



Information

Teach You Ltd will host a talk by Geoff Evans on '**Sexuality in Adolescence**' on **4th October** at St John's Church Hall, Church Lane, Guilden Sutton, CH3 7EW. Originally a Social Worker, Geoff has focused his career around supporting individuals with autism and is considered by many as an expert in the field, having recently been recognised as a finalist for the NAS lifetime achievement Award and the Liang Buisson outstanding contribution award. To book on, please go to <https://bookwhen.com/sexuality>

CAMHS are now running recruitment events for parents who are interested in attending their Cygnet Group which is a parenting support program developed for parents and carers of children/young people aged 8-16 years who have a diagnosis of an Autistic Spectrum Condition. Their next recruitment event is running on **Friday 12th October 2018** (for groups running in 2019), **8:30am - 12:15pm at Stanney Lane Clinic, Ellesmere Port** and then **2pm – 5:30pm at Marsden House, Brookdale Place, Chester**. Parents do not need to book, this is a drop in service where parents can come along and understand better what the group is about and if it would be beneficial to them.

NAS are holding a Too Much Information - Autism awareness talk at Storyhouse, Chester on **Tuesday 9th October**. This event will be presented by our volunteer Karen McGuinness and is open to anyone. To book a place go to <http://bookwhen.com/tmi87>

Cheshire West and Chester Local Authority will be hosting a meeting for anyone who is carer of a disabled adult with key officers from CWAC and Vivo in attendance. The Carers Meeting will be with Jennifer McGovern who is the Director of Integrated Adult Social Care and Health. It will be held on **Monday 8th October 3- 4.30pm** at **G1/G2 HQ 58 Nicholas Street, Chester CH1 2NP**. The meeting will provide an update on the ongoing support to carers (including Carers Assessments and the newly commissioned support service), an overview of adult social care developments, progress with local social care and health integration across the borough and an update on the support to Carers from the Council's company, Vivo Care Choices. If you are interested in attending, please notify Lisa Walker lisa.walker@cheshirewestandchester.gov.uk

North Wales' 3rd Annual Autism Conference 'Embracing the Autistic Voice to Transform Attitudes' will take place on **Friday 19th October 2018 8.30am-5pm** at **Catrin Finch Centre, Glyndwr University, Wrexham LL11 2AW**. Guest speakers will be Dr Wenn Lawson, Dr Luke Beardon & Dean Beadle. To purchase tickets for this event, please visit <http://shoutout.wix.com/so/3MIaTkRX?cid=e6b2f65d-a9ed-4448-9de6-19f5ec1749ae#/main>

Making Space is part of the new Cheshire West Carer Support Service. They are providing needs-led support to people caring for a friend or loved one with mental health difficulties, a learning disability or autism. They have a carer support group **every 3rd Thursday of the month 10am-1pm** at **Waterside House, Navigation**

Road, Northwich CW8 1BE Any new attendees would be warmly welcomed. They have now also extended their support to U16s and can support parents whose children are transitioning to high school, or who are in mainstream and need support. For booking and more information on what services Making Space provide to carers, please contact their office on **01606 606694**.

Autism Support Hub & Library which is run by The National Autistic Society CW Branch is now at **Maple Bungalow, Greenbank School, Greenbank Lane, Northwich CW8 1LD**. The Autism Support Hub is a place where you can access over 800 books and other resources. The hub promotes the aims of the branch, raising autism awareness and understanding through a variety of seminars, workshops, post-diagnostic support and speakers. They are open **Wednesdays 10am-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 or call on 01606 783295.

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.uacheshire.co.uk/rebound-therapy> or contact **Nicola Finn or Grace Brennan** on **01606 212690** or email info@uacheshire.co.uk Cheshire East families can receive this therapy free. Please note **any U6's must** be supported on trampolines by an **adult**.

Tanja Sharpe – Confident Hearts Online Counselling, Coaching & Therapy programs for parents and carers of young people with extra-ordinary needs. Please see the website for more details www.confidenthearts.com. Tanja's email is courses@confidenthearts.com. Thanks very much Tanja – highly recommended by **ChAPS**.

Entwine Play Therapy offer 1-1 sessions for children. There is a possibility to use funding from social care, adoption payments and the like for this. Costs are £45 per session and there is a minimum booking requirement of 5 sessions. If you require further details view <https://www.facebook.com/EntwineParentChildAttachment/or> contact Tara or Megan on thetreehouseplaytherapy@gmail.com or entwineattachment@gmail.com - highly recommended by **ChAPS**.

