

Information

ChAPS will be one of the charities benefitting from the Rotary Club's **Knutsford Jog** at Moor Park, Knutsford on **24th March**. The site opens at 9.30 with the gentle jog starting at 10:30 for an hour. This is a family event suitable for children – no set distance is required. If any ChAPS families would like to take part, please have a look at the website www.knutsfordjog.co.uk. Thank you to The Remembering Nell Foundation who nominated us as a beneficiary.

The Chester Diversity Festival at University of Chester, Parkgate Road Campus, Westminster Building, room 018 is on **Thursday 7th March** 1-3pm. Andrew Edwards, author of "I've Got a Stat for You- My Life with Autism" will be speaking at the event, selling and signing copies of his book whilst taking time to chat to those present. For more information regarding the event go to www.andrewedwardsautism.co.uk or to book tickets for this free event go to <https://www.eventbrite.co.uk/e/andrew-edwards-life-with-autism-overcoming-barriers-and-stereotypes-tickets-52667247154/amp>

Cheshire and Warrington Carers Trust will host two workshops in March in partnership with **Contact** at **Unit 1 Brierley Business Centre, Mirion Street, Crewe CW1 2AZ**. **'Difficult behaviours that Challenge Us'** on **11th March 10-12.30pm** will be an introduction to identify & explore behaviours and to develop an understanding of the reasons why challenging behaviours may be used by someone. There will also be opportunity to explore ideas and top tips as well as signposting to further resources and sources of support. **'Help your child to sleep'** on **Monday 25th March 10-12.30pm** will explore the importance of sleep and why sleep difficulties may occur; how to introduce a sleep routine ; top tips, strategies and further sources of support. For further information on how to book contact Lisa by email lisa@cheshireandwarringtoncarers.org or call 01270 257331.

Information, Advice & Support Teams offers 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 <https://www.sendirect.org.uk/providers/sendirect-listings/my-services/information-advice-support-services-network-iass-network/> or as person up to 25 years with needs for extra help with learning, use <https://cyp.iassnetwork.org.uk/in-your-area/>

The Charlie Waller Memorial Trust have a fantastic website where you can find resources to help you with mental health worries <https://www.cwmt.org.uk/freestuff>

Autism Support Hub & Resource Library which is run by The National Autistic Society CW Branch is now at **Maple Bungalow, Greenbank School, Greenbank Lane, Northwich, CW8 1LD**. They are also open **Wednesdays 10am-2pm** 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 autismlibrarynas@gmail.com or call on 01606 783295.

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 for carers, please contact their office on **01606 606694**.

Urban Air Trampoline Park in Winsford are offering 1:1 Rebound Sessions. For more information visit their website <http://www.uacheshire.co.uk/rebound-therapy> or contact **Nicola Finn** 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**.

Ellesmere Port Autistic Spectrum Support their next coffee morning will be **Tuesday 21 March** 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. For more information or to make contact with Tessa Ede search for EPASS on Facebook.

Aspire Chester's Autistic Adult Support Group now host two meetings per month. Their next meetings are **Wednesday 6th March 11.30-1pm** at Storyhouse and **Wednesday 20th March 1-3pm** at the Quaker Meeting House Union Walk Frodsham Street Chester CH1 3LF. They have also introduced trips out to local places of interest. For more information contact Jenny or Sandra via their Facebook group or email aspirechester@gmail.com

Space for Autism The Space Centre 15-17 Mill Lane Macclesfield SK11 7NN are hosting an **Autism Sleep Clinic** workshop with **Together Trust** running over 3 weeks on the **5th, 12th and 19th March 10-12.30pm**. To book contact tffadmin@togethertrust.org.uk or call 0161 286 4201.

Future Events

Ministry of Science Live! at the **Brindley Theatre, Runcorn**. We have purchased tickets for the event on **Wednesday 3rd April 2019 at 12.00noon**. This amazing new production takes an anarchic approach to science communication and looks at the inventors and engineers who have shaped and inspired the modern world that we live in. With super talented presenters and the voiceover from X Factor's Peter Dickson they take you on a journey using brilliantly designed demonstrations with a few loud bangs to lead the way. For more information see <http://ministryofscience.org/> and watch the show trailer <https://www.youtube.com/watch?v=OFeVD1RUW3U>

Relaxed Concert: Meet the Orchestra! At the Liverpool Philharmonic Hall. We have purchased tickets for the event on **Sunday 26th May 2019 at 2.30pm**. Alasdair Malloy, Michael Seal and the Royal Liverpool Philharmonic Orchestra are hosting their first ever relaxed concert! The event is for age 6 - 12 years but all are welcome to this as it will be fun and accessible for all the family. For more information visit https://www.liverpoolphil.com/whats-on/relaxed-concert-meet-the-orchestra?fbclid=IwAR3vmRq40rNsm5st2R9Qn5Rwfzpzp-VjQsXhulKzgoB0x9OiRH5b5Zq1_0ss

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 the next course please register 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 and it is giving them a chance to socialise with parents of children on the spectrum. Why not come along to a session on the 2nd and 4th Mondays of the month in **Northwich** office 1pm- 2.30pm. There are many lovely creations being produced in these sessions - thank you **Terri**. Sessions in Feb and March will be producing art work for the **Art Exhibition**.

