



Useful Services & Resources

Information, Advice & Support Service

<https://www.sendirect.org.uk/providers/sendirect-listings/my-services/information-advice-support-services-network-iass-network/>

Free confidential and impartial information, advice and support to parents and carers of young people aged 0 - 25 who have Special Educational Needs or Disabilities (SEND) as well as the young people themselves. As a parent or carer you can search for the team that supports your area by using the link. There are trained staff and volunteers who can support with filling in forms including EHCP, meeting preparation and sitting in on meetings to help keep track of what's happening. The service can offer information on SEN Law and Disability, health and social care. They can also give information on how to resolve disagreements relating to SEND.

Stem4

A teenage mental health charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage. Stem4 offers early detection through education in secondary schools and early digital intervention. <https://calmharm.co.uk/>

Autism Support Hub & Resource Library

For more information email Amanda or Karen on autismlibrarynas@gmail.com or call on 01606 783295. The Hub has a range of resources as well as books to borrow.

Making Space

For booking and more information contact their office on **01606 606694** or call **Yvonne** on **07773 226174**.

Making Space provide needs-led support to people caring for a friend or loved one with mental health difficulties, a learning disability or autism. They also have carer support groups in **Ellesmere Port, Northwich and Winsford**.

Local Events

Warrington Disability Partnership are running a Disability Awareness Day on **Sunday 14th July 10am-5pm** at **Walton Gardens, Warrington**. There will be stands with local support groups and services, equipment suppliers, holidays & transport, an arts marquee, a sports zone.

<https://www.disabilityawarenessday.org.uk/>

'LiveFest Music Festival' on **Sunday 21st July, 12-4pm** at **New Scene Youth Club, Chester CH2 2HH**.

There will be stalls, food & drink, a kid's corner, a dog show, buskers, singers and bands. There will also be a 'Little Tipple Bar' serving Gin and Prosecco. For more information you can call **01244 320479**.

Ellesmere Port Autistic Spectrum Support

have their next coffee morning on **Tuesday 16th July** at the New Creation Centre CH65 4BW from 9.30-11.30am.

Warrington Youth Club

run free **Buddy-Up Family Film Nights**, twice per month at **Penketh Methodist Church WA5 2NB**. **Buddy Up Gym Sessions** every Saturday at a cost of 50p per session for **young people up to 25** at **Junction Gym WA1 2LY**. NuvvyS@warringtonyouthclub.co.uk or call 07432 640939.

Royal Exchange Theatre St Ann's Square,

Manchester M2 7DH with the current buzz around accessing the arts this venue has a listing for relaxed performances you may be interested in. for more information visit:

<https://www.royalexchange.co.uk/relaxed-performances>

Velocity UK's Biggest Inflatable, Widnes are running an autism friendly session on **Wednesday 17th July, 6-7pm**. For more information call **0151 424 8613**.

Recommended Services

- **Urban Air Trampoline Park Winsford - Rebound Therapy**
<http://www.uacheshire.co.uk/rebound-therapy>
- **Tanja Sharpe - Confident Hearts Online Counselling, Coaching & Therapy**
www.confidenthearts.com.
- **Entwine Play Therapy - 1-1 sessions for children**
<https://www.facebook.com/EntwineParentChildAttachment/>
Contact Tara or Megan on thetreehouseplaytherapy@gmail.com or entwineattachment@gmail.com

Activities for Adults

ChAPS...

Northwich Crafty Club run by **Terri** is being well supported by many of our adults and it is giving them the chance to socialise with parents of children on the spectrum. Why not come along to a session and give it a try? **Northwich Office 1pm-2.30pm on Monday 8th & 22nd July.**

Spectrum Connect WINSFORD New Images Winsford on **Monday 1st & 15th July.**

Spectrum Connect HALTON The Halfway House Runcorn on **Monday 22nd July 8-9.30pm.**

Spectrum Connect CHESTER on **Monday 22nd July 12.30-2pm.** The Whitehorse Pub on the racecourse with **Claire.**

Delamere Walk with **Carey** on **18th July 11.45am-2pm.** You can book on via Eventbrite if you would like to join the walk. This will replace the monthly Parents of Adults support meeting for this month ONLY.

Yoga session for Parents and Adults on the Spectrum Northwich Training Room on **Tuesday 16th July, 11.30am-12.30pm.**

Men's Meet-Up at The Clock Tower, Northwich CW9 5NF with **Jeff.** This has been changed to every 2nd Thursday in the month. 7.30-9pm. Come along to meet other Dads & Males on the spectrum. A chance to socialise, chat and have a drink!

