

ChAPS!

After a great February at **ChAPS**, we are so excited for the busy months ahead. In March, we will be planning and sharing ideas about how we can celebrate World Autism Acceptance Month in April. Everyone at **ChAPS** will be involved including staff, **Learning 4 Life** and those who attend our activities!

We are hoping to have some sponsored events to raise money for **ChAPS**. This could be a sponsored walk, swim, dance or even a sponsored silence! If you have any ideas, please do send us a message on info@cheshireautism.org.uk. We would love as many people as possible to get involved.

A Look at February...

Our Northwich **Learning 4 Life** provision worked hard on a Valentine's Day display for Waitrose in Northwich. After discussing their ideas, the team got to work on lots of decorations. The display was put up in store by **Learning 4 Life** for the community to enjoy! Thank you to Learning 4 Life and Alison at Waitrose for her continued support.

As we moved into half term, we saw a very busy week at **The Ark Café!** There were pancakes, cupcake decorating and milkshake specials which proved to be very popular with our visitors! Thank you to **Josh** and **Emily** for their efforts.

Our fantastic sensory room is also now open alongside the café! Thank you to The Steve Morgan Foundation who funded this amazing addition to **The Ark**.

The sensory room can still be booked for private hire. For more information, please contact **Emily** on operations@cheshireautism.org.uk.

Finally, we processed our 1000th Attention Card!
More information about how the card works and the application form can be found on our website:

<https://www.cheshireautism.org.uk/news/attention-card/>



CCG Parent Training

CCG Parent Training has been funded for a further 12 months by Cheshire CCG for the South Cheshire and Vale Royal areas. The training is delivered by Autism Support Consultancy and is incredibly valuable learning for parents who have little or no knowledge of autism. This training is specifically for any parents of newly diagnosed autistic children or children on the pathway. Across 6 weeks, a range of topics will be delivered such as autism and diagnosis, anxiety, communication, and sensory issues. The topics are tailored to the needs of the group.

To register your interest please complete the form on our website:

<https://www.cheshireautism.org.uk/ccg-parent-training/>

Funded Sessions for Parents/Carers - Making Mindfulness & Meditation a Habit

This course will be delivered by Diane Batterton from Cheshire Mindees. A habit is a settled or regular tendency or practice, especially one that is hard to give up. On the short course you will explore the benefits of daily practice and especially techniques that can easily be fitted into busy daily routines. This is funded specifically for parents and carers. You can do not have to be a **ChAPS** member to access this.

The next course will be held in Chester, and you can register your interest here:

<https://www.eventbrite.co.uk/e/152338989017>

ARFID (Avoidant/Restrictive Food Intake Disorder) Carer Support Group

In The Ark Café, we will be hosting a weekly support group for carers whose loved ones have ARFID or ARFID like presentations. This will be a safe space where carers can come together to discuss the challenges of this on everyday life, while sharing positive stories and experiences with other carers who are going through a similar situation. There will be various topics covered such as eating in school/ eating out, communication, information sharing with wider family and friends and more. It will be an opportunity for carers to come together and learn more about their loved ones eating.

Kerri Fleming will be supporting this group. She is a Registered Mental Health Nurse and Head of Specialist Services at BEAT.

To book a place, please use the following link: <https://www.eventbrite.co.uk/e/269722405977>

ChAPS Adults

- ◆ **Wednesdays** 6.00pm - 7.00pm Mental Health Awareness via Zoom with **Emma**
- ◆ **Fridays** 6:00pm - 8:00pm Special Interest/ Social Chat via Zoom with **Jennie**
- ◆ **1st Monday of the Month** Spectrum Connect Winsford with **Jennie & Bobbie**
- ◆ **3rd Monday of the Month** Spectrum Connect Northwich with **Jennie & Bobbie**
- ◆ **1st & 3rd Wednesday of the Month** Adults Meet in Halton with **Emma**
- ◆ **2nd & 4th Wednesday of the Month** Adults Meet in Warrington with **Emma**

Diary of Events

1 Mar	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
1 Mar	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
1 Mar	RUNCORN	Why Knot Knit? at the Old Police Station WA7 1DF with Emma.	7-8.30pm
1 Mar	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
2 Mar	RUNCORN	Adults Meet Halton at the Old Police Station WA7 1DF with Emma.	12-1.30pm
2 Mar	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane	2.30-3.15pm
2 Mar	ZOOM!	Adults Mental Health Support Group with Emma.	6-7pm
3 Mar	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara, Cathy & Lindsey.	10am-4pm
3 Mar	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
3 Mar	E'PORT	Parents Meeting at The Community Hub CH65 9BD with Diane & Leona.	7.30-8.45pm
4 Mar	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
4 Mar	NORTHWICH	ARFID Carers Support Group at The Ark Café CW8 1BE.	10.30-11.30am
4 Mar	NORTHWICH	Parents & Adults Delamere Walk CW8 2JD with Carey.	12-2pm
4 Mar	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
5 Mar	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
7 Mar	CHESTER	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
7 Mar	NORTHWICH	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Amanda.	5-6.30pm
7 Mar	CHESTER	Making Mindfulness & Meditation a Habit, St Mary's Handbridge CH4 7HL	7-9pm
7 Mar	WINSFORD	Spectrum Connect at The Hive CW7 3DA with Jennie & Bobbie.	7.30-9pm
8 Mar	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
8 Mar	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
8 Mar	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
9 Mar	WARR'TON	Adults Meet at R'Teacup Café at The Old School WA1 3AJ with Emma.	12-1.30pm
9 Mar	ZOOM!	Adults Mental Health Support Group with Emma.	6-7pm
10 Mar	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara, Cathy & Diane.	10am-4pm
10 Mar	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
10 Mar	WARR'TON	Climbing Club at North West Face Climbing Centre WA27NE with Lauren	6.15-7.30pm
11 Mar	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm

