences in autism

Supporting your child with their sensory processing differences

Understanding and Supporting stress and anxiety-related behaviour on Friday 8th March or Friday 19th April between 10am-2.30pm

- Brief intro on what is autism
- Communication and behaviour
- Stress and anxiety
- Low arousal approach
- Rumbling stage – meltdown/shutdown – recovery stage
- Helping your child to understand and manage their feelings

Refreshments will be provided, including a buffet lunch.

The price to attend is £5 per family. Each family can have up to two places – please only book 1 ticket for each family and add the names of those attending on the next step.

Please email info@cheshireautism.org.uk for more information

March 2024

ChAPS Newsletter



Outside ChAPS

This part of the newsletter focusses on services external to ChAPS that we feel may be of interest to you.



No Limits 2024

We are thrilled to be joining Disability Positive at their No Limits event on Saturday 2nd March. Disability Positive want to empower disabled people to live an independent life with No Limits. The event will have stalls with information and advice, disabled entrepreneurs, speakers and entertainment, including us! Come say hello to our amazing staff members and volunteers.

The event starts at 12noon at Brio Leisure Centre, Northwich. For more information, please click [here](#).

Are you looking for a paid job?
Supported Employment is a **FREE** service that helps people with learning disabilities and autism **find and retain paid employment.**

Find out more

We will help you figure out what kind of job you might like.

We will help you find jobs that are a good fit for your interests.

We will help you write a CV and prepare for interviews.

With your permission, we will discuss with your employer how they can better support you at work.

We will help you learn how to do your job with confidence.

Supported Employment Service

The Supported Employment Service offers high quality, personalised support for people with learning difficulties and/or autism which enables them to find, access and stay in employment.

The programme is funded by the DWP, Adult Social Care and Skills and Employment. They have a team of four Employment Support Officers and a Team Co-ordinator.

They have a referral form and enquiries can be emailed to our mailbox: supportedemployment@cheshirewestandchester.gov.uk

Little Shop of Horrors Relaxed Performance

Ellesmere Port Musical Theatre Company are pleased to announce that they will be performing the Little Shop of Horrors musical at St Mary's Creative Space Chester.

A deviously delicious musical, Little Shop Of Horrors has devoured the hearts of theatre goers for over 30 years. The meek floral assistant Seymour Krelborn stumbles across a new breed of plant he names "Audrey II" - after his coworker crush. This conniving carnivore promises unending fame and fortune to the down and out Krelborn as long as he keeps feeding it... BLOOD. Over time, though, Seymour discovers Audrey II's out of this world origins and its plans for global domination!

To assist people who have difficulties in attending theatre productions, they are pleased to announce there will be a relaxed performance on Sunday 17th March at 11am.

The sound will be lowered and the theatre will be fully lit. More details of the performance can be found in the visual story—click [here](#) to access.

Tickets are priced at £10 and are available by emailing: secretary@ellesmereportmusicaltheatre.co.uk



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Activity Links



All bookings will open on Thursday 29th February at 10am.

Bookings for each event will close at 5pm the day before the activity is due to take place.

Activities for Autistic Children

These activities are for autistic children only

(Activities listed in alphabetical order by location/town)

BRIDGE TRAFFORD:

Animal Therapy (4-18 years old)

- Sunday 17th March, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 6th March, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Kids Club (7-11 years old)

- Monday 11th March, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 25th March, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 4th March, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 18th March, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Tuesday 5th March, 5.30-7pm at Theatre Porto, CH65 6QY
- Tuesday 19th March, 5.30-7pm at Theatre Porto, CH65 6QY

Youth Club (11-17 years old)

- Thursday 14th March, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 28th March, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Kids Club (7-11 years old)

- Monday 4th March, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 18th March, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 11th March, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 25th March, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 13th March, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 27th March, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 10th March, 12.30-1.15pm or 1.30-2.15pm at Martial Arts Centre, WA8 0GZ

Activities for Families

These activities are for the whole family, including siblings.

