



ChAPS Update!

2021 is DONE! WHAT A YEAR... At **ChAPS** we feel like we have achieved a lot despite the difficult circumstances we have often faced! As we write we are unsure what will happen in the New Year in terms of COVID restrictions, but whatever the situation, be assured that we are here to support all our families and will continue to do this however that support may look.

January will bring the annual survey that we ask members to complete, but in advance of this if you have any feedback or comments you wish to make about **ChAPS**, the services you have accessed, activities, support, therapies, courses or training sessions please feel free to write something and email to office@cheshireautism.org.uk.

We welcome all feedback so we can plan 2022 to support you all to the best of our ability.

Finally, we have planned our January activities as normal and will update you if anything changes. Please keep this in mind when booking onto any of our activities.



Google Classroom

Our Google classroom continues to be updated and we have recently added some social skills videos to watch over Christmas. These videos were produced by Adam Kirkpatrick who delivers our social skills courses.

For those who aren't familiar with our Google classroom, during the last lockdown **Emma ChAPS** worked extremely hard on producing this and to ensure parents who were home schooling had access to plenty of resources and activities. This classroom has hundreds of worksheets, videos and toolkits based on numerous subjects such as social skills, yoga, sensory circuits, anxiety, BSL, zones of regulations and so much more!

If you'd like to access the classroom, please contact **Emily** on operations@cheshireautism.org.uk for the class code.

Funded Sessions for Parents/Carers...

Making Mindfulness & Meditation a Habit

As part of our CWaC Carers Break funding and our NHS England funding, we have a brand-new mindfulness course available for parents and carers. These courses are due to be delivered in Northwich, Chester, Warrington and Runcorn.

The course is called 'Making Mindfulness & Meditation a Habit', delivered by Diane Batterton from Cheshire Mindees. A habit is a settled or regular tendency or practice, especially one that is hard to give up. On this short course you will explore the benefits of daily practice and especially techniques that can easily be fitted into busy daily routines.

If you are interested in attending this course, you can register your interest using the following link... <https://www.eventbrite.co.uk/e/152338989017>

Wellbeing Weekends

In addition to the mindfulness courses, our CWaC Carers Break funding is enabling us to provide Wellbeing Weekends in both Northwich and Chester. These are 3hr sessions that 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!

Parent/Carer feedback from recent sessions...

- Nurture for me. Meeting lovely people with common issues.
- I feel so relaxed, the sessions were just what I need. The massage session was brilliant, giving me lots of techniques to try at home.
- My cold has gone! Charlotte helped me to breathe again, I feel so much better. This is invaluable. People don't usually understand how difficult caring for a child with ASC is. But being part of a charity who "get it" and with people who have a shared experience is invaluable. Often, I come to **ChAPS** broken but leave refreshed and able to care.

West Cheshire Parent Training

Parent training has been funded by the local Clinical Commissioning Group for any parents of newly diagnosed autistic children, or children on the pathway, in the Chester and Ellesmere Port areas. This training is delivered by Autism Support Consultancy and is incredibly valuable learning for parents who have little or no knowledge of autism. To access this, you will need to be registered with a West Cheshire doctors' surgery.

You can register for the training using the following link...

<https://www.cheshireautism.org.uk/ccg-parent-training/>

ChAPS Adults

- ◆ **Wednesdays** 6.00pm - 7.00pm Mental Health Awareness via Zoom with **Emma**
- ◆ **Fridays** 6:00pm - 8:00pm Special Interest/ Social Chat via Zoom 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**

Other Services...

'Who Will Care After I've Gone' Course

Bookings are now being taken for the next 'Who Will Care After I've Gone' course for carers of people with a learning disability and autism. The course begins on Tuesday 25th January 2022, in The Park Suite, Winnington Park Recreation Club, Winnington, Northwich CW8 4EB.

Professionals advise on their specialist topics such as Will Writing, Power of Attorney and Guardianship, End of Life Care, Social Services, Direct Payments and Supported Accommodation and Funeral Planning. At the end of the course, individual support is offered to complete 'My Preferred Priorities for Care'.

To book your place or for further information please email yvonne.johnson@makingspace.co.uk or contact the office 01606 606694.

Cheshire West Autism Service Transition to High School Online Event: 9th February 2022 - 10am-2pm

Parents of Year 5 & 6 children are encouraged to attend, alongside any carers and professionals who are supporting children during the transition phase. This event has been extremely well received in the past and if you think it would be of interest to you, please secure a place by e-mailing autismteam@cheshirewestandchester.gov.uk.

New Leaf

New Leaf works with a range of partners and agencies from throughout Warrington and Cheshire who can give you the best chance of getting into work or training. Specialist support can help you improve your financial situation, obtain qualifications, gain work experience, assist with mental health issues and offer support for disabilities and long-term health conditions.

Dedicated New Leaf mentors will develop a tailored action plan, provide 1-2-1 support, improve your skills, and provide training, assist with job search, application, and interview preparation, arrange volunteering opportunities, help secure apprenticeships, and provide self-employment advice.