Runcorn Crafty Club has moved to every 3rd Tuesday of the month. 12.30-2pm. The change was a great success in January and we are hoping this continues.

ModRoc & More – Arty sessions run by Ali Rose for adults and parents to produce some pieces for the Art Exhibition have started. The last session is **Tuesday March 5th 12.30-2.30pm**.

Spectrum Connect WINSFORD will meet at New Images, Winsford on **Monday 4th March and 18th March**

Spectrum Connect HALTON will meet at The Halfway House, Runcorn on **Monday 25th March** 8-9.30pm.

New! Spectrum Connect CHESTER has been re-vamped and will next meet on **Monday 25th March 12.30-2pm**. Meet **Claire** at The White Horse Pub, Chester Racecourse CH1 2LY – hope to do a walk if weather allows.

Delamere Walk with **Carey** on **Thursday 7th March** (No walk in February) **11.45am-2pm**. You can book on via Eventbrite at the beginning of March if you would like to join the walk.

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

We have moved the session at our **Northwich Training Room to 14th March 11.30am-12.30pm**.

ChAPS News

Extra Boxing Session added in Northwich. The first session will now start at **4.50pm** and the second session will start at **6pm** starting **13th March**.

NEW! Children's Yoga starting in Runcorn on the **12th March**. This will run every 2nd Tuesday 5.30-6.15pm. For children aged 8 – 12 years.

Meet the Professional event with **Adult Occupational Therapist** Kerry Arnison has been moved to **Wednesday 17th April 11.30am-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.

Parent Training Programme with OSSME is due to start in our Runcorn Office on **12th March**

Sessions are:

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| 12th March | The 7 Senses that Autism can affect. |
| 19th March | Comic Strip Conversations and Social Story supports. |
| 26th March | Transitions to School, College, a New House, change of activity. |

16th April	Girls on the Autism Spectrum.
23rd April	Sensory Processing
30th April	Autism and Play Training
7th May	Puberty / Sex Education Support.
14th May	PDA - Pathological Demand Avoidance
21st May	Anxieties and Stress Management Support.

Each training session will finish at 2.30pm. Sara will then answer any questions afterwards for those who are able to stay until 3pm.

AUTISM AWAKENINGS ART EXHIBITION 2019

As you are probably aware we have celebrated World Autism Awareness Day in April for the last two years with an Art Exhibition entitled **AWAKENINGS**. We're hoping this year is going to be BIGGER and BETTER! The Exhibition will take place on **Saturday 30th March** at **Northwich Business Centre** from **11am-4pm**. The Mayor of Northwich Cllr. Alison Gerrard will be opening the event at 11am, please come along and show support for all our hard working artists.

We would like to showcase as many of our member's fantastic art pieces as possible with information on what their autism or autism diagnosis means to them. Our **Youth** and **Kidz Clubs, Parents Crafty Clubs** and **Spectrum Connect** will have specific sessions for creating their masterpieces.

We would love to see many of our children and young people attending where we have the specific art sessions – **we really want to show off as much diversity as we can!**

We have some absolutely amazing pieces created so far and have more Art sessions taking place on the following dates:

ModRoc & More – Arty sessions run by Ali Rose for adults and parents to produce some pieces for the **Art Exhibition**. These sessions have been popular the last two years, so please book early! **March 5th 12.30-2.30pm**.

All **Chester & Kidz & Youth Club** Sessions in March will offer opportunity for children to work with **Claire** to complete pieces for the exhibition.

Halton Kidz Club will be producing 3D Art on a canvas at both clubs.

Halton Youth Club will be creating Papier Mache heads to build up self-portraits at both sessions.

If any of our members wish to produce something at home or any classes they attend please contact **Carey** on families@cheshireautism.org.uk and she can send you further information.

This is our biggest and main public event of the year and we want to showcase all the fabulous talent we have within **ChAPS** as well as give a voice to our members to share with the local community.

World Autism Awareness Week takes place each year from 1 April with World Autism Awareness Day on 2 April. This year we have committed to **Cheshire Police** to support our police officers and staff at HQ Winsford every day of the week; whether as parents or adults on the spectrum in their own right.

What will you be doing to raise autism awareness this WAAW?

Diary Events

Please book them in your diary!