Cheshire Carers Trust run a Social Skills Group for Children age 8-14 in Ellesmere Port. The groups aim to improve social skills at this critical time in a child's life and also provide the opportunity to meet others with similar difficulties and strengths. The groups are held twice monthly alternating between Speech and Language Therapist sessions and exciting social outings where new skills learnt can be put into practice! For more information on this service please contact us on 0333 323 1990, select Option 1, then Option 2 or email cheshireeast@carerstrust4all.org.uk

Ellesmere Port Autistic Spectrum Support their next coffee morning will be **Tuesday 16th October** at the New Creation Centre CH65 4BW from 9.30–11.30am. The entrance to the centre is from the car park at the rear. EPASS also have a monthly bowling night. For more information or to make contact with Tessa Ede search for EPASS on Facebook.

Westminster Families Community Group is run by families in the Westminster area of Ellesmere Port. They hold a monthly community café and other events for Ellesmere Port residents. For details view their Facebook group <https://www.facebook.com/Westminster-Families-CG-149895718528317/> or contact Lisa Denson on 07948 613749.

Future Events

CwaC Parent Carer Forum have their next meeting on **Thursday 8th November**. Mark Parkinson, Director of Education, will be attending to share what actions are being taken in regards to the recent survey results. If you would like to attend the Forum but are not currently members, please contact their Secretary for details at the following email address secretary.pcf.cwac@gmail.com.

NAS are hosting an Exclusions Seminar on **Thursday 22nd November 2018**. This will take place at their new Hub at **Greenbank School, Northwich**. This seminar is for all parents and carers of children and young people with autism who would like to know what they can do if their child is excluded from school, or is at risk of exclusion. The talk will cover official exclusions (fixed period and permanent), but also informal (unlawful) exclusions, internal exclusions, part-time timetables, managed moves and the exclusion of pupils on the autism spectrum from school trips and afterschool clubs. To book please go to <http://bookwhen.com/exclusion>

Activities for Adults on the Spectrum

Adult Independence and Living Skills Part 1 training is designed to help adults with autism to become more independent and give them essential living skills. This fantastic training is delivered by OSSME – Autism Initiatives. If you are interested in attending this course, the next course will be available in Runcorn, please contact **Carey** on families@cheshireautism.org.uk and she will be able to answer your questions or register your interest here <https://www.eventbrite.co.uk/e/independence-living-skills-for-adults-on-the-autism-spectrum-tickets-30158677416>

Crafty Club run by **Terri** is being well supported by many of our adults group and is giving them a chance to socialise with parents of children on the spectrum. Why not come along to a session on 1st and 3rd Mondays in **Runcorn** office 12.30pm- 2pm, and 2nd and 4th Mondays in **Northwich** office 1pm- 2.30pm. There are many lovely creations being produced in these sessions - thank you **Terri**.

Spectrum Connect WINSFORD will meet at New Images, Winsford on **Monday 1st** and **Monday 15th October** 8.30-10pm. Quizzes, board games as well as table football, table tennis and pool.

Spectrum Connect HALTON will meet at The Halfway House, Runcorn on **Monday 22nd October** 8-9.30pm.

Spectrum Connect CHESTER will meet at Meltdown Café CH4 7BU on **Thursday 11th October** 7-9pm.

Yoga session for Parents and Adults on the Spectrum join us for a lovely relaxing session!

We have a session at our **Northwich Training Room** at **11.30am-12.30pm** and our Halton session at our **Runcorn Training Room** **1-2pm, both Thursday 25th October**.

Delamere Walk with **Carey** on Friday 6th October 11.30am-2pm. Please message Carey if you are joining the walk.

A Quiz Night for Adults on the Spectrum and Parents will be held at The Spinner and Bergamot Pub in Comberbach, Northwich CW9 6AY with **Carey** on **Monday 29th October**. Please email Carey on families@cheshireautism.org.uk for more information.

ChAPS News

ChAPS Website is continually being updated with the Local and National Services, so please do have a look as there is plenty of signposting advice there <http://www.cheshireautism.org.uk/>

Lego Therapy Club This is an intensive session for a small group of children age 10+. Each child is initially offered six sessions. The sessions will be in Northwich in our Training Room 5-6.30pm. You can use the car park. **Cathy** is leading these sessions. The Sept/October sessions are currently full but please email **Carey** on families@cheshireautism.org.uk if your child would like to be considered. We are aiming to run Runcorn sessions after October half term.

