

ChAPS Update!

We have now booked in our first West Cheshire CCG parent training course, this will begin on the 4th of November 2021 and runs every Thursday until 9th December 2021, 6-8pm in Ellesmere Port. To access this, you will need to be registered with a West Cheshire doctors' surgery and your child needs to be recently diagnosed or on the pathway for diagnosis. You can register for the training [here](#)

ChAPS has received funding to provide wellbeing weekends in both Chester & Northwich once a month for ten months for a small group of parents/carers. These are 3hr sessions that will consist of numerous activities that focus on improving wellbeing and aim to give parents/carers a form of respite. The activities you will see at these sessions are yoga, massages, mindfulness, pilates, art, reflexology and more!

We are pleased to confirm that our Specialist Teacher and Mental Health Practitioner **Emma ChAPS** will be setting aside Friday afternoons to provide support and training for members and their families. **Emma** can provide help and support on a wide range of issues including parenting, sensory issues, eating concerns, school issues, language and communication, sleep, social skills, and mental health. **Emma** has tried to slot these in around lunchtime, so working parents can use their lunch breaks to join for part of the session if needed.

In November she is offering the following...

Friday 5th November 12-2pm - 4 x 30-minute slots for a telephone/Zoom consultation. Please note these slots are not for therapy- they are for information and general support

Friday 12th November 12-2pm - **Supporting Sensory Needs - Zoom Talk**

If you would like to learn more about sensory processing, how to provide a "sensory diet" and how to help deal with sensory triggers then this talk will give you some great practical ideas that can be implemented immediately. This talk is suitable for parents and carers and also adults who would like to understand their sensory profile better

Friday 19th November 12-2pm - **PDA - Zoom Talk**

This PDA training will be condensed into this 2 hour Zoom talk which will explore the signs of PDA and the Keys to Care for supporting a child or adult with a demand avoidant profile (diagnosed or not) These strategies are great for anyone who can react negatively to demands when stressed or anxious

Friday 26th November 12-2pm - 4 x 30-minute slots for a face-to-face chat at the Ark, telephone or Zoom chat

To book, members are to refer to their booking links email. If you would like to access the talks and you're not a member of ChAPS please email info@cheshireautism.org.uk

Finally, we'd like to say a *HUGE* thank you to Andrew Stanley, a member of **ChAPS** who recently climbed Mount Snowdon in Wales dressed as Woody from Toy Story in our honour! He raised an incredible £390 - thank you so much Andrew, your donation will go towards continuing to support our families, and we are incredibly grateful.



Other Services...

Mama Magic provides families with a holistic approach to pregnancy, birth and beyond. Doula packages to suit your needs, parent education classes in your own home, KG hypnobirthing classes, feeding and parenting support with many years' experience.

As a mother of 3 and knowing how important bonding and emotional support is for new parents, I work passionately to support the families wishes.

If you are expecting a baby and would like to find out more, please drop me a message.

www.mamakats.co.uk

<https://www.facebook.com/MamaMagicKat/>

ChAPS Adults

- ◆ **Mondays** 12.00pm - 1.00pm Mental Health Awareness with **Emma**
- ◆ **Fridays** 6:00pm - 8:00pm Special Interest/ Social Chat with **Jennie**
- ◆ **Every 4th Monday of the Month** Spectrum Connect Halton with **Rach**
- ◆ **Every 2nd Wednesday of the Month** Spectrum Connect Chester with **Diane**
- ◆ **Every 1st Monday of the Month** Spectrum Connect Winsford with **Jennie & Bobbie**
- ◆ **Every 3rd Monday of the Month** Spectrum Connect Northwich with **Jennie & Bobbie**
- ◆ **Every 4th Friday of the Month** Parents & Adults Walk at Delamere Forest with **Carey**

ChAPS Bespoke Services

ChAPS Adult Daytime Provision

Learning4Life is our **bespoke** daytime provision for adults to learn social skills, as well as other life skills such as developing friendships and building trust with others.