There is no set time limit to complete the programme, as each participant's journey is different and therefore the package of support is tailored to their individual needs and requirements.

www.DIBServices.org.uk www.newleafcheshire.co.uk 01625 501759

Diary of Events

4 Jan	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
4 Jan	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
4 Jan	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
5 Jan	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane	2.30-3.15pm
5 Jan	ZOOM!	Adults Mental Health Support Group with Emma.	6pm
5 Jan	ZOOM!	Children's Mindfulness with Di MinDees.	6.30pm
5 Jan	ZOOM!	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
6 Jan	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
6 Jan	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
6 Jan	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Lauren.	7-8.30pm
6 Jan	E'PORT	Parents Meeting at The Community Hub CH65 9BD with Diane & Leona.	7.30-8.45pm
7 Jan	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
7 Jan	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
8 Jan	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	3.30-4.30pm
8 Jan	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Amanda.	4.30-5.30pm
8 Jan	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.45-5.45pm
9 Jan	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Toria	12.30-2.15pm
9 Jan	CHESTER	Mindfulness & Meditation at St Mary's Handbridge CH47HL with Cady.	12.30-3.30pm
10 Jan	NORTHWICH	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
10 Jan	CHESTER	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
10 Jan	NORTHWICH	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Lindsey.	5-6.30pm
10 Jan	ZOOM!	Children's Chat with Di MinDees.	6.30pm
10 Jan	ZOOM!	Teen Mindfulness – 12yrs+ with Di MinDees.	7.30pm
11 Jan	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
11 Jan	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm

11 Jan	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
12 Jan	WARR'TON	Making Mindfulness & Meditation a Habit at Peace Foundation WA5 1HQ.	10am-12pm
12 Jan	CHESTER	Spectrum Connect at Lache Comm. Centre CH4 8HX with Diane.	10am-12pm
12 Jan	WARR'TON	Adults Meet at R'Teacup Café at The Old School WA1 3AJ with Emma.	12-1.30pm
12 Jan	ZOOM!	Adults Mental Health Support Group with Emma.	6pm
13 Jan	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
13 Jan	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
14 Jan	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
14 Jan	KNUTSFORD	Parents of Adults at the Kilton Inn WA16 0PZ with Carey.	11am-1pm
14 Jan	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
15 Jan	NORTHWICH	Mindfulness & Meditation at ChAPS Autism Ark CW8 1BE with Jennie.	10am-1pm
15 Jan	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm
16 Jan	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	12.30-4.15pm
17 Jan	CHESTER	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
17 Jan	NORTHWICH	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Amanda.	5-6.30pm
17 Jan	ZOOM!	Children's Mindfulness with Di MinDees.	6.30pm
17 Jan	ZOOM!	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
17 Jan	NORTHWICH	Spectrum Connect at ChAPS Autism Ark CW8 1BE with Jennie & Bobbie.	7-8.30pm
18 Jan	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
18 Jan	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
19 Jan	WARR'TON	Making Mindfulness & Meditation a Habit at Peace Foundation WA5 1HQ.	10am-12pm
19 Jan	RUNCORN	Adults Meet at the Old Police Station WA7 1DF with Emma.	12-1.30pm
19 Jan	ZOOM!	Adults Mental Health Support Group with Emma.	6pm
20 Jan	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
20 Jan	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
20 Jan	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Lauren.	7-8.30pm
21 Jan	WINSFORD	Parents Meeting at The Hive CW7 3DA with Carey.	9.30-10.30am

21 Jan	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
21 Jan	NORTHWICH	Parents & Adults Delamere Walk with Carey.	12-2pm
21 Jan	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
22 Jan	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	3.30-4.30pm
22 Jan	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.45-5.45pm
24 Jan	NORTHWICH	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
24 Jan	CHESTER	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
24 Jan	NORTHWICH	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Lindsey.	5-6.30pm
24 Jan	ZOOM!	Children's Chat with Di MinDees.	6.30pm
24 Jan	ZOOM!	Teen Mindfulness – 12yrs+ with Di MinDees.	7.30pm
25 Jan	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
25 Jan	NORTHWICH	Yoga for Adults at ChAPS Autism Ark CW8 1BE with Sarah & Carey.	1-2pm
25 Jan	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
25 Jan	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
25 Jan	NORTHWICH	Parents Meeting at ChAPS Autism Ark CW8 1BE with Jennie & Leona.	8-9.15pm
25 Jan	CHESTER	Parents Meeting Lache Comm. Centre CH4 8HX with Diane & Leona.	10am-12pm
26 Jan	WARR'TON	Making Mindfulness & Meditation a Habit at Peace Foundation WA5 1HQ.	10am-12pm
26 Jan	WARR'TON	Adults Meet at R'Teacup Café at The Old School WA1 3AJ with Emma.	12-1.30pm
26 Jan	WINSFORD	Urban Air Trampoline Park CW7 3RL with Jennie & Nic.	4.30-6.30pm
26 Jan	ZOOM!	Adults Mental Health Support Group with Emma.	6pm
27 Jan	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
27 Jan	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
28 Jan	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
28 Jan	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm

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

