

Useful Services & Resources

Information, Advice & Support Service

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.

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

The Wingate Centre

Whether you join them for a residential break or a day activity trip with your school or support organisation or use their fabulous sports and recreational facilities as a day guest, you will have the opportunity to develop skills, self-confidence and make friends in a unique and safe environment.

The Wingate Centre is an ideal place for people with a disability to enjoy lots of activities including sensory room, rebound therapy, dance and drama, either as part of a group or one to one to meet individual need. For more information you can use the contact details below:

T: 01270 780 456

W: <http://www.thewingatecentre.co.uk/>

E: office@thewingatecentre.co.uk

JAM Card App

JAM Card app enables people with learning difficulties to discreetly let someone know of their needs without verbalising it. You can also leave a review of places you have been to in order to rate how disability friendly it was. For more information you can visit <https://jamcard.org/jam-app>

Local Events

People's Choice Group run a singing group once a month at **The Den, Storyhouse, Chester CH1 2AR. 7-9pm**. The next session will run on **Monday 16th September**. The group is for 16yrs+ and you don't need to be good at singing, just want to sing along, have fun and meet new people! Especially for people with learning disabilities/autism but open to the whole community. The session will be run with support from Ella Speirs of Natural Voice Network. If you would like to attend please contact **Ali** on **07746 422282** or ali.peopleschoicegroup@gmail.com.

Together Trust are running an Autism Sleep Clinic workshop starting on **Thursday 10th September** running each Thursday for three weeks. This is being held at **Greenbank School, Hartford CW8 1LD, 10am-12.30pm**. To attend this workshop you must be able to commit to all three sessions. To book please contact Together for Families on 0161 2864201 or enquiries@togethertrust.org.uk.

Autism in Motion are hosting free training on 'Science behind Autism and Introduction to Sensory' ran by **OSSME** on **Monday 16th September** at **St Georges Community hub, Waresley Crescent, Liverpool L9 6BW. 6-7.30pm**. For more information and to book a place please call **07872 444652**.

North Wales 4th Annual Autism Conference will be held on **Friday 11th October** at **Venue Cymru, Llandudno LL30 1BB. 8.30am-5pm**. There will be guest speakers, live music, information stands and plenty more happening throughout the day. For more information about tickets and the event please contact 01244 567656.

National Autistic Society are running a Managing Anger Seminar on **Monday 16th September** at **The Clubhouse, Cheshire County Sports Club, Mannings Lane, Chester CH2 4ET. 9.30am-2.30pm**. For more information and to book a free place please visit www.bookwhen.com/anger

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...

Adult Independence and Living Skills Part 1 will be running again in Northwich starting **Tuesday 10th September** at **10am**, running for 6 weeks. This 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, please contact **Emily** on support@cheshireautism.org.uk

Crafty Club Northwich will run on **Monday 9th & 23rd September** at our **Northwich Training Room, 1-2.30pm**. This session is ran by our wonderful volunteer **Terri** and is open to both adults on the spectrum and parents.

Spectrum Connect Winsford at **New Images Winsford** is on **Monday 2nd & 16th September, 8.30-10pm**.

Spectrum Connect Halton is at The Halfway House Runcorn on **Monday 23rd September, 8-9.30pm**.

Delamere Walk with **Carey** on **Thursday 12th September, 11.45am-2pm**. You can book on via Eventbrite if you would like to join the walk.

Horse Sense is for parents and adults on the spectrum. The next session will run on **Wednesday 25th September, 10am-12pm** at **Freedom Equine, Bridge Trafford CH2 4JT**. For more information about this activity, please see the 'Activity Updates' box.

Local...

Aspire Chester's Autistic Adult Support Group host a meeting each month. Their next meeting is on **Wednesday 4th September 11.30am-1pm** at Storyhouse. For more information contact Jenny or Sandra via their Facebook group or email aspirechester@gmail.com

New Leaf are an organisation that brings together partners from across Warrington and Cheshire to change lives, create opportunities and make a positive contribution locally. They can offer support with employment, managing budgets, becoming more independent and much more. For more information you can visit <https://newleafcheshire.co.uk/>

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 1.5 hours 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

Open Award Certified Training for Professionals working with Autism

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. This course is certified to go towards CPD hours.