(Bold are the extra activities)

2 Mar	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
4 Mar	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire.	11am-1pm
4 Mar	CHESTER	Kidz Club at St.Oswald & St.Thomas Hall CH1 4AG with Claire, Sam & Kat.	4.30-6pm
4 Mar	WARR'TON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Tracey.	5-6pm
4 Mar	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	6.45-8.15pm
4 Mar	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
5 Mar	N'RTHWICH	Adult Art Project at our Northwich Training Room with Ali R & Carey.	12.30-2.30pm
5 Mar	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Tracey.	4.30-6pm
6 Mar	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Rach & Steph.	4-6pm
6 Mar	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Bobbie.	5.30-6.45pm
7 Mar	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
7 Mar	DELAMERE	Walk for adults at Delamere Forest CW8 2HZ with Carey.	11.30am-2pm
7 Mar	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam, Jacqui & Jess.	5-6.30pm
7 Mar	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
7 Mar	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Claire & Leona.	7.30-9pm
8 Mar	WARR'TON	Parents Meeting at Walton Lea Project WA4 6TB with Julie.	10-12noon
9 Mar	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire & Bobbie.	3-4pm
9 Mar	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
9 Mar	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire & Bobbie.	4.15-5.15pm
10 Mar	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Adam & Kizzy.	11.45-1.15pm
10 Mar	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Rach.	12.30-2.30pm
11 Mar	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
11 Mar	CHESTER	Kidz Club at St.Oswald & St.Thomas Hall CH1 4AG with Claire, Sam & Kat.	4.30-6pm
11 Mar	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Julie.	5-6.30pm
11 Mar	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-7pm
12 Mar	RUNCORN	Parent Training at Runcorn Training Room: The 7 Senses.	1-2.30/3pm

12 Mar	RUNCORN	Children's Yoga at Runcorn Training Room with Rach.	5.30-6.15pm
13 Mar	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
13 Mar	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-7pm
13 Mar	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Tasha & Jonny.	7-8.30pm
13 Mar	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Tracey.	7-8.30pm
13 Mar	NORTHWICH	Men's Meet-Up at The Clock Tower CW9 5NF with Jeff.	7.30-9pm
14 Mar	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
14 Mar	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
14 Mar	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
14 Mar	CHESTER	Family Pilates at Lache Comm Centre CH4 8HX with Claire.	6.30-7.15pm
15 Mar	NORTHWICH	Rule the World Take That at Memorial Court CW9 5QJ with Jo.	8pm - late
16 Mar	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	1.45-2.45pm
16 Mar	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
17 Mar	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-12.30pm
17 Mar	NORTHWICH	Grozone at Whalley Road CW9 5QA with Di & Nic.	11.30am-1.30pm
17 Mar	WIDNES	Anti-Gravity Yoga for adults at Martial Arts Centre WA8 0QZ with Mel.	12.30-1.30pm
17 Mar	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Sam.	2-4pm
18 Mar	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
18 Mar	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Claire,Sam&Bobbie .	4.30-6pm
18 Mar	WARR'TON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Rach.	5-6pm
18 Mar	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	6.45-8.15pm
18 Mar	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
19 Mar	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
19 Mar	RUNCORN	Parent Training at Runcorn Training Room: Comic Strip / Social Stories	1-2.30/3pm
19 Mar	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Tracey.	4.30-6pm
20 Mar	CHESTER	Family Session at Fun4All Sealand Ind Est CH1 4NT with Toni, Claire & Kat	4-6pm
20 Mar	WIDNES	Family Session at Velocity WA8 0GW with Mel, Rach & Emily.	5-6pm

21 Mar	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
21 Mar	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Jacqui, Sam & Jess.	5-6.30pm
21 Mar	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
22 Mar	RUNCORN	Adult Social at Ten Lock Flight Runcorn WA7 5TW with Jo.	7.30-10pm
23 Mar	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
24 Mar	WARR'TON	Multi Sports at Lymm Leisure Centre WA13 0RB with Julie & Lauren.	12.15-1.15pm
24 Mar	WARR'TON	Family Swim at Lymm Leisure Centre WA13 0RB with Julie & Lauren.	1.30-2.30pm
25 Mar	CHESTER	Spectrum Connect at White Horse Pub CH1 2LY with Claire.	12.30-2pm
25 Mar	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
25 Mar	CHESTER	Kidz Club at St.Oswald & St. Thomas Hall CH1 4AG with Claire, Sam & Kat.	4.30-6pm
25 Mar	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Denise & Cathy F.	6-6.45pm
25 Mar	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
25 Mar	RUNCORN	Spectrum Connect at The Halfway House WA7 5NR with Rach.	8-9.30pm
26 Mar	RUNCORN	Parent Training at Runcorn Training Room: Transitions.	1-2.30/3pm
26 Mar	CREWE	Parents meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm
27 Mar	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10-11.45am
27 Mar	WINSFORD	Family Session at Urban Air Trampoline Park CW7 3RL with Di & Bobbie.	4.30-6.30pm
27Mar	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
27 Mar	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Tasha & Jonny.	7-8.30pm
27 Mar	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Tracey.	7-8.30pm
28 Mar	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm

Contact details for staff ...

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

Admin 0344 850 8607 [admin@](mailto:admin@cheshireautism.org.uk) or sam@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

