



The summer holidays begin! I'm sure you will all want to join me in a huge welcome to our new business manager - Natalie ChAPS. We are hoping that Natalie will be instrumental in ChAPS finding its way smoothly out of Lockdown – NO PRESSURE then! We have a very few tentative bookings for outdoor activities in August these are in **BOLD** in the diary of events below. Hopefully we will be able to deliver them all with a view to opening up more activities in September.

All members will receive the 'Eventbrite' email with links to book the activities in August shortly after this one.

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 ARE GETTING THROUGH THIS... ***

A message from Emma ChAPS...

Hi everyone!

Well we made it through to the summer holidays! Phew! For some children, the familiar structure of home schooling may be great to continue, but for others it may well be time to loosen the reins a little- it is the holidays after all! Many of the online sessions from outside providers are drawing to close while they have a well-deserved summer break- but our Google Classroom is here to stay with tons of resources to keep you busy all summer.

This month I will be focusing my videos on Life Skills including health, independent living and preparing for adulthood. 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!

Recommended Services...

Our Tots Tribe Ltd & Our Tribe Care Services

We are a childcare agency and we have now expanded to also running a care agency. We provide SEN nannies, respite care and PA's to families who have children and young people with additional needs across Cheshire, Manchester and Staffordshire.

Eleanor Brogan, Company Director

E: ourtribemanagement@gmail.com

[Our Tribe Care Services Facebook Page](#)

More 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

Summer Social Skills Support Services

Adam has delivered the Intensive Social Skills programme for **ChAPS** children for the last two years and is continuing to offer his services according to Covid19 guidelines.

Adam is providing these services through the summer:

- 1)** Remote lessons - structured social skills lessons via Skype or FaceTime (£25/45mins)
- 2)** Home garden lessons - physically active social activities outside with friends (groups of 1-4) (£35/hour plus 45pence/mile travel).
- 3)** Remote conversation service - an informal 30 minute telephone or video chat based on pupils interests to provide outside socialisation without seeming too much like school work (£15/30mins).

Adam Kirkpatrick MA

07528055717

Discover Social Skills

discoversocialskills.com

Recommended Lockdown Activities

- **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.

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 – temporarily suspended for Summer holidays!**
- Art Club with **Claire – Look out for new projects in the classroom**
- STEM with **Claire – The Club sessions online for registered children**
- Programming with James - Instructions on how to Programme with Python

Online Activities for Adults

ChAPS Adults...

- Mondays 12.30-1.30- Mental Health Support Group with **Emma**
- Tuesdays 3.30-4.30- Self Awareness and Self Help Group with **Emma**
- Wednesdays 12.30-1.30- Healthy Choices with **Emma**
- Thursdays 3.30-4.30- Friendships and Relationships with **Emma**
- Thursdays 6.30-7.00- Gamer Chat with **Emma**
- Fridays 6.00-7.00- Virtual Café Social with **Emma**
- Sundays 5.00-6.00- Virtual Café Social with **Emma**
- Adults Spectrum Connect Chat with **Di** on Tuesday and Thursdays at 8.30pm.

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. Over Lockdown, we have moved to Online Sessions for The Club children to engage in STEM experiments. We have also opened an online provision in Chester.

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 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.
- **Di ChAPS** is running numerous children's online sessions every week. These include mindfulness, teen chats, teen WhatsApp group and more. The information for the sessions can be found on our **Online Timetable**.
To access the WhatsApp group or for more information please contact **Di** directly on northwich@cheshireautism.org.uk
- We have added a few outdoor Summer activities (**in bold below**) for our members to attend. The activity times may seem quite long but these involve multiple small group sessions to ensure social distancing can take place and that we are adhering to Government guidelines. **To book on please refer to your booking email from 1st Aug.**

Purple Bold are the activities that are BOOKED to go ahead in AUG.

Diary Events (we are hoping to deliver all **BOLD** activities in Aug – COVID restrictions allowing!)

1 Aug	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
3 Aug	CHESTER	Parents Meeting at SPACE CH2 2AN with Claire and Diane.	10am-12noon
3 Aug	CHESTER	Kidz Club at St. Oswald & St. Thom Hall CH1 4AG with Brian & Diane.	4.30-6pm
3 Aug	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Jeff, Bobbie, Jennie & Cody.	6.45-8.15pm
3 Aug	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Bobbie.	8.30-10pm
4 Aug	TARPORLEY	Cotebrook Shire Horse Centre CW6 9DP with Carey & Natalie.	10.30am-2pm
4 Aug	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4.30-6pm
5 Aug	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	11-11.45am
5 Aug	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Steph & Sarah.	4-6pm
5 Aug	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Diane & Kerry.	5.30-6.45pm
6 Aug	NORTHWICH	Learning4Life at our Northwich Training Room with Emma & Cathy.	10am-4pm
6 Aug	RUNCORN	 tubing at Runcorn Ski Slope WA7 6PT with Rach & Emily.	10am-12noon

