



ChAPS Update!

Christmas is coming! And we have lots planned at **ChAPS**. Instead of one big party for the children this year, we have opted for three smaller parties in three different areas, Widnes, Chester and Winsford. Each party will include an activity, food, and a visit from Father Christmas! Also, as we have such a wonderful building to accommodate more activities, we are hosting **Breakfast with Santa** this year at **The Ark Café**. For the adults, **The Ark Café** will be putting on a 3-course Christmas Meal, all cooked by our very own **Kim** and **Josh**, it is sure to be delicious. All of the details will be provided in the activity links email that all members receive.

WE'RE GOING TO PANTO! On **Thursday 30th December**, The Brindley Theatre in Runcorn are showing a relaxed performance of Cinderella at 2.30pm and we have tickets! Due to the high cost of these tickets, **ChAPS** will be subsidising them and the cost to attendees will be £12pp. Members can book onto this session by using their booking links email from 1st December at 6am.

After much success, **Emma ChAPS** will be continuing with her consultations and Zoom training sessions 'Lunchtime Learning' on Fridays. This month we have a **Surviving Christmas Talk** on Friday 3rd December, 12.30-1.30pm and 1:1 consultations, available on Friday 10th December. **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. **To book, members should refer to their booking links email. If you would like to access the talk and you're not a member of ChAPS please email info@cheshireautism.org.uk**

Just to let you know that the staff are having a well-deserved break this year and **The Ark will close on Thursday 23rd December 2021 and will reopen on Tuesday 4th January 2022**. A handful of staff will be checking in on Facebook the week after Christmas, and you will still receive your January newsletter and links as normal.

What a year 2021 has been, there have been difficult and uncertain times, but these have been far outweighed by many incredible moments shared at ChAPS. A whole year of The Ark being accessible to our members, returning to activities, Learning4Life in three different areas, an impactful amount of Mental Health Therapy sessions delivered and so much more!

We hope your Christmas and New Year is exactly how you wish it to be and here's to another jam-packed year in 2022.





December at The Ark Cafe

We are very excited to be holding our 1st Christmas at the café and have lots of festive treats for you all! Firstly, **Kim** and **Josh** have produced the most gorgeous tasting and looking mini Christmas cakes, mince pies, shortbread, and gingerbread to either order, take away or eat in! You should have had an order form for these - if not, please email **Lucy** (lucy.brownbridge@cheshireautism.org.uk) for more information!

We have changed our menu completely for December to reflect the festive season - so if you fancy a turkey bap or a gingerbread latte, head down to the café - you will always get a warm welcome!

We will also be holding a **Breakfast with Santa** on **11th December** for members - we are sure this is going to be very popular, so please book early by using your booking links email to avoid disappointment!

Our **Members' Meal** will take place on **Friday 17th December** - **Kim** has put together a beautiful menu for this which we are sure you will really enjoy. Again, book early to avoid disappointment as places are limited!

Lastly, can we sincerely thank all the members that have visited the café since it opened in June - we have been really humbled by all the lovely, positive comments that we have received about the food and drink that **Kim** and **Josh** prepare and serve. If you haven't already been and fancy popping in, you honestly won't be disappointed, it's definitely worth a trip!

Other Services...

For those of you that enjoy yoga at ChAPS Autism Ark, Sarah from **Breathing Space Yoga** provides lots more sessions including Mum & baby yoga, pregnancy yoga, meditation and much more. For more information on Sarah's classes and what she does, you can visit her website <https://www.breathingspace-yoga.com>. We highly recommend her!

The Steve Morgan Foundation provides funding for specialised disability equipment for people of all ages. For enquiries and further information please email enable@stevemorganfoundation.org.uk or check the website <https://stevemorganfoundation.org.uk/how-to-apply/enable-funding/>

ChAPS Adults - December

- ◆ **Wednesdays 6.00pm - 7.00pm** Mental Health Awareness with **Emma**
- ◆ **Fridays 6:00pm - 8:00pm** Special Interest/ Social Chat with **Jennie**
- ◆ **2nd Wednesday of the Month** Spectrum Connect Chester with **Diane**
- ◆ **1st Monday of the Month** Spectrum Connect Winsford with **Jennie & Bobbie**
- ◆ **3rd Monday of the Month** Spectrum Connect Northwich with **Jennie & Bobbie**
- ◆ **1st & 3rd Wednesday of the Month** Adults Meet in Halton with **Emma**
- ◆ **2nd & 4th Wednesday of the Month** Adults Meet in Warrington with **Emma**