11 Mar	NORTHWICH	ARFID Carers Support Group at The Ark Café CW8 1BE.	10.30-11.30am
11 Mar	KNUTSFORD	Parents of Adults at the Kilton Inn WA16 0PZ with Carey.	11am-1pm
11 Mar	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
11 Mar	ZOOM!	Children's Mindfulness with Di MinDees.	6.30pm
11 Mar	ZOOM!	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
12 Mar	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.45-5.45pm
13 Mar	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel	12.30-2.15pm
13 Mar	CHESTER	SOSA Dance & Massages at St Mary's Handbridge Centre CH47HL with Cady.	12.30-3.30pm
14 Mar	NORTHWICH	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
14 Mar	CHESTER	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
14 Mar	NORTHWICH	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Lindsey.	5-6.30pm
14 Mar	CHESTER	Making Mindfulness & Meditation a Habit, St Mary's Handbridge CH4 7HL	7-9pm
15 Mar	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
15 Mar	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
15 Mar	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
16 Mar	RUNCORN	Adults Meet at the Old Police Station WA7 1DF with Emma.	12-1.30pm
16 Mar	ZOOM!	Autism & Anxieties Talk with Emma.	7-9pm
17 Mar	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara, Cathy & Carey.	10am-4pm
17 Mar	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
18 Mar	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
18 Mar	NORTHWICH	ARFID Carers Support Group at The Ark Café CW8 1BE.	10.30-11.30am
18 Mar	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
18 Mar	ZOOM!	Children's Chat with Di MinDees.	6.30pm
18 Mar	ZOOM!	Teen Mindfulness – 12yrs+ with Di MinDees.	7.30pm
19 Mar	NORTHWICH	SOSA Dance & Massages at ChAPS Autism Ark CW8 1BE with Lindsey.	10am-1pm
19 Mar	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm
20 Mar	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	12.30-4.15pm
21 Mar	CHESTER	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
21 Mar	NORTHWICH	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Amanda.	5-6.30pm

21 Mar	NORTHWICH	Spectrum Connect at ChAPS Autism Ark CW8 1BE with Jennie & Bobbie.	7-8.30pm
22 Mar	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
22 Mar	NORTHWICH	Yoga for Adults at ChAPS Autism Ark CW8 1BE with Sarah & Carey.	1-2pm
22 Mar	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
22 Mar	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
22 Mar	NORTHWICH	Parents Meeting at ChAPS Autism Ark CW8 1BE with Jennie.	8-9.15pm
23 Mar	CHESTER	Parents Meeting Lache Comm. Centre CH4 8HX with Diane & Leona.	10am-12pm
23 Mar	WARR'TON	Adults Meet at R'Teacup Café at The Old School WA1 3AJ with Emma.	12-1.30pm
23 Mar	WINSFORD	Urban Air Trampoline Park CW7 3RL with Lindsey & Nic.	4.30-6.30pm
23 Mar	ZOOM!	Adults Mental Health Support Group with Emma.	6-8pm
24 Mar	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara, Cathy & Carey.	10am-4pm
24 Mar	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
24 Mar	WARR'TON	Climbing Club at North West Face Climbing Centre WA27NE with Lauren	6.15-7.30pm
25 Mar	WINSFORD	Parents Meeting at The Hive CW7 3DA with Carey.	9.30-10.30am
25 Mar	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
25 Mar	NORTHWICH	ARFID Carers Support Group at The Ark Café CW8 1BE.	10.30-11.30am
25 Mar	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
25 Mar	ZOOM!	Children's Mindfulness with Di MinDees.	6.30pm
25 Mar	ZOOM!	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
26 Mar	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	3.30-4.30pm
26 Mar	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.45-5.45pm
28 Mar	NORTHWICH	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
28 Mar	CHESTER	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
28 Mar	NORTHWICH	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Lindsey.	5-6.30pm
28 Mar	CHESTER	Making Mindfulness & Meditation a Habit, St Mary's Handbridge CH4 7HL	7-9pm
29 Mar	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
29 Mar	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
29 Mar	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
30 Mar	ZOOM!	Adults Mental Health Support Group with Emma.	6-7pm
31 Mar	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara, Cathy & Carey.	10am-4pm

Need More Help or Information?

Ruth/Lucy, Admin Staff - For Attention Cards, Gift Aid, Child Registration Forms & everything else Admin

E: admin@cheshireautism.org.uk

E: office@cheshireautism.org.uk

T: 0344 850 8607

Rach/Cathy, Support Staff - For Advice, Support & Activities covered throughout the week/weekend

M: 07309 692786

E: support@cheshireautism.org.uk

Emma, Specialist Teacher - For Mental Health Therapy, Learning4Life, Adult Sessions & Training

E: therapies@cheshireautism.org.uk

M: 07462 868322

Emily, Operations Manager - For Activities, Venues, Eventbrite, IT & ChAPS Autism Ark Enquiries/ Bookings

E: operations@cheshireautism.org.uk

M: 07491 001360

Carey, Families Manager - For Intensive Group Sessions, Counselling, Learning4Life & Support

E: families@cheshireautism.org.uk

M: 07462 887815

Natalie, Business Manager - For Recruitment, Finance, GDPR, Safeguarding, & any fundraising ideas!

E: business@cheshireautism.org.uk

M: 07476 280356

Jo, Managing Director - For anything else!

E: jo@cheshireautism.org.uk

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 thank you.

www.cheshireautism.org.uk