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!

September dates have been released! - 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>

Member's Discounts

We are currently expanding our links with local businesses and we are pleased to share with you our ever-growing list of **ChAPS** member's discounts. If you, or anyone you know, have a business that would like to offer a discount to **ChAPS** members please get in touch with **Emma** to arrange...

- **The Catalyst Museum, Widnes** - Free family pass. To use this you will need to show a confirmation email that can be requested at info@cheshireautism.org.uk
- **Urban Therapies, Heath Lane Chester**- 25% off massages. To use this you just need to show any email from us that has been sent in the last month- just to confirm you are a current member. Contact **07702 022722** or sandi.lawrence@yahoo.co.uk for more information.

- **Brio Leisure (All venues)** - Discounted Gym Membership at £26pcm instead of £32pcm or an off-peak membership at £22.50 per month. This membership also entitles a carer to attend free of charge. To access this discount you need to provide proof of diagnosis. For more information please call **01244 377086**.
- **Ness Botanic Gardens, Wirral** - Reduced rate of £6.25 pp and free carer access. To use this you will need to show a confirmation email that can be requested at info@cheshireautism.org.uk. For more information about Ness Botanic Gardens please visit <http://www.nessgardens.org.uk/>
- **Yoga Tales Children's Yoga, Chester**- £5 off 1-2-1 yoga therapy sessions. More information can be found on the Yoga Tales Facebook page or by emailing sam@yogatales.org.uk
- **DW Gyms (All venues)** - Discounted Gym Membership at £29pcm instead of £35pcm. This membership also entitles a carer to attend free of charge. To use this you will need to show a confirmation email that can be requested at info@cheshireautism.org.uk. For more information please call Dave on **0151 420 9100**.

Activity Updates!

- **Urban Air Winsford** will go back to the usual time from this month. **4.30-6.30pm**.
- **Horse Sense** is for both parents and adults on the spectrum. It is a session that consists of grooming, riding using a sensory saddle and communication with the horse. You are taught about horses and how to read their body language, including how to communicate back using your body language. This will lead into developing nonverbal communication with the horse so it can follow some basic instructions. These watching, understanding, learning, skills aim to improve communication skills.
- **Children's Yoga** in Runcorn will return this month at our **The Old Police Station, Mersey Road WA7 1DF**. We have had fantastic feedback from this session and hope the numbers continue to increase! This month's session will run on **Tuesday 10th September, 5.30-6.15pm**.
- **The Best Gift is YOU** returns to Runcorn this month starting on **Wednesday 18th September** running for six weeks, **12-2.30pm**. For more information about this course please see our 'ChAPS Bespoke Services' section above. To book a place please visit <https://www.eventbrite.co.uk/e/the-best-gift-is-you-tickets-67004515309>
- **Circus Starr** is the most relaxed and inclusive show on earth and we are very lucky to have been given tickets for our families! The show is at **Victoria Park, Knutsford Road, Latchford, Warrington WA4 1DG** on **24th September**. Members can book using the link from their booking links email. For more information about Circus Starr please visit <https://www.circus-starr.org.uk/what-is-circus-starr/>
- **Climate Crisis Talk** - We are incredibly lucky to have an expert, James, speaking at our **Northwich Training Room** this month which coincides with the global strike for climate in conjunction with the youth strike for climate. The talk will be suitable for teens and adults and is a great opportunity to learn the facts and help raise awareness.

We hope to see as many of you there as possible for this great cause!

Diary Events

Please book them in your diary!

