



ChAPS Update!

The month of February brings Time to Talk Day, **ChAPS** will be hosting a meeting in **The Ark Café** where attendees will get a cuppa and cookie and time to talk, **Nat** and **Carey** will be supporting this.

Emma is delivering a coffee and chat session this month where members have the chance to come and pick her brain about all things autism. That could be a question about school support, sensory issues, sleep, eating... the list goes on and her knowledge is so varied and valuable!

Emma is also going to be delivering an Autism & Anxiety talk in Northwich this month. This talk touches on learning the signs of anxiety, common factors that trigger anxiety in autistic people, learning how to support children and young people who are struggling to attend school because of anxiety and more. Another session **Emma** will be delivering is Autism & Eating Difficulties via Zoom.

We also have extra activities running during February half term across five different areas, these are listed in the diary of events in **orange**. As always, members can book onto these on the 1st of the month from 6am.

Cooking Classes

The Ark Café is continuing to offer cooking classes which are being very well received. We have delivered 3 courses so far to teens and adults on the spectrum. These sessions are provided in six week blocks, every Wednesday (4.30-5.30 pm) and are open to children with ASC, siblings, adults with autism. The classes are suitable for children aged 6yrs+.

If you are interested in attending yourself or you'd like your child to attend, please register your interest on the following booking link...

<https://www.eventbrite.co.uk/e/255162396597>. Registering doesn't confirm a place on a course, we will be in touch directly to offer a place.

Cooking classes are £20 per course to cover the cost of ingredients, and attendees will take home the food they have prepared/cooked. If you require any further information before registering, please email **Emily** on operations@cheshireautism.org.uk. This is for members of **ChAPS** only.

Huge thank you to the British Science Association who have funded 7 cooking stoves to enable us to deliver these sessions.

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.

Our next course is scheduled to take place on a Monday evening, in Chester. 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.

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**
- ◆ **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...

Disability Positive Counselling and Befriending Service

In September, Disability Positive launched a new Counselling and Befriending Service. It is a free service staffed by volunteer befrienders, offering those living with a disability or a long-term health condition someone to chat with, help to reduce social isolation and improve mental health. There are a mixture of ages and genders. The service is available to both adults and children. To access the service, you need to live in Cheshire, have lived experience of disability, long-term health condition or caring responsibility and want to talk to someone.

For more information and to contact Disability Positive to enquire:

<https://disabilitypositive.org/service/counselling-and-befriending-service/>

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

1 Feb	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
1 Feb	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
1 Feb	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
2 Feb	WARR'TON	Making Mindfulness & Meditation a Habit at Peace Foundation WA5 1HQ.	10am-12pm
2 Feb	RUNCORN	Adults Meet Halton at the Old Police Station WA7 1DF with Emma.	12-1.30pm

2 Feb	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane	2.30-3.15pm
2 Feb	ZOOM!	Adults Mental Health Support Group with Emma.	6pm
3 Feb	NORTHWICH	Coffee & Chat with Emma at The Ark Café CW8 1BE.	9.30-11.30am
3 Feb	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE with Sarah, Cathy & Carey.	10am-4pm
3 Feb	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
3 Feb	E'PORT	Parents Meeting at The Community Hub CH65 9BD with Diane & Leona.	7.30-8.45pm
4 Feb	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
4 Feb	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
5 Feb	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
7 Feb	NORTHWICH	Time to Talk at The Ark Café CW8 1BE with Nat & Carey.	10.30am-12pm
7 Feb	CHESTER	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
7 Feb	NORTHWICH	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Amanda.	5-6.30pm
7 Feb	ZOOM!	Children's Mindfulness with Di MinDees.	6.30pm
7 Feb	ZOOM!	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
7 Feb	WINSFORD	Spectrum Connect at The Hive CW7 3DA with Jennie & Bobbie.	7.30-9pm
8 Feb	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
8 Feb	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
8 Feb	RUNCORN	Why Knot Knit? at the Old Police Station WA7 1DF with Emma.	7-8.30pm
8 Feb	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
9 Feb	WARR'TON	Making Mindfulness & Meditation a Habit at Peace Foundation WA5 1HQ.	10am-12pm
9 Feb	WARR'TON	Adults Meet at R'Teacup Café at The Old School WA1 3AJ with Emma.	12-1.30pm
9 Feb	ZOOM!	Adults Mental Health Support Group with Emma.	6pm
10 Feb	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE with Sarah, Cathy & Diane.	10am-4pm
10 Feb	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
11 Feb	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
11 Feb	KNUTSFORD	Parents of Adults at the Kilton Inn WA16 0PZ with Carey.	11am-1pm
11 Feb	NORTHWICH	Autism & Anxiety Talk at ChAPS Autism Ark CW8 1BE with Emma.	1-2.30pm