NEW! Street Dance for children aged 8+ at Active Nation, Runcorn WA7 2FQ with **Rach**. This will take place every 2nd & 4th Wednesday in the month. 5-6pm. The first session in the month is for children 8-12yrs and the second session in the month is for children 13+ yrs. **Thank you to Ashleigh at Studio A Dance for providing these sessions.**

NEW! Men's Meet-Up at The Clock Tower, Northwich CW9 5NF with **Jeff**. This will take place every 3rd Wednesday 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!

NEW! Boxing Session for children aged 8 and over at New Era Boxing, 7B Leftwich Warehouse, Queen Street, Northwich CW9 5NF with **Di**. This will take place every 2nd Wednesday in the month starting on the **10th October 5.30-6.30pm.**

Cheshire West and Chester Job Centre Plus As part of her role as Business Manager, **Cindy** has recently been working with all the Job Centres in Cheshire West to advise on the needs of clients with ASC. Looking at everything from lighting, quiet areas, distractions, support and understanding, **Cindy** has been impressed with the willingness to learn and enthusiasm from the staff, and will remain in touch with them regularly.

'Job Centres aren't what they used to be, they offer a range of services now including internet access, and one to one help to apply for Universal Credit, and well as job coaching. All of the centres have people who greet you at the door and help you to get to the right place. I met all three Disability Advisors, who are lovely and keen to support any of you who need their help. Please don't be put off, and think that going to a Job Centre will be overwhelming – if you contact the Disability Advisor, and explain your needs they will be able to arrange for a named person to meet you, and for a private room if you wish, and you will find them understanding, caring and patient.'

Job Centre Disability Advisors:

Northwich and Winsford – Pat Suter 01606 563200

Chester – Sonja Morrey - 01244 356103

Ellesmere Port – Jayne Johnson – 0151 552 8850

We are now providing a member of staff over the weekend (9am till 5pm) to help with bookings, cancellations, advice or signposting. On Saturdays please contact **Rachael Chaps** and on Sundays **Samantha Chaps** will be looking after you.

We have more new courses starting!

Parent Training Program with OSSME. This successful training course will be starting again in November running in Ellesmere Port with Sara Helsby from OSSME. The course has now been extended and will run for 9 weeks covering the following subjects...

- The 7 Senses that Autism can affect
- Comic Strip Conversations and Social Story supports
- Transitions to School, College, a New House, change of activity
- Girls on the Autism Spectrum
- Sensory Processing, Autism and Play Training
- Puberty / Sex Education Support
- PDA - Pathological Demand Avoidance
- Anxieties and Stress Management Support

Parent Training Program with Sarah Cobbe. After the success of running this course in Northwich in June, we are happy to be repeating the program in the autumn term at our Runcorn training room. Many thanks to Sarah for providing this fantastic training.

NEW! Supporting the Wellbeing & Mental Health of Autistic Children and Young People Training

The Charlie Waller Memorial Trust was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. Shortly after his death, his family founded the Trust to educate young people in the importance of staying mentally well and how to do so. Our programme provides evidence-based presentations and workshops that motivate, build confidence, inform and offer practical ideas and tools that can easily be put into practice.

This workshop is **ChAPS** members specifically tailored to supporting the needs of autistic children and young people with a special focus on anxiety. It will be delivered by Jo Billington, a Doctoral Researcher in the Centre for Autism at the University of Reading who is also parent to two autistic boys. Thank you to Jo for providing this workshop in Northwich in September. **After fantastic feedback from, this will be repeated in Runcorn in the New Year! We are looking to book something similar for Ellesmere Port too.**

And finally Warrington! We are delighted that thanks to a private funder we are going to be expanding into Warrington shortly. We are recruiting at the moment for a Warrington Manager and will need activity workers too for all our activities. There is very little autism specific provision in this borough, so we couldn't be more pleased to be able to offer our expertise in this area.