6 Aug	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
6 Aug	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	3.30-4.15pm
6 Aug	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Diane and Brian	5-6.30pm
6 Aug	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Diane & Lauren.	7-8.30pm
6 Aug	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel, Rach & Josie.	7-8.30pm
8 Aug	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Brian, Diane & Jonnie.	3-4pm
8 Aug	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Brian, Diane & Jonnie.	4.15-5.15pm
9 Aug	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Rach.	12.30-2.15pm
10 Aug	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm
10 Aug	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Brian & Diane.	4.30-6pm
10 Aug	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey & Bobbie.	5-6.30pm
10 Aug	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Steph & Dan.	5-6.30pm
12 Aug	CHESTER	Family Session at Fun4All CH1 4NT with Toni, Claire & Diane.	4-6pm
12 Aug	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Diane, Lauren and Brian.	7-8.30pm
12 Aug	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Dan.	7-8.30pm
13 Aug	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
13 Aug	NORTHWICH	Learning4Life at our Northwich Training Room with Emma & Cathy.	10am-4pm
13 Aug	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui, Diane & Jess.	6-7.30pm
13 Aug	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
14 Aug	NORTHWICH	Gardening at Grozone CW9 5QA with Di.	12.30-3pm
15 Aug	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm
16 Aug	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	10.30-3.30pm
17 Aug	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Toni & Leona.	10am-12pm
17 Aug	NORTHWICH	Falconry Session at Cheshire Falconry CW8 2EB with Carey & Natalie.	11.30am-2pm
17 Aug	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Brian & Diane.	4.30-6pm
17 Aug	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Jeff, Bobbie, Jennie & Cody.	6.45-8.15pm
17 Aug	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Bobbie.	8.30-10pm

18 Aug	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4.30-6pm
19 Aug	RUNCORN	Woodland Trail & Crafts at Norton Priory with Rach & Mel.	1-3pm
19 Aug	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	11-11.45am
19 Aug	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-7pm
20 Aug	WARR'TON	Parents Meeting at The Clock Tower Café WA1 1SR with Steph.	10-11.30am
20 Aug	NORTHWICH	Learning4Life at our Northwich Training Room with Emma & Cathy.	10am-4pm
20 Aug	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
20 Aug	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Brian.	3.30-4.15pm
20 Aug	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Diane and Brian.	5-6.30pm
20 Aug	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel, Rach & Josie.	7-8.30pm
21 Aug	CHESTER	Forest School at Countess of Chester Country Park with Brian & Diane.	10am-4.30pm
22 Aug	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Brian, Diane & Jonnie.	3-4pm
22 Aug	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Brian, Diane & Jonnie.	4.15-5.15pm
23 Aug	WARR'TON	Multi Sports at Lymm Leisure Ctr. WA13 0RB with Dan & Steph.	12.15-1.15pm
23 Aug	WARR'TON	Family Swim at Lymm Leisure Ctr. WA13 0RB with Dan & Steph.	1.30-2.30pm
24 Aug	CHESTER	Spectrum Connect at White Horse Pub CH1 2LY with Claire.	12-2pm
24 Aug	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm
24 Aug	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Brian & Diane.	4.30-6pm
24 Aug	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
24 Aug	RUNCORN	Spectrum Connect in Runcorn with Rach.	8-9.30pm
25 Aug	RUNCORN	Home Education Crafts Club at Runcorn Training Room with Steph.	11am-12.30pm
25 Aug	CHESTER	Sports Session at Upton High CH2 1NN with Simon & Lauren.	11am-4pm
25 Aug	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	1-2pm
25 Aug	CREWE	Parents Meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm
26 Aug	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10am-12pm
26 Aug	WINSFORD	Urban Air Trampoline Park CW7 3RL with Carey, Di & Bobbie.	4.30-6.30pm
26 Aug	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Diane, Lauren and Brian.	7-8.30pm

26 Aug	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Dan.	7-8.30pm
27 Aug	FRODSHAM	Climbing at Roundponds Outdoor Centre WA6 6SU with Di.	9-5pm
27 Aug	NORTHWICH	Learning4Life at our Northwich Training Room with Emma & Cathy.	10am-4pm
27 Aug	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	3.30-4.15pm
27 Aug	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui, Diane & Jess.	6-7.30pm
27 Aug	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm

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

Natalie *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