Local...

Axia in Chester will be delivering an afternoon of training aimed toward supporting Autistic individuals to gain knowledge and skills relevant to entering employment. You will focus together on applying for jobs, interview skills, managing stress and anxiety whilst going through employment processes, and working with employers to understand your needs.

The training will take place on **Friday 9th August, 12.30-4.30pm** at **Axia ASD Ltd, Red Hill House, Chester CH4 8BU.** The cost for this training will be **£15.** Places will be allocated on a first come, first served basis

Please email Axia on enquiries@axia-asd.co.uk or call 01244 567656 if you are interested and would like to reserve a place.

Merseyside Autistic Adult Support Group who are a small social support group for autistic people aged 16+ have planned a trip to visit New Ferry Butterfly Park on **Tuesday 23rd July, 12.45-2.30pm.** For more information, please email merseysideautisticadults@gmail.com.

Creating Adventures, Warrington are holding an over 18's supported needs nightclub event on **Wednesday 3rd July 7-10.30pm** at **Infinity at PJ's, 100-104 Bridge Street, Warrington, WA1 2RU.** For more information call 07834 168403 or 07712 660823.

ChAPS Bespoke Services

For Children...

Swim Lessons

We provide small group swim lessons on a Tuesday evening at Greenbank school pool near Northwich CW8 1LD. The lessons are aimed at non- swimmers and emergent swimmers. There are 8 places each half term for half an hour at either 4-4:30pm or 4:30-5pm. Jeff is a qualified swim teacher with lots of autism knowledge and the pool is small and warm.

The lessons will cost £7.50 per half hour from September 2019. Children can attend for 3 consecutive half terms and then will be returned to the waitlist to ensure that all children get a chance.

If you are interested in our swim lessons, please contact Carey on families@cheshireautism.org.uk.

Mindfulness

Our youth mindfulness programme has been very popular, it helps to give children new skills to help with anxiety and coping strategies, as well as helping them build resilience. It is an 8 week course which runs on one evening a week and we have delivered in Chester, Northwich, Ellesmere Port and Runcorn.

It is necessary to register interest for your child or young person aged 5-15yrs on this [link](#). Children will be grouped according to age. Grateful thanks to our Youth Mindfulness practitioners, Tanja, Gill and Di.

Lego-Based Therapy

A six week course for 1 hour on a weekday evening, in small groups of 6 children. The course follows the principles of LEGO®-Based Therapy to encourage children to increase their social skills by building LEGO® models in groups. The approach was developed by Dr. Dan LeGoff, a Clinical Neuropsychologist from Philadelphia, USA. The aim of the therapy is to help children to develop social interaction skills in a friendly, fun setting. We have delivered this learning in Runcorn, Northwich and Ellesmere Port. Sessions have also been integrated into The Club, Youth Clubs and ChAPS Holiday Club. To register your interest, please click [here](#).

For Adults...

Best Gift is You!

The Best Gift Is YOU! is a 6 week course, 2 hours per week for parents – it is a unique programme which helps parent carers to explore ways to reduce stress and anxiety while finding more calm, confidence and balance. The course combines CBT, NLP, Mindfulness and Self-help strategies. We have run day time and evening courses previously. Some comments from parents who have completed the course include...

'It has helped to reduce my anxiety and to deal with stressful situations. It has also made me think about how I can relax when I need to. The course itself is a relaxing hour and a half, but it also gives you more tools for relaxation and positive thinking.'

'This has been a fantastic course for me. It has helped me to look at self-care and how imperative it is in sustaining my own health and wellbeing and that of my family. The group and the leaders have helped me enormously with the sharing of their personal experiences to give me ideas and help me realise I am not alone. I wish it could continue for a further 8 weeks or more. It has helped me to consider helpful ways to move forward.'

'This course has allowed me to take a step back and go back to basics, strip everything back and meditate. I am able to use the techniques of Mindfulness & Meditation as a whole family with my children and the writing down and throwing away principles.'

'Attending The Best Gift is YOU course has provided me with the opportunity to share, develop and to appreciate others. I believe that more men would benefit from the lessons that the course imparts.'