(Bold are the extra activities)

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|---------------|------------------|--|-------------------|
| 2 Sep | BLACON | Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire. | 10am-12pm |
| 2 Sep | CHESTER | Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Claire, Kat & Lauren. | 4.30-6pm |
| 2 Sep | WINSFORD | Youth Club at New Images CW7 2HG with Di, Cathy & Jeff. | 6.45-8.15pm |
| 2 Sep | WINSFORD | Spectrum Connect at New Images CW7 2HG with Di & Cathy. | 8.30-10pm |
| 3 Sep | WARR'TON | Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan. | 4.30-6pm |
| 4 Sep | WARR'TON | Play Session at Warrington Sensory Centre WA1 4PN with Steph & Sarah. | 4-6pm |
| 4 Sep | CHESTER | Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Diane. | 5.30-6.45pm |
| 5 Sep | E'PORT | Kidz Club at New Creation Centre CH65 4BW with Sam, Kat & Jess. | 5-6.30pm |
| 5 Sep | E'PORT | Parents Meeting at New Creation Centre CH65 4BW with Kat & Leona. | 7-8.30pm |
| 5 Sep | RUNCORN | Youth Club Halton at The Acorn Club WA7 5EX with Mel & Dan. | 7-8.30pm |
| 7 Sep | E'PORT | Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire & Jonnie. | 3-4pm |
| 7 Sep | E'PORT | Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire & Jonnie. | 4.15-5.15pm |
| 7 Sep | NORTHWICH | Family Swim at Memorial Court Northwich CW9 5QJ with Terri. | 4.30-5.30pm |
| 8 Sep | NORTHWICH | Gardening at Grozone at Whalley Road CW9 5QA with Di & Nic. | 11.30am-1pm |
| 8 Sep | WIDNES | Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Steph. | 12.30-2.30pm |
| 9 Sep | NORTHWICH | Crafty Club at our Northwich Training Room with Terri & Nic. | 1-2.30pm |
| 9 Sep | CHESTER | Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Diane, Kat & Lauren. | 4.30-6pm |
| 9 Sep | BLAKEMERE | Family session at Playbarn CW8 2EB with Carey, Di & Bobbie. | 5-6.30pm |
| 9 Sep | WARR'TON | Bowling at Tenpin Warrington WA2 8RF with Steph & Dan. | 5-6.30pm |
| 10 Sep | NORTHWICH | Independence & Living Skills Course in Northwich with Carey & Sara. | 10-11.30am |
| 10 Sep | NORTHWICH | Yoga for Adults at our Northwich Training Room with Sarah & Cathy. | 1-2pm |
| 10 Sep | RUNCORN | Children's Yoga at Runcorn Training Room with Mel. | 5.30-6.15pm |
| 11 Sep | NORTHWICH | Boxing Session at New Era CW9 5JN with Mark & Di. | 4.50-5.50pm |
| 11 Sep | RUNCORN | Street Dance at Active Nation WA7 2FQ with Ashleigh & Emma. | 5-6pm |
| 11 Sep | DARESBUY | Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Sarah. | 7-8.30pm |
| 11 Sep | CHESTER | Family Pilates at Lache Comm Centre CH4 8HX with Claire. | 6.30-7.15pm |