We are providing support with day-to-day activities, in a facilitated environment, for 6 hours a week at the rate of £75 per day, in line with social care Direct Payments. We have expanded this provision into Warrington on a Friday and Halton on a Tuesday which is funded by NHS Halton and Warrington CCGs.

Spaces are currently available at our Northwich groups, details are:

L4L Northwich: Mondays 9.30am-12.30pm & Thursdays 10am-4pm

Address: ChAPS Autism Ark, Yarwoods Arm, Northwich CW8 1BE.

For more information, please email **Carey** on families@cheshireautism.org.uk

Bespoke Training

We're now ready to resume our bespoke and professional training. We are delighted that we are an accredited provider through the Open Awards Excellence scheme - this enables us to ensure that the training that we deliver is truly first rate.

We are proud to have 2 trainers, all of whom "live" autism daily; this lived experience, together with their academic knowledge, puts them in an excellent position to deliver our training programmes.

Tom Makin-Bell delivers our accredited "Introduction to Autism" course. As the name suggests, this 3-hour interactive workshop will both improve your awareness of autism and improve your problem-solving abilities when working with autistic people.

Emma Eager delivers our accredited "Introduction to PDA" (Pathological Demand Avoidance) course. This programme will help professionals who work with children that have extreme reactions to every day demands; completing the course will arm you with useful strategies and a greater understanding of PDA.

Emma also offers a range of specialist courses that include masking, sleep, puberty and more!

If your organisation would like to book one of our training sessions, please contact our Business Manager, **Natalie Catterall** on business@cheshireautism.org.uk for further information.

School Assembly Training

We have really missed visiting schools to deliver our Autism assemblies. Prior to the lockdown, these were incredibly well received by both staff and children, and we are really looking forward to being able to rekindle our excellent relationship with schools across Cheshire. If your school would like to book in an assembly **free of charge**, please contact our Business Manager, **Natalie Catterall** on business@cheshireautism.org.uk

Diary of Events

1 Nov	ZOOM!	Adults Mental Health Support Group with Emma.	12pm
1 Nov	CHESTER	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
1 Nov	NORTHWICH	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & James.	5-6.30pm
1 Nov	ZOOM!	Children's Mindfulness with Di MinDees.	6.30pm
1 Nov	ZOOM!	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
1 Nov	WINSFORD	Spectrum Connect at The Hive CW7 3DA with Jennie & Bobbie.	7-8.30pm
2 Nov	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm

2 Nov	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
2 Nov	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
4 Nov	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
4 Nov	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
4 Nov	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
4 Nov	E'PORT	Parents Meeting at The Community Hub CH65 9BD with Diane & Leona.	7.30-8.45pm
5 Nov	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach.	10am-4pm
5 Nov	PHONE/ ZOOM	30min Support Consultations with Emma, Mental Health Practitioner & Specialist Teacher.	12-2pm
5 Nov	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane	11-11.45am
5 Nov	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
6 Nov	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Jennie.	4.30-5.30pm
8 Nov	NORTHWICH	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
8 Nov	ZOOM!	Adults Mental Health Support Group with Emma.	12pm
8 Nov	CHESTER	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
8 Nov	NORTHWICH	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Seb.	5-6.30pm
8 Nov	ZOOM!	Children's Chat with Di MinDees.	6.30pm
8 Nov	ZOOM!	Teen Mindfulness - 12yrs+ with Di MinDees.	7.30pm
9 Nov	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
9 Nov	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
9 Nov	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
10 Nov	CHESTER	Spectrum Connect at Lache Comm. Centre CH4 8HX with Diane.	10am-12pm
11 Nov	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
11 Nov	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
11 Nov	NORTHWICH	Talk with Anna Jackson & Evening Meal at ChAPS Autism Ark CW8 1BE.	7-9pm
12 Nov	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach.	10am-4pm
12 Nov	KNUTSFORD	Parents of Adults Meeting at the Kilton Inn WA16 0PZ with Carey.	11am-1pm
12 Nov	ZOOM	Supporting Sensory Needs Talk with Emma, Mental Health Practitioner & Specialist Teacher.	12-2pm