If you are interested in this course, please contact Carey on families@cheshireautism.org.uk

The Club

A Specialist Socialisation group for children 7-11yrs at Northwich Youth Centre on Tuesday evenings 5-6.30pm. The Club runs every week including school holidays and costs £7.50 a week to access.

Parents wishing their children to be added to the waitlist should email Carey on families@cheshireautism.org.uk. Children on the waitlist will be offered a place when one becomes available.

Those children will then be offered a trial for half an hour with parents to assess whether your child will benefit from this provision.

Adults Independence & Living Skills (With OSSME)

A six week course for 1.5hours a week during the daytime for adults with autism, whether diagnosed or not. The course covers such topics as Autism and Me, Sensory needs, English Language and Literal thinking – the use of idioms and sarcasm, Budgeting and Healthy Eating. Other topics can also be explored should the attendees wish.

Adults who have completed the course will be invited to a PART 2 course if they wish.

There have been some amazing outcomes from the courses we have run including friendship groups, adults accessing the community, and supporting each other.

If you are interested in attending this course, please register your interest [here](#).

ChAPS Training

Professional Certified Training

We are delighted that we are an accredited provider through the Open Awards Excellence scheme. Our first course is 'Introduction to Autism' and we hope to follow with more course subjects as and when we have gone through the course certification process.

Bookings are now open for our 3 hour training session at our Runcorn and Northwich Training Rooms.

The cost is only £20 per person for just the training, and if you require a certificate then the cost increases to £30 per person. The first session had a 93% excellence rating from the attendees, so please don't miss this opportunity!

Here are the links to book on:

Northwich - <https://www.eventbrite.co.uk/e/professional-certified-training-introduction-to-autism-northwich-tickets-58864476233>

Runcorn - <https://www.eventbrite.co.uk/e/professional-certified-training-introduction-to-autism-runcorn-tickets-58784817973>

Parent Training Programme with OSSME

Sessions in our Northwich Office 6-8pm: 3rd July Anxieties and Stress Management Support

Activity Updates!

- **The Playbarn in Blakemere** has changed to the new time of **5-6.30pm**.
- **Meet the Professional event** with **Adult Occupational Therapist** Kerry Arnison will run on **Wednesday 24th July, 12-1pm** at **Northwich Training Room**. This is an opportunity for both adults on the spectrum and parents to meet with Kerry and ask questions about how best to support their needs at home for accessing the community and the workplace.
- **Urban Air Winsford** will be at a slightly later time for July and August 5.30-7.30pm.

- **The Climate Crisis, what you need to know.**

Wednesday 10th July, 1-2.30pm at our Northwich Training Room.

A discussion for anyone who has an interest in the climate crisis. Open to anyone, any age. This is an opportunity to have an open discussion with James who is a student on the autistic spectrum, and studying physical climate processes.

- **Climate Science Workshop**

Thursday 10th July, 6-7.30pm at our Northwich Training Room.

This workshop is ideal for anyone who is interested in the science of climate change - James is hoping to use some NASA resources on this fun and informative session to introduce young people (future scientists!) to the science of climate change, with an activity to graph global temperature rise. Following on from the activity, we can discuss ideas such as the difference between weather and climate, and look at techniques used to extend the temperature curve further back thousands of years. There will be a structure to the workshop, but attendees will be free to explore what they find most interesting, and there will be plenty of opportunities for discussion and asking questions.

Recommended for attendees: To be studying (or about to start studying) maths or a science at A Level. It should also be possible to use a tablet/ device (laptop or tablet) on the day, if you need to borrow one, please let us know.

Diary Events

Please book them in your diary!

(Bold are the extra activities)

1 July	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire.	11am-1pm
1 July	CHESTER	Kidz Club at St Oswald & St Thomas Hall CH1 4AG with Sam, Kat & Lauren.	4.30-6pm
1 July	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	6.45-8.15pm
1 July	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
2 July	RUNCORN	Independence & Living Skills Course Part 2 in Runcorn with Emily & Sara	10-11.30am
2 July	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Tracey.	4.30-6pm
3 July	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Julie & Steph.	4-6pm
3 July	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Bobbie.	5.30-6.45pm
3 July	NORTHWICH	Parent Training at Northwich Training Room: Anxieties & Stress	6-7.30/8pm
4 July	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
4 July	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam, Kat & Jess.	5-6.30pm
4 July	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
4 July	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Kat & Leona.	7-8.30pm
6 July	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
8 July	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm