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

1 Oct	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire.	11am-1pm
1 Oct	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
1 Oct	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
1 Oct	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	7-8.30pm
1 Oct	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Di & Cathy.	8.30-10pm
2 Oct	NORTHWICH	Circus Skills at Barnton Life Church CW8 4HP with Naomi & Di.	4.30-5.30pm
3 Oct	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Claire.	5.30-6.45pm

4 Oct	WINSFORD	Parents Meeting at Subway Delamere St, Winsford CW7 2LU with Carey.	9.30-10.30am
4 Oct	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam J, Jacqui & Zara.	5-6.30pm
4 Oct	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Claire & Leona.	7-9pm
5 Oct	DELAMERE	Walk for adults at Delamere Forest CW8 2HZ with Carey.	11.30am-2pm
6 Oct	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
6 Oct	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
6 Oct	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
7 Oct	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Di & Kizzy.	11.45-1.15pm
8 Oct	RUNCORN	Parent & Toddler Meeting at our Runcorn Office with Rach & Leona.	10am-12pm
8 Oct	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
8 Oct	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-7pm
8 Oct	BLACON	Kidz Club at Ash Grove Day Nursery CH1 5NF with Sam J, Kat & Tina.	6.15-7.45pm
10 Oct	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
10 Oct	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	5.30-6.30pm
10 Oct	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Zara & Jonny.	7-8.30pm
11 Oct	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
11 Oct	E'PORT	Youth Club at New Creation Centre CH65 4BW with Kat & Zara.	6.30-8pm
11 Oct	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
11 Oct	HANDBRIDGE	Spectrum Connect at Meltdown Café CH4 7BU with Claire.	7-9pm
13 Oct	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
14 Oct	WIDNES	Anti-Gravity Yoga for Kidz at Martial Arts Centre WA8 0QZ with Mel & Rach.	2-4pm
15 Oct	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
15 Oct	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
15 Oct	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
15 Oct	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	7-8.30pm
15 Oct	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
17 Oct	CHESTER	Family session Fun 4 All Sealand Ind Est CH1 4NT with Toni, Tina & Claire.	4-6pm

17 Oct	WIDNES	Family Session at Crazy Club WA8 0TA WITH Rach & Mel.	5-7pm
17 Oct	NORTHWICH	Men's Meet-Up at The Clock Tower CW9 5NF with Jeff.	7.30-9pm
18 Oct	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
18 Oct	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam J, Jacqui & Zara.	5-6.30pm
18 Oct	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
18 Oct	CHESTER	Family Pilates at Lache Comm Centre CH4 8HX with Claire.	6.30-7.15pm
21 Oct	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-11.30am
21 Oct	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Sam J.	2-4pm
21 Oct	WIDNES	Anti-Gravity Yoga for adults at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
22 Oct	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
22 Oct	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Denise & Cathy F.	6-6.45pm
22 Oct	BLACON	Kidz Club at Ash Grove Day Nursery CH1 5NF with Sam J, Tina & Kat.	6.15-7.45pm
22 Oct	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
22 Oct	RUNCORN	Spectrum Connect Adults Social at The Halfway House WA7 5NR with Rach.	8-9.30pm
23 Oct	FRODSHAM	Climbing at Round Ponds Adventure WA6 6SU with Emily & Rach.	1-3.30pm
24 Oct	B'TRAFFORD	Childrens Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10-11.45am
24 Oct	RUNCORN	Tubing at Runcorn Ski Centre WA7 2PS with Emily & Rach.	10-11am
24 Oct	WINSFORD	Urban Air Trampolining Winsford CW7 3RL with Di & Carey.	4.30-6.30pm
24 Oct	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
24 Oct	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Zara & Jonny.	7-8.30pm
25 Oct	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
25 Oct	RUNCORN	Yoga for Adults at Runcorn Training Room with Stubbs Yoga.	1-2pm
25 Oct	E'PORT	Youth Club at New Creation Centre CH65 4BW with Kat & Zara.	6.30-8pm
25 Oct	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
26 Oct	CHESTER	Halloween Themed Cooking at Russian Style Crepes CH2 1QL with Emily.	10-11am
27 Oct	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
27 Oct	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm

27 Oct	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
29 Oct	NORTHWICH	Gardening Session at Grozone CW9 5QA with Di & Nicola.	1-3pm
30 Oct	CHESTER	Halloween Themed Cooking at Russian Style Crepes CH2 1QL with Emily.	10-12.30pm
30 Oct	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm
31 Oct	WINSFORD	Gardening at Over Allotments CW7 2ED with Di.	11am-1pm
1 Nov	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam J, Jacqui & Zara.	5-6.30pm
1 Nov	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
2 Nov	FRODSHAM	Climbing at Round Ponds Adventure WA6 6SU with Emily & Rach.	1-3.30pm
3 Nov	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
4 Nov	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Di & Kizzy.	11.45-1.15pm

Contact details for staff ...

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

Admin 0344 850 8607 admin@ or sam@cheshireautism.org.uk

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

Support 07462 868322 support@cheshireautism.org.uk

Carey *for advocacy, 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 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



Stere Morgan
FOUNDATION