



Due to the outbreak of CORONAVIRUS we are producing the list of activities that would have gone ahead this month and we wish to reassure all members that the activities, courses and training opportunities will start up again just as soon as government advice suggests that we can deliver them. In the meantime, if you have any questions please don't hesitate to contact any of the ChAPS team via the Facebook group, messenger, text or email – we are here to help! Very best wishes and virtual hugs from all the ChAPS staff to all our member families xx

***WE WILL GET THROUGH THIS TOGETHER ***

A message from Emma ChAPS...

Hi everyone!

I can't believe how many weeks we have survived in this strange situation now - I'm sure you are all craving some peace and quiet just like me. There are now hundreds and hundreds of online classes and sessions your children can take part in so you can grab a quick breather - but Minecraft seems to work just as well! Here are my top ten online resources but keep checking into our Facebook page and Google Classroom for updates as I couldn't possibly include all the great ones in here - it would be pages long!

Next week I will be starting to make the videos on self-regulation and social skills for teens and adults. These will be posted on YouTube as unlisted videos as this is exclusive content - just for our wonderful **ChAPS** members! You will need to get the links from our Facebook group or through the Google Classroom where I will set up new folders for each. Please check the title of each one to make sure it is appropriate before showing them as I will be covering more adult themes.

Have fun!

- John Charles is an artist who is doing daily art sessions for children. You can watch him live on Facebook at 11am daily
- [Singing Hands on YouTube](#) has videos of songs signed in Makaton. They are doing live sessions on YouTube at 10.30am.
- Joe Wicks, The Body Coach, is running live PE session on You Tube every morning at 9am.
- Cannon Hall Farm has daily live sessions at 7.30am showing their animals and life on the farm
- BBC Bitesize now has an amazing range of lessons and resources for all school-age children - you can access it through iPlayer or on the BBC website
- The Shed School on Facebook has fun lessons for KS1 children on a range of subjects
- Glasgow Science Centre posts live on YouTube at 10am each day with a wide range of demonstrations and experiments

- Mystery Doug answers science and nature based questions on his YouTube channel and website
- The Twinkl Parents group on Facebook hosts lots of online lessons and sessions each day delivered by teachers.
- The Oak National Academy is government funded and has hundreds of lessons for all ages delivered by teachers - it also has a specialist section with lots of special education content
- White Rose Maths has a home learning section which has daily maths lessons for all ages delivered by teachers

Recommended Services...

SEND Family Instincts Ltd

We are an independent SEND advocacy service, supporting families throughout the UK.

Our support includes:

- Free advice and online courses – (Link to our online EHCP basics course <https://www.sendfamilyinstincts.com/offers/JtNvhvFL/checkout>)
- Paid advocacy within the EHCP (education health and care plan) process. We have extensive experience within Parent Requests, Draft Checks, Review support, EHCP quality checks and all levels of appeal.
- As well as support for schools and professionals – (<https://www.sendfamilyinstincts.com/offers/5YBzGFat/checkout>) helping to close the gaps between families and services.

We aim to help everyone involved to feel like the EHCP process is a journey and not a relentless battle. We get great result, but within our support, our main focus is empowering a parent, child, professional, young person to feel their voice is being heard. We want to empower you through knowledge and motivate you with our passion for justice. We offer extremely good value for money, because we always want to be inclusive and affordable to those who need us most.

www.sendfamilyinstincts.com

CheshireMinDees

Mindfulness, tutoring and positive parenting support.

Many of you know me as **Di ChAPS** already. I am a science teacher and have offered tutoring for over a decade (KS2- KS4) and continue to do so.

There will be a huge demand due to COVID-19 so I thought I would offer pre booking to members. Maths tutoring also available.

T: 07710 264927

E: Cheshire.mindees@gmail.com

ChAPS Google Classroom

During lockdown we have replaced our usual activities with a range of classrooms shared by our staff and volunteers.

Please ask **Emily** on warrington@cheshireautism.org.uk for class codes and for any help needed to sign in.

The Classrooms we have are....

- **ChAPS** from home - A variety of learning resources regularly topped up by **Emma**
- Cook Club with **Claire**
- Art Club with **Claire**
- STEM with **Claire** - British Science Week Community Projects
- Programming with James - Instructions on how to Programme with Python

Recommended Lockdown Activities

- **Urban Air Trampoline Park Winsford – Zoom fitness sessions**
10am Tuesdays ROCKBOX with Sarah - Zoom ID 440 978 611
6pm Thursdays ROCKBOX with Sarah - Zoom ID 934 622 368
- **Tanja Sharpe - Confident Hearts Online Counselling, Coaching & Therapy**
www.confidenthearts.com. Online 'Best Gift is YOU!' course on the website
- **Sarah Pagdin 2Diverse – Free Webinar – Building Resilience for Families under Pressure**
<https://www.youtube.com/watch?v=gKzRXjrxSdI>
- **My Happy Hours - Dance sessions on Zoom with Ginette**
Please see separate email for times, classes and prices.

Online Activities for Adults

ChAPS Adults...

- Daily Zoom session with **Emma** 12.30pm-1pm, adult members can join in with or without Video.
- Adults Spectrum Connect Chat with **Di** on Tuesday and Thursdays at 9pm.