12 Nov	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
13 Nov	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	3.30-4.30pm
13 Nov	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.45-5.45pm
14 Nov	CHESTER	Wellbeing Weekend-Yoga & Massages at St Mary's Handbridge CH4 7HL	12.30-3.30pm
14 Nov	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Toria	1.30-3.15pm
15 Nov	ZOOM!	Adults Mental Health Support Group with Emma.	12pm
15 Nov	CHESTER	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
15 Nov	NORTHWICH	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & James.	5-6.30pm
15 Nov	ZOOM!	Children's Mindfulness with Di MinDees.	6.30pm
15 Nov	NORTHWICH	Spectrum Connect at ChAPS Autism Ark CW8 1BE with Jennie & Bobbie.	7-8.30pm
15 Nov	ZOOM!	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
16 Nov	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
16 Nov	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
16 Nov	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
18 Nov	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
18 Nov	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
18 Nov	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
19 Nov	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach.	10am-4pm
19 Nov	ZOOM	PDA Talk with Emma, Mental Health Practitioner & Specialist Teacher.	12-2pm
19 Nov	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
20 Nov	NORTHWICH	Wellbeing Weekend - Yoga & Massages at ChAPS Autism Ark CW8 1BE.	10am-1pm
20 Nov	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm
21 Nov	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	12.30-4.15pm
22 Nov	ZOOM!	Adults Mental Health Support Group with Emma.	12pm
22 Nov	NORTHWICH	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
22 Nov	CHESTER	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
22 Nov	NORTHWICH	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Seb.	5-6.30pm

22 Nov	WIDNES	Spectrum Connect at Cookhouse Pub & Carvery WA8 7ER with Rach.	6-7.30pm
22 Nov	ZOOM!	Children's Chat with Di MinDees.	6.30pm
22 Nov	ZOOM!	Teen Mindfulness - 12yrs+ with Di MinDees.	7.30pm
23 Nov	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
23 Nov	NORTHWICH	Yoga for Adults at ChAPS Autism Ark CW8 1BE with Sarah & Carey.	1-2pm
23 Nov	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
23 Nov	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
23 Nov	NORTHWICH	Parents Meeting at ChAPS Autism Ark CW8 1BE with Jennie & Leona.	7.30-9pm
24 Nov	CHESTER	Parents Meeting Lache Comm. Centre CH4 8HX with Diane & Leona.	10am-12pm
24 Nov	WINSFORD	Urban Air Trampoline Park CW7 3RL with Jennie & Nic.	4.30-6.30pm
25 Nov	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
25 Nov	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
25 Nov	RUNCORN	Parents Meeting at The Acorn Club WA7 5EX with Rach & Leona.	7-8.30pm
25 Nov	NORTHWICH	Evening Meal & Family Christmas Crafts at ChAPS Autism Ark CW8 1BE	6-8pm
26 Nov	WINSFORD	Parents Meeting at The Hive CW7 3DA with Carey.	9.30-10.30am
26 Nov	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach.	10am-4pm
26 Nov	NORTHWICH / PHONE/ ZOOM	30min Support Consultations with Emma, Mental Health Practitioner & Specialist Teacher at ChAPS Autism Ark CW8 1BE.	12-2pm
26 Nov	NORTHWICH	Parents & Adults Walk at Delamere Forest CW8 2JD with Carey.	12-2pm
26 Nov	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
27 Nov	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.15-5.15pm
27 Nov	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	5.30-6.30pm
29 Nov	ZOOM!	Adults Mental Health Support Group with Emma.	12pm
30 Nov	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
30 Nov	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
30 Nov	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm

If you require any ZOOM ID's please contact Emily Chaps.

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