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| 12 Sep | FRODSHAM | Parents Meeting at The Willow Tree Café WA6 7JA with Carol. | 9.30-10.30am |
| 12 Sep | DELAMERE | Walk for adults at Delamere Forest CW8 2HZ with Carey. | 11.30am-2pm |
| 12 Sep | E'PORT | Youth Club at New Creation Centre CH65 4BW with Jacqui & Jess. | 6-7.30pm |
| 12 Sep | RUNCORN | Kidz Club at The Acorn Club WA7 5EX with Mel & Steph. | 6.15-7.30pm |
| 13 Sep | WARR'TON | Parents Meeting at Walton Lea Project WA4 6TB with Steph. | 10-12noon |
| 15 Sep | B'TRAFFORD | Animal Therapy at Freedom Equine Centre CH2 4JT with Claire. | 10.30-12.30pm |
| 15 Sep | B'TRAFFORD | Animal Therapy at Freedom Equine Centre CH2 4JT with Terri. | 2-4pm |
| 16 Sep | CHESTER | Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona. | 10am-12pm |
| 16 Sep | WINSFORD | Gardening at Over Allotments Winsford CW7 2ED with Di & Cathy. | 4-5.30pm |
| 16 Sep | CHESTER | Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Diane, Kat & Lauren. | 4.30-6pm |
| 16 Sep | WARR'TON | Street Dance at StagePro Academy WA1 1HU with Ashleigh & Sarah. | 5-6pm |
| 16 Sep | WINSFORD | Youth Club at New Images CW7 2HG with Jeff, Cathy, Bobbie & Nic. | 6.45-8.15pm |
| 16 Sep | WINSFORD | Spectrum Connect at New Images CW7 2HG with Jeff & Cathy. | 8.30-10pm |
| 17 Sep | WARR'TON | Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan. | 4.30-6pm |
| 18 Sep | RUNCORN | The Best Gift is YOU at our Runcorn Training Room with Tanja. | 12-2.30pm |
| 18 Sep | CHESTER | Family Session at Fun4All CH1 4NT with Toni, Claire & Lauren. | 4-6pm |
| 18 Sep | WIDNES | Family Session at Velocity WA8 0GW with Mel, Emily & Dan. | 5-6pm |
| 18 Sep | NORTHWICH | Climate Crisis Talk at our Northwich Training Room with Bobbie. | 6.30-8pm |
| 19 Sep | KNUTSFORD | Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey. | 11am-1pm |
| 19 Sep | E'PORT | Kidz Club at New Creation Centre CH65 4BW with Sam, Kat & Jess. | 5-6.30pm |
| 19 Sep | RUNCORN | Youth Club Halton at The Acorn Club WA7 5EX with Mel & Dan. | 7-8.30pm |
| 21 Sep | RUNCORN | Family Swim at Beechwood Comm. Centre WA7 3HB with Mel & Emma. | 5.30-6.30pm |
| 22 Sep | WARR'TON | Multi Sports at Lymm Leisure Ctr. WA13 0RB with Dan, Steph & Nick. | 12.15-1.15pm |
| 22 Sep | WARR'TON | Family Swim at Lymm Leisure Ctr. WA13 0RB with Dan, Steph & Nick. | 1.30-2.30pm |
| 23 Sep | CHESTER | Spectrum Connect at White Horse Pub CH1 2LY with Claire. | 12.30-2pm |
| 23 Sep | NORTHWICH | Crafty Club at our Northwich Training Room with Terri & Nic. | 1-2.30pm |
| 23 Sep | CHESTER | Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Diane, Kat & Lauren. | 4.30-6pm |

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| 23 Sep | NORTHWICH | Dog Training in Lach Dennis CW9 7SZ with Cathy & Denise. | 6-6.45pm |
| 23 Sep | NORTHWICH | Parents Meeting at our Northwich Training Room with Di & Leona. | 7-9pm |
| 23 Sep | RUNCORN | Spectrum Connect at The Halfway House WA7 5NR with Emma. | 8-9.30pm |
| 24 Sep | WARR'TON | Circus Starr at Victoria Park Warrington WA4 1DG with Emma. | 4.45-6.15pm |
| 24 Sep | CREWE | Parents meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen. | 8-10pm |
| 25 Sep | B'TRAFFORD | Horse Sense at Freedom Equine Centre CH2 4JT with Claire. | 10-11.45am |
| 25 Sep | WINSFORD | Family Session at UA Trampoline Park CW7 3RL with Carey, Di & Bobbie | 4.30-6.30pm |
| 25 Sep | CHESTER | Youth Club at Lache Comm Centre CH4 8HX with Claire, Lauren & Jonny. | 7-8.30pm |
| 25 Sep | DARESBURY | Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Sarah. | 7-8.30pm |
| 26 Sep | NORTHWICH | Yoga for Adults at our Northwich Training Room with Sarah & Carey. | 11.30-12.30pm |
| 26 Sep | E'PORT | Youth Club at New Creation Centre CH65 4BW with Jacqui & Jess. | 6-7.30pm |
| 26 Sep | RUNCORN | Kidz Club at The Acorn Club WA7 5EX with Mel & Steph. | 6.15-7.30pm |

Contact details for staff ...

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

Admin 0344 850 8607 admin@cheshireautism.org.uk
office@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