8 July	CHESTER	Kidz Club at St.Oswald & St.Thomas Hall CH1 4AG with Sam, Kat & Lauren.	4.30-6pm
8 July	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Steph & Tracey.	5-6.30pm
8 July	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-6.30pm
9 July	RUNCORN	Independence & Living Skills Course Part 2 in Runcorn with Emily & Sara	10-11.30am
9 July	RUNCORN	Children's Yoga at Runcorn Training Room with Rach.	5.30-6.15pm
10 July	NORTHWICH	Climate Change Discussion at Northwich Training Room with James.	1-2.30pm
10 July	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-5.50pm
10 July	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
10 July	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Julie & Steph.	7-8.30pm
11 July	NORTHWICH	Climate Change Workshop at Northwich Training Room with James.	6-7.30pm
11 July	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui & Sam.	6-7.30pm
11 July	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
11 July	NORTHWICH	Men's Meet-Up at The Clock Tower CW9 5NF with Jeff.	7.30-9pm
12 July	WARR'TON	Parents Meeting at Walton Lea Project WA4 6TB with Tracey.	10-12noon
13 July	WINSFORD	Gardening at Over Allotments Winsford CW7 2ED with Di & Cathy.	11am-3pm
13 July	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire & Jonnie.	3-4pm
13 July	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire & Jonnie.	4.15-5.15pm
14 July	NORTHWICH	Pond Dipping at Grozone at Whalley Road CW9 5QA with Di & Nicola.	11.30am-1.30pm
14 July	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Rach.	12.30-2.30pm
15 July	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
15 July	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Sam & Lauren	4.30-6pm
15 July	WARR'TON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Tracey.	5-6pm
15 July	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	6.45-8.15pm
15 July	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
16 July	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
16 July	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Tracey.	4.30-6pm
17 July	CHESTER	Family Session at Fun4All CH1 4NT with Toni, Claire & Lauren.	4-6pm

18 July	DELAMERE	Walk for adults at Delamere Forest CW8 2HZ with Carey.	11.30am-2pm
18 July	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Kat, Sam & Jess.	5-6.30pm
18 July	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
20 July	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Rach & Mel.	5.30-6.30pm
21 July	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-12.30pm
21 July	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Terri.	2-4pm
22 July	CHESTER	Spectrum Connect at White Horse Pub CH1 2LY with Claire.	12.30-2pm
22 July	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
22 July	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Sam & Lauren	4.30-6pm
22 July	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Cathy F & Denise.	6-6.45pm
22 July	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
22 July	RUNCORN	Spectrum Connect at The Halfway House WA7 5NR with Rach.	8-9.30pm
24 July	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10-11.45am
24 July	NORTHWICH	Meet the Professional – Kerry Arnison at our Northwich Training Room.	12-1pm
24 July	WINSFORD	Family Session at UA Trampoline Park CW7 3RL with Carey, Di & Bobbie.	5.30-7.30pm
24 July	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Lauren & Jonny.	7-8.30pm
24 July	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Julie & Steph.	7-8.30pm
25 July	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui & Sam.	6-7.30pm
25 July	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
27 July	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire & Jonnie.	3-4pm
27 July	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Claire & Jonnie.	4.15-5.15pm
28 July	WARR'TON	Multi Sports at Lymm Leisure Ctr. WA13 0RB with Tracey, Lauren & Nic.	12.15-1.15pm
28 July	WARR'TON	Family Swim at Lymm Leisure Ctr. WA13 0RB with Tracey, Lauren & Nic.	1.30-2.30pm
30 July	CREWE	Parents meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm
31 July	CHESTER	Summer Holiday Club at Upton-by-Chester High School CH2 1NN	10am-4pm

Contact details for staff ...

Ruth *for attention card applications, forms, Gift Aid, child registration forms, admin.*

Admin 0344 850 8607 admin@cheshireautism.org.uk

Emily *for advice, signposting and support, Eventbrite issues, any activity queries, IT.*

Support 07462 868322 support@cheshireautism.org.uk

Julie *for all things Warrington.*

Warrington Manager 07491 001360 warrington@cheshireautism.org.uk

Carey *for intensive group sessions, staffing, venues, The Club, counselling.*

Families Manager 07462 887815 families@cheshireautism.org.uk

Cindy *for recruitment, finance, GDPR, safeguarding, and any fundraising ideas!*

Business Manager 07476 280356 business@cheshireautism.org.uk

Jo *for anything else!*

Managing Director 07764 842422 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