11 Feb	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
12 Feb	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.45-5.45pm
13 Feb	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Toria	12.30-2.15pm
13 Feb	CHESTER	Pilates & Tapping at St Mary's Handbridge Centre CH47HL with Cady.	12.30-3.30pm
14 Feb	NORTHWICH	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
14 Feb	CHESTER	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
14 Feb	NORTHWICH	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Lindsey.	5-6.30pm
14 Feb	ZOOM!	Children's Chat with Di MinDees.	6.30pm
14 Feb	ZOOM!	Teen Mindfulness – 12yrs+ with Di MinDees.	7.30pm
15 Feb	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
15 Feb	NORTHWICH	Yoga for Adults at ChAPS Autism Ark CW8 1BE with Sarah & Carey.	1-2pm
15 Feb	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
15 Feb	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
16 Feb	WARR'TON	Making Mindfulness & Meditation a Habit at Peace Foundation WA5 1HQ.	10am-12pm
16 Feb	CHESTER	Parents Meeting Lache Comm. Centre CH4 8HX with Diane & Leona.	10am-12pm
16 Feb	RUNCORN	Adults Meet at the Old Police Station WA7 1DF with Emma.	12-1.30pm
16 Feb	ZOOM!	Adults Mental Health Support Group with Emma.	6pm
17 Feb	ZOOM!	Autism & Eating Difficulties Talk with Emma.	10-11.30am
17 Feb	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE with Sarah, Cathy & Carey.	10am-4pm
17 Feb	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
18 Feb	WINSFORD	Parents Meeting at The Hive CW7 3DA with Carey.	9.30-10.30am
18 Feb	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
18 Feb	NORTHWICH	Parents & Adults Delamere Walk CW8 2JD with Carey.	12-2pm
18 Feb	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
19 Feb	NORTHWICH	Pilates & Tapping at ChAPS Autism Ark CW8 1BE with Lindsey.	10am-1pm
19 Feb	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm
20 Feb	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	12.30-4.15pm

21 Feb	WIDNES	Circus Workshop at Upton Community Centre WA8 4PF with Rach.	1.30-3pm
21 Feb	CHESTER	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
21 Feb	NORTHWICH	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Amanda.	5-6.30pm
21 Feb	ZOOM!	Children's Mindfulness with Di MinDees.	6.30pm
21 Feb	ZOOM!	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
21 Feb	NORTHWICH	Spectrum Connect at ChAPS Autism Ark CW8 1BE with Jennie & Bobbie.	7-8.30pm
22 Feb	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
22 Feb	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
22 Feb	CHESTER	Inflatabubble at Catholic High School CH4 7HS with Cady & Diane.	5.30-7pm
22 Feb	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
22 Feb	NORTHWICH	Parents Meeting at ChAPS Autism Ark CW8 1BE with Jennie.	8-9.15pm
23 Feb	WARR'TON	Adults Meet at R'Teacup Café at The Old School WA1 3AJ with Emma.	12-1.30pm
23 Feb	WINSFORD	Urban Air Trampoline Park CW7 3RL with Lindsey & Nic.	4.30-6.30pm
23 Feb	ZOOM!	Adults Mental Health Support Group with Emma.	6pm
24 Feb	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE with Sarah, Cathy & Carey.	10am-4pm
24 Feb	WARR'TON	Climbing at The North West Face Climbing Centre WA2 7NE.	10.15-11.15am
24 Feb	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
25 Feb	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
25 Feb	NORTHWICH	Safari Phil at ChAPS Autism Ark CW8 1BE with Josh.	3-4.15pm
25 Feb	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
26 Feb	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.45-5.45pm
28 Feb	NORTHWICH	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
28 Feb	CHESTER	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
28 Feb	NORTHWICH	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Lindsey.	5-6.30pm
28 Feb	ZOOM!	Children's Chat with Di MinDees.	6.30pm
28 Feb	ZOOM!	Teen Mindfulness – 12yrs+ with Di MinDees.	7.30pm

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