ChAPS Parent Support...

- Parents support with **Di** on Mondays and Fridays, 8.30 - 9.10pm and 9.30 - 10pm (2 consecutive sessions).
- Parent support with **Claire** and **Leona** (Virtual Massage) at 10am on Thursdays.
- Parents of Adults with **Carey** at 11am on Thursdays.

ChAPS Bespoke Services

NEW! ChAPS Adult Provision - TO RESUME AFTER LOCKDOWN

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 10am-4pm at our Northwich Training Room CW9 5BF.

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

For Children...

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.

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.

For Parents...

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](#).

'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

ChAPS Training – resuming after Lockdown

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.

Online Activity Updates!

- We now have an **Online Timetable** for all sessions that we are providing through both Zoom and Google Classroom, for adults and children. Each time the timetable is amended members will be sent the new copy via email. You can also access it in files in our closed Activities Facebook group. If you haven't received a copy yet, please contact **Emily ChAPS** and she will send it to you.
- Programming with James is a new addition to the **ChAPS Google classroom** - ordered sessions in how to learn programming using Python.
- Yoga with Sarah from Breathing Space Yoga - sessions have been added to the **ChAPS** from Home classroom.
- There are parents support meetings at various times during the week on the Zoom platform. Please see the online timetable for days and times.

Diary Events

Please book them in your diary!

(Bold are the extra activities)

1 June	CHESTER	Parents Meeting at SPACE CH2 2AN with Claire and Diane.	10am-12noon
1 June	CHESTER	Kidz Club at St. Oswald & St. Thom Hall CH1 4AG with Kat, Brian & Diane.	4.30-6pm
1 June	RUNCORN	Best Gift is You at Runcorn Training Room with Tanja and Lin.	6-8pm
1 June	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Jeff, Bobbie & Cody.	6.45-8.15pm
1 June	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Bobbie.	8.30-10pm
2 June	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4.30-6pm
3 June	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	11-11.45am
3 June	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Steph & Sarah.	4-6pm
3 June	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Diane & Kerry.	5.30-6.45pm
4 June	NORTHWICH	Learning4Life at our Northwich Training Room with Emma & Cathy.	10am-4pm
4 June	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
4 June	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Kat & Diane.	5-6.30pm
4 June	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Kat & Lauren.	7-8.30pm
4 June	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel, Dan & Josie.	7-8.30pm

6 June	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
8 June	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm
8 June	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Brian & Diane.	4.30-6pm
8 June	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey & Bobbie.	5-6.30pm
8 June	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Steph & Dan.	5-6.30pm
10 June	CHESTER	Family Session at Fun4All CH1 4NT with Toni, Claire & Diane.	4-6pm
10 June	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Kat, Diane & Lauren.	7-8.30pm
10 June	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Dan.	7-8.30pm
11 June	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
11 June	NORTHWICH	Learning4Life at our Northwich Training Room with Emma & Cathy.	10am-4pm
11 June	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui, Diane & Jess.	6-7.30pm
11 June	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Steph.	6.15-7.30pm
13 June	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Brian, Diane & Jonnie.	3-4pm
13 June	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Brian, Diane & Jonnie.	4.15-5.15pm
14 June	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Steph.	12.30-2.15pm
15 June	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Toni & Leona.	10am-12pm
15 June	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Brian & Diane.	4.30-6pm
15 June	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Jeff, Bobbie & Cody.	6.45-8.15pm
15 June	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Bobbie.	8.30-10pm
16 June	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4.30-6pm
17 June	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	11-11.45am
17 June	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-7pm
18 June	WARR'TON	Parents Meeting at The Clock Tower Café WA1 1SR with Steph.	10-11.30am
18 June	NORTHWICH	Learning4Life at our Northwich Training Room with Emma & Cathy.	10am-4pm
18 June	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
18 June	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Kat & Diane.	5-6.30pm
18 June	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel, Dan & Josie.	7-8.30pm

20 June	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm
21 June	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	10.30-3.30pm
22 June	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm
22 June	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Brian & Diane.	4.30-6pm
23 June	RUNCORN	Home Education Crafts Club at Runcorn Training Room with Steph.	11am-12.30pm
23 June	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	1-2pm
24 June	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10am-12pm
24 June	WINSFORD	Urban Air Trampoline Park CW7 3RL with Carey, Di & Bobbie.	4.30-6.30pm
24 June	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Kat, Diane & Lauren.	7-8.30pm
24 June	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Dan.	7-8.30pm
25 June	NORTHWICH	Learning4Life at our Northwich Training Room with Emma & Cathy.	10am-4pm
25 June	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui, Diane & Jess.	6-7.30pm
25 June	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Steph.	6.15-7.30pm
27 June	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Brian, Diane & Jonnie.	3-4pm
27 June	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Brian, Diane & Jonnie.	4.15-5.15pm
28 June	WARR'TON	Multi Sports at Lymm Leisure Ctr. WA13 ORB with Dan & Steph.	12.15-1.15pm
28 June	WARR'TON	Family Swim at Lymm Leisure Ctr. WA13 ORB with Dan & Steph.	1.30-2.30pm
29 June	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Brian & Diane.	4.30-6pm
30 June	CREWE	Parents Meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm

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

