

Useful Services & Resources

Emma Griffiths – Senior Autism Consultant

Offers a range of services which include:

- Sensory Assessments, for children and young people aged 3 -16 years old, using the latest Winnie Dunn Sensory Profile 2, which displays their strengths and weaknesses
- Advocacy: advice and support for parents throughout the difficult statutory process and in school meetings.
- Tutoring: one-to-one sessions for your child in the home, to help create purposeful routine or help to teach your child in the home environment in a way that best suits the needs of your child.

W: <https://www.nwautismandsendconsultancy.co.uk/about-us/>

Cotebrook Shire Horse Centre

Cotebrook Shire Horse Centre in Tarporley allow anyone with Autism to pay concessionary price for admission, which is £9.00. If the person with Autism needs an essential companion or carer (i.e. would not be able to visit us unaccompanied) then the carer would pay half the concessionary rate. The Centre also have a scheme where all tickets purchased are valid for a month for unlimited free visits. They have also produced a document 'Visitors with Autism' which you can access via their website on the FAQs page - it gives a few tips on how to get the best out of your visit!

W: <https://cotebrookshirehorses.co.uk/>

Childline

Childline have launched an online hub called 'Calm Zone'. The site has calming techniques and resources for young people to help them feel better when they feel anxious, scared or sad. The portal introduces lots of different techniques, activities, exercises and games that children can use to help them feel calmer and let go of stress.

W: <https://www.childline.org.uk/toolbox/calm-zone/>

Local Events

The **Information, Advice and Support Service** are running a **Transition to Adulthood** day on **Thursday 27th February 9.30am-2.30pm** at **Ellesmere Port Civic Hall, CH65 0AZ**. This is aimed at parents and carers of young people aged 13-25. There will be stalls from a variety of agencies, charities, schools and colleges in addition to workshops. Further details on how to book will be released soon or email iasservice@cheshirewestandchester.gov.uk

Together Trust are running two **Anxiety workshops** in February for parents of primary & secondary aged children. The workshop for primary age will run on **Tuesday 11th February** and the workshop for secondary age will run on **Wednesday 12th February**, both **10am-12pm**. The sessions will run at **St John's Church Centre, School Lane, Northwich CW8 1NP**. For more information and for booking links please contact cwacquiries@nas.org.uk

CWac Parent Carer Forum Steering Group are hosting a **Forum Meeting on Thursday 5th March at Hartford Golf Club, Burrows Hill, Hartford CW8 3AP. 10am-1pm**. During the meeting there will be an opportunity to speak to professionals from CWac services, groups and activities to find out more about what they do. There will also be an opportunity to have your say about what currently works in the area and what doesn't. Your voice will make a difference to what the services, clubs and activities look like in the future.

All parent/carers are welcome. To book a place, please contact secretary.pcf.cwac@gmail.com.

Cineworld Runcorn are showing an autism friendly screening of **Spies in Disguise** on **Sunday 2nd February at 11am**. Lighting will be kept on during the screening. Volume levels will be reduced. There will be no advertisements or trailers and customers will be allowed to bring in their own food. To book please visit <https://www.cineworld.co.uk/films/autism-friendly-screening-spies-in-disguise/ho00007284#/>

Recommended Services

- **Dawn Musa - Anandair Aerial Fitness - Anti Gravity Yoga (offers 1:1 sessions)**
<http://anandair.com/>
- **Urban Air Trampoline Park Winsford - Rebound Therapy.**
This is FREE for Cheshire East residents
<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...

Crafty Club Northwich will run on **Monday 10th & 24th February** at our **Northwich Training Room 1-2.30pm**. This session is ran by the wonderful **Terri** and is open to both adults on the spectrum and parents.

Spectrum Connect is a social group for adults on the autism spectrum, whether diagnosed or not. These meet ups offer the opportunity to seek advice, socialise and connect with others...

- **Spectrum Connect Winsford** at New Images Winsford is on Monday 3rd & 17th February 8.30-10pm with **Cathy & Di**.
- **Spectrum Connect Halton** are going to the *cinema*! This session is at Reel Cinema in Widnes on Monday 24th February with **Emma**. The film and time is yet to be confirmed, **Emma** will discuss this with group nearer the time - film suggestions are more than welcome!
- **Spectrum Connect Chester** is at The White Horse Pub, Chester Racecourse on Monday 24th February 12.30-2pm with **Claire**.

Horse Sense is for parents and adults on the spectrum. The next session will run on **Wednesday 26th February** at **Freedom Equine, Bridge Trafford CH2 4JT**.

Delamere Walk with **Carey** is on **Thursday 27th February, 11.30am-2pm**. You can book on via Eventbrite if you would like to join the walk, everyone is welcome!