(Activities listed in alphabetical order by location/town)

ELLESMERE PORT:

Swim Session

- Saturday 9th March, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 23rd March, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

World Autism Acceptance Day Treasure Hunt

- Tuesday 2nd April, 1-2.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

ChAPS Easter Craft Evening

- Tuesday 26th March, 5.30-7pm at ChAPS Autism Ark, CW8 1BE

ChAPS Easter Egg Hunt

- Thursday 4th April, 1.30pm, 2pm, or 2.30pm at Petty Pool, Sandiway, CW8 2DR

Easter Bingo

- Thursday 28th March, 6.30-8.30pm at ChAPS Autism Ark, CW8 1BE

Swim Session

- Saturday 2nd March, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

RUNCORN:

Swim Session

- Saturday 16th March, 5.30-6.30pm at Beechwood Community Centre, WA7 2PZ

WINSFORD:

Urban Air Trampoline Park

- Wednesday 27th March at Urban Air Trampoline Park, CW7 3RL
4.30pm– 5.30pm (under 10 years old)

5.30pm– 6.30pm (11-18 years old)

Activities for Parents/Carers

(Activities listed in alphabetical order by location/town)

CHESTER:

Holding the Space Mindfulness Course

- Starting on Thursday 14th March, 12.30-2.30pm at St Mary's Handbridge Centre, CH4 7HL
Dates of sessions: Thursday 14th March, Thursday 21st March, Thursday 28th March, Thursday 18th April, Thursday 25th April, Thursday 2nd May

Mindfulness Movement with Lee

- Wednesday 20th March, 7-8pm at Queens Park High School, CH4 7AE

My Time

- Saturday 16th March, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 27th March, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

Yoga with Laura

- Monday 4th March, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Parents' Meet

- Thursday 14th March, 7.45-9pm at Theatre Porto, CH65 6QY

HALTON:

*These activities have been funded by Halton Borough Council and are open to all parent carers who live within the Borough of Halton.

Go Ape Treetop Challenge

- Sunday 3rd March, 9.45am-2pm at Go Ape Delamere, Northwich, CW8 2JD

Parents' Meet

- Wednesday 20th March, 1.45-3pm at Old Police Station, WA7 1DF

KNUTSFORD:

Parents' of Adults Meet

- Friday 22nd March, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Friday 1st March, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 11th March, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Holding the Space Mindfulness Course

- Starting on Monday 11th March, 7-9pm at ChAPS Autism Ark, CW8 1BE

Dates of Sessions: Monday 11th March, Monday 18th March, Monday 25th March, Monday 15th April, Monday 22nd April, Monday 29th April

My Time

- Saturday 9th March, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 26th March, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 8th March, 12-1pm at Delamere Forest, CW8 2HZ

Qigong with Donna

- Thursday 14th March, 7-8pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Friday 22nd March, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE

Activities for Autistic Adults

(Activities listed in alphabetical order by location/town)

NORTHWICH:

ChAPS Easter Craft Evening

- Tuesday 26th March, 5.30-7pm at ChAPS Autism Ark, CW8 1BE

Crafty Club

- Friday 1st March, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 11th March, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Easter Bingo

- Thursday 28th March, 6.30-8.30pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 8th March, 12-1pm at Delamere Forest, CW8 2HZ

Spectrum Connect Northwich

- Monday 18th March, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Friday 22nd March, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

- Wednesday 6th March, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 20th March, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults' Meet Warrington

- Wednesday 13th March, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 27th March, 12-1.30pm at Saint Paul's Church, WA5 2RX

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 6th March, 5.45-6.45pm
- Wednesday 13th March, 5.45-6.45pm
- Wednesday 20th March, 5.45-6.45pm
- Wednesday 27th March, 5.45-6.45pm

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Need More Help?

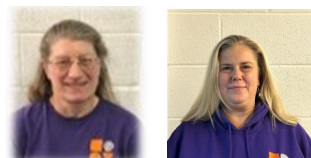


To make initial contact with staff, please use info@cheshireautism.org.uk and your email will be forwarded to the relevant person.

Ruth/ Jo - Admin Staff

For Attention Cards, Gift Aid, Child Registration Forms and everything else admin

T: 03448508607



Lisa– Admin Staff, Café & Support Worker

For Advice, Signposting and Support, Café and everything else admin

T: 03448508607



Caron - Support Worker

For Advice, Signposting & Support

Chloe - Activities and Fundraising Coordinator

For Activities, Room Bookings at The Ark and Fundraising

T: 07491 001360



Carey - Families Manager

For Counselling, Learning4Life, Swimming, Intensive Group Sessions & Support

T: 07462 887815



Natalie - Business Manager

For Recruitment, Finance, GDPR, Safeguarding, Health & Safety & Marketing

T: 07476 280356



Please note we take every precaution to ensure the information we share is accurate, but the information we signpost is not a recommendation from ChAPS (unless stated) and parents should do their own research about organisations and events signposted in our Newsletter. Professional colleagues who wish to **opt out** from receiving this Newsletter should reply to this email with unsubscribe as the message subject.