Diary of Events

1 Dec	WIDNES	Adults Meet at Esposito's Deli in Victoria Park WA8 6SQ with Emma.	12-1.30pm
2 Dec	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
2 Dec	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
2 Dec	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Lauren.	7-8.30pm
2 Dec	E'PORT	Parents Meeting at The Community Hub CH65 9BD with Diane & Leona.	7.30-8.45pm
3 Dec	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach.	10am-4pm
3 Dec	ZOOM!	Lunchtime Learning - Surviving Christmas with Emma, Mental Health Practitioner & Specialist Teacher.	12.30-1.30pm
3 Dec	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
4 Dec	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
6 Dec	NORTHWICH	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
6 Dec	CHESTER	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
6 Dec	NORTHWICH	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & James.	5-6.30pm
6 Dec	ZOOM!	Children's Mindfulness with Di MinDees.	6.30pm
6 Dec	ZOOM!	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
6 Dec	WINSFORD	Spectrum Connect at The Hive CW7 3DA with Jennie & Bobbie.	7.30-9pm
7 Dec	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
7 Dec	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
7 Dec	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
8 Dec	CHESTER	Spectrum Connect at Lache Comm. Centre CH4 8HX with Diane.	10am-12pm
8 Dec	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane	2.30-3.15pm
8 Dec	WARR'TON	Adults Meet at R'Teacup Café at The Old School WA1 3AJ with Emma.	12-1.30pm
8 Dec	ZOOM!	Adults Mental Health Support Group with Emma.	6pm
9 Dec	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
9 Dec	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
9 Dec	NORTHWICH	Talk with Alex Pagdin & Evening Meal at ChAPS Autism Ark CW8 1BE.	7-9pm

10 Dec	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
10 Dec	PHONE/ ZOOM	30min Support Consultations with Emma, Mental Health Practitioner & Specialist Teacher.	10.30am-2pm
10 Dec	NORTHWICH	Parents of Adults Christmas Lunch at The Ark Café CW8 1BE with Carey.	11am-1pm
10 Dec	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
11 Dec	NORTHWICH	Breakfast with Santa at The Ark Café CW8 1BE with ChAPS Elves.	9-11am
11 Dec	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Jennie & Jacqui.	3.30-4.30pm
11 Dec	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Jacqui.	4.45-5.45pm
12 Dec	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Toria	12.30-2.15pm
12 Dec	CHESTER	Wellbeing Weekend-Art & Reflexology at St Mary's Handbridge CH47HL	12.30-3.30pm
13 Dec	CHESTER	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
13 Dec	NORTHWICH	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Seb.	5-6.30pm
13 Dec	ZOOM!	Children's Chat with Di MinDees.	6.30pm
13 Dec	ZOOM!	Teen Mindfulness – 12yrs+ with Di MinDees.	7.30pm
14 Dec	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
14 Dec	CHESTER	Christmas Party at Wizz Kidz Sabre House CH4 8SN with Diane & Jennie.	4-6pm
14 Dec	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
14 Dec	NORTHWICH	Parents Meeting at ChAPS Autism Ark CW8 1BE with Jennie & Leona.	8-9.15pm
15 Dec	CHESTER	Parents Meeting Lache Comm. Centre CH4 8HX with Diane & Leona.	10am-12pm
15 Dec	RUNCORN	Adults Meet at Esposito's Deli in Runcorn Hill Park WA7 4PT with Emma	12-1.30pm
15 Dec	WINSFORD	Christmas Party at Urban Air CW7 3RL with Lindsey & Nic.	5-7pm
15 Dec	ZOOM!	Adults Mental Health Support Group with Emma.	6pm
16 Dec	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
16 Dec	WIDNES	Christmas Party at Jellybeans WA8 0GU with Mel & Rach.	5.30-7.30pm
16 Dec	E'PORT	Kidz & Youth Xmas Party at The Community Hub with Diane, Jess & Jacqui.	5.45-7.15pm
17 Dec	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
17 Dec	NORTHWICH	Parents & Adults Christmas Meal at The Ark Café CW8 1BE.	12-2pm
17 Dec	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm

18 Dec	NORTHWICH	Wellbeing Weekend – Art & Reflexology at ChAPS Autism Ark CW8 1BE.	10am-1pm
18 Dec	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm
20 Dec	NORTHWICH	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
20 Dec	CHESTER	Youth Club at St Mary’s Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
20 Dec	NORTHWICH	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & James.	5-6.30pm
20 Dec	WIDNES	Spectrum Connect at Cookhouse Pub & Carvery WA8 7ER with Rach.	6-7.30pm
20 Dec	ZOOM!	Children’s Mindfulness with Di MinDees.	6.30pm
20 Dec	ZOOM!	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
20 Dec	NORTHWICH	Spectrum Connect at ChAPS Autism Ark CW8 1BE with Jennie & Bobbie.	7.30-9pm
21 Dec	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
21 Dec	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
22 Dec	WARR’TON	Adults Meet at R’Teacup Café at The Old School WA1 3AJ with Emma.	12-1.30pm
22 Dec	ZOOM!	Adults Mental Health Support Group with Emma.	6pm
30 Dec	RUNCORN	Relaxed Performance of Cinderella at The Brindley Theatre WA7 1BG.	2.30-4.30pm

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