ChAPS Bespoke Services

NEW! ChAPS Adult Provision

Learning4Life is our **NEW!** daytime provision for adults to learn social skills, as well as other life skills and develop friendships and build trust with others.

We are providing support with day to day activities, in a facilitated environment, for 6 hours a week for our members at the rate of **£75 per day**, in line with social care Direct Payments. Spaces are currently available at the following sessions;

L4L Northwich- Thursdays 10-4 at our Training Room

L4L Widnes- Fridays 10-4 at the John Dalton Centre, Mayfield Avenue, Widnes WA8 8PR

For Children...

Swim Lessons

We have provided small group swim lessons on a Tuesday evening at Greenbank school pool near Northwich with Jeff. Due to on-going issues with the pool's pump system, we are currently not able to provide these lessons. Parents of children on the waitlist will be informed as soon as we can book the pool again.

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.

Intensive Social Skills

Our final lottery funded course is currently running in Northwich. We are hoping to attract more funding for this vital learning and be able to offer more courses in the near future. Please register your interest [here](#) or you can contact **Carey** directly on families@cheshireautism.org.uk.

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.'

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](#).

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.

Home Education Sessions

December 2019 has seen the launch of a new provision for children who are home-educated. There were 2 sessions of Animal Therapy at Freedom Equine in December and January, and this will be rising to 4 sessions a month in February.

In February we have **Animal Therapy** in Bridge Trafford, **Walton Gardens Zoo** visit in Warrington and a **Craft Session** at our Runcorn training room both with **Steph**.

See the dates in the diary of events below and book using the links email that members will receive. Please contact **Emily** on warrington@cheshireautism.org.uk for more information, or if you have any questions or suggestions about these sessions.

'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

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.

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](#).

Counselling with ChAPS

Lisa Cromar is our in-house counsellor and will be overseeing the new counselling service that we are developing in the early part of 2020. This service will be available for autistic adults and parents who are ChAPS members. If you would like to see a counsellor, we will have some **free** sessions available, please contact **Carey** at families@cheshireautism.org.uk for more information.

Amy Lockett offers mobile person-centred-counselling for children age 11+ through to adults. Please contact her direct on www.rainbowblossomcounselling.com

Jane Wainwright has provided sessions for ChAPS at a subsidised rate for several years. If you would like to be contacted by Jane, please email **Carey**.

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.

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!

For more details on the upcoming course dates please visit www.cheshireautism.org.uk/news/events/

Open Award Certified Training for Professionals working with PDA

In addition to the above course, we can now confirm that our second course, "Introduction to PDA" has now been accredited. Professionals working with children who have extreme reactions to everyday demands then this course will arm you with some useful strategies and understanding. **Emma** is a mum to two autistic children, one with a PDA profile and has 15 years teaching experience with many challenging children.

The parent's version of this course has previously been run in both Runcorn and Northwich and has had excellent reviews from our parents who have been able to immediately implement useful strategies.

Dates for this exciting new course will be released shortly and we already have had lots of interest in this as awareness increases. Please contact **Emma** on support@cheshireautism.org.uk for more information.

Bespoke Training

We are able to tailor and deliver training bespoke to the needs of any companies, schools, clubs etc... Please contact **Emma** for more information and to discuss your training requirements.

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.
- **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

- **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 £6.25pp 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/>
- **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!

- **Horse Sense Bridge Trafford**
After a slight mix up - Horse Sense will return to **every 4th Wednesday of the month 10-11.45am**. **The session is for both parents and adults on the spectrum**. This activity 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.
- **Ellesmere Port Multi Sports**
February's session will have half use of the sports hall and the basketball team will have matches on the other half. Whilst Brio and **ChAPS** have asked if they will use a hand bell rather than the buzzer we cannot guarantee they will. **For those sensitive to noise ear defenders are recommended**.
As from March we will return to having access to full hall. Swim is not impacted and **ChAPS** have private hire of the pool during all sessions.
- **Half Term Activities**
We have a few extra activities happening over February half term including **extra Animal Therapy**, **Electronic Music workshops** and more. The extra activities are listed in **bold** in the diary of events below and they can be booked onto from **Saturday 1st February at 6am**.

Diary Events

Please book them in your diary!

(Bold are the extra activities)

1 Feb	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
3 Feb	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Diane & Leona.	10am-12pm
3 Feb	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
3 Feb	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Jeff, Bobbie & Cody.	6.45-8.15pm
3 Feb	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm

4 Feb	NORTHWICH	Best Gift is YOU at our Northwich Training Room with Tanja.	10am-12pm
4 Feb	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4.30-6pm
5 Feb	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	10-10.45am
5 Feb	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Steph & Sarah.	4-6pm
5 Feb	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Diane & Kerry.	5.30-6.45pm
6 Feb	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
6 Feb	NORTHWICH	Learning4Life at our Northwich Training Room with Emma & Cathy.	10am-4pm
6 Feb	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Kat & Diane.	5-6.30pm
6 Feb	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Kat & Lauren.	7-8.30pm
6 Feb	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel, Dan & Josie.	7-8.30pm
9 Feb	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Steph.	12.30-2.15pm
10 Feb	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
10 Feb	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm
10 Feb	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
10 Feb	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey & Bobbie.	5-6.30pm
10 Feb	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Steph & Dan.	5-6.30pm
11 Feb	WARR'TON	Home Ed Visit to Walton Hall & Gardens Children's Zoo WA4 6SN with Steph	11am-1pm
12 Feb	CHESTER	Family Session at Fun4All CH1 4NT with Toni, Claire & Diane.	4-6pm
12 Feb	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-5.50pm
12 Feb	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Kat, Diane & Lauren.	7-8.30pm
12 Feb	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Dan.	7-8.30pm
13 Feb	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
13 Feb	NORTHWICH	Learning4Life at our Northwich Training Room with Emma & Cathy.	10am-4pm
13 Feb	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui, Diane & Jess.	6-7.30pm
13 Feb	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Steph.	6.15-7.30pm
15 Feb	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	3-4pm
15 Feb	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	4.15-5.15pm

15 Feb	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm
16 Feb	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	10.30-3.30pm
17 Feb	WARR'TON	Gaming Session at Retro Arcade WA1 2AE with Steph & Dan.	1-3pm
17 Feb	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
17 Feb	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Jeff, Bobbie & Cody.	6.45-8.15pm
17 Feb	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
18 Feb	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4.30-6pm
19 Feb	B'TRAFFORD	Extra Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	10am-12pm
19 Feb	E'PORT	Electronic Music Workshop at New Creation Centre CH65 4BW with Jacqui.	1-4.30pm
20 Feb	WARR'TON	Parents Meeting at The Clock Tower Café WA1 1SR with Steph.	10-11.30am
20 Feb	NORTHWICH	Learning4Life at our Northwich Training Room with Emma & Cathy.	10am-4pm
20 Feb	RUNCORN	Drumz Aloud at The Heath Business & Technical Park WA7 4QX with Dan	10.15-12.30pm
20 Feb	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
20 Feb	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Kat & Diane.	5-6.30pm
20 Feb	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel, Dan & Josie.	7-8.30pm
21 Feb	NORTHWICH	Gardening at Grozone CW9 5QA with Di & Cathy.	11am-1pm
23 Feb	WARR'TON	Multi Sports at Lymm Leisure Ctr. WA13 0RB with Dan & Steph.	12.15-1.15pm
23 Feb	WARR'TON	Family Swim at Lymm Leisure Ctr. WA13 0RB with Dan & Steph.	1.30-2.30pm
24 Feb	CHESTER	Spectrum Connect at White Horse Pub CH1 2LY with Claire.	12.30-2pm
24 Feb	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm
24 Feb	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
24 Feb	WIDNES	Spectrum Connect at Reel Cinema WA8 0GY with Emma.	TBC
24 Feb	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
25 Feb	RUNCORN	Home Education Crafts Club at Runcorn Training Room with Steph.	11am-12.30pm
25 Feb	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	1-2pm
25 Feb	CREWE	Parents Meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm
26 Feb	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10am-12pm

26 Feb	WINSFORD	Urban Air Trampoline Park CW7 3RL with Carey, Di & Bobbie.	4.30-6.30pm
26 Feb	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Kat, Diane & Lauren.	7-8.30pm
26 Feb	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Dan.	7-8.30pm
27 Feb	NORTHWICH	Learning4Life at our Northwich Training Room with Emma & Cathy.	10am-4pm
27 Feb	DELAMERE	Family Walk at Delamere Forest CW8 2HZ with Carey.	11.30am-2pm
27 Feb	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui, Diane & Jess.	6-7.30pm
27 Feb	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Steph.	6.15-7.30pm
29 Feb	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	3-4pm
29 Feb	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	4.15-5.15pm
29 Feb	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm

Extra activities (in bold) may incur a charge to help offset costs.

Contact details for staff ...

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

Admin 0344 850 8607 admin@cheshireautism.org.uk

Emma *for advice, signposting and support.*

Specialist Teacher 07462 868322 support@cheshireautism.org.uk

Emily *for activity queries, Eventbrite issues, IT and for all things Halton & Warrington.*

Warrington & Halton Team Coordinator 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

