

A message from Natalie ChAPS...

I have been with ChAPS as the Business Manager for 3 months now and I have relished learning about all the fantastic opportunities that the charity offers its members.

As I have only met a few members so far, I wanted to take this opportunity to tell you a little bit more about me and my passion for improving life experiences for people with autism. I have 2 daughters (Charlotte and Molly), a cat (Smokie), 2 dogs (Dexter and Kevin (Molly named him!)), a guinea pig (Nutmeg), a rabbit (Bunny – Charlotte named him!) and a visiting hedgehog that we call Prickles, so life is pretty busy! A close family member was diagnosed with autism having experienced significant mental health difficulties a few years ago; when the diagnosis came, I felt relief, elation and grief which I am sure you can all relate to. With that, came a determination to work within the autism sector, so when I saw the Business Manager position advertised in the Summer, I couldn't believe my luck!

After my first interview in 12 years, I was offered the position and was delighted to start in July; since then I have learnt a massive amount about the charity, how we are funded and all the different activities that we can offer.

I must admit that it has been really very exciting to move into the new premises on Navigation Road and I can't wait to see lots of members using it as time goes on; we have so many aspirational plans for the centre which we are working really hard to achieve so that we can offer even better services to members.

I would like to end my message by saying a huge thank you to the team for making me feel so very welcome, but most particularly to Emily, Carey and Jo who have been fantastic – I am very proud to be part of such a dedicated staff team and I really hope that my input will make life experiences better for our members.

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](#)

Recommended Services...

SEN Support Solicitors

Special Educational Needs Advisors, disability discrimination, tribunal support. Working and supporting Parents and Schools. Legal advice from people who understand and care as their own children have SEN. **For more information contact on:**

T: 01606 254044

E: tamara@sensupportsolicitors.co.uk

To access click here <https://www.sensupportsolicitors.co.uk/>

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

NEST - Nurture, Educate, Support Tutor

Laura Stone is a primary school teacher with 16 years' experience in her profession. She has tutored in schools across Cheshire for the last 5 years, and has experience in early years, Key stages 1 & 2. Laura offers a child-centered approach with lots of awareness of engaging children with additional needs. Based in Frodsham, NEST offers private tuition for ages 5-11 in either small groups or individual sessions, and offers tutoring in a home setting. Key features: Self-contained space with a room and toilet separate from the general living space, waiting room for parents if they wish to stay, and Covid safe.

For more information contact on:

E: nest3@yahoo.com

Facebook: <https://www.facebook.com/nestfrodsham/>

Recommended Lockdown Activities...

Tanja Sharpe - Confident Hearts Online Counselling, Coaching & Therapy

Online 'Best Gift is YOU!' course. To visit the website, click here www.confidenthearts.com.

Sarah Pagdin 2Diverse – Free Webinar – Building Resilience for Families under Pressure.

To access click here <https://www.youtube.com/watch?v=gKzRXjrxSdI>

Local Services...

Cheshire & Warrington Carers

Cheshire & Warrington carers has some **NEW** upcoming training sessions and some reminders of others that have been in the diary for a little while. All the sessions will be delivered via Zoom.

- ◆ **Monday 9th November** 2:00pm-3:00 pm- Libraries offer many more services than just book borrowing. Find out about `Books on Prescription`, Reading groups, e-books and other library services.
- ◆ **Thursday 19th November** 2:00 pm- 3:00 pm - Infection Control - gets hints and tips to help you manage care in the home.

Please note that places are limited. To book a place contact Jill (Carer Support & Advice Worker) on:

T: 0300 102 0008

E: jillian@cheshireandwarringtoncarers.org

To access click here <https://cheshireandwarringtoncarers.org/>

Making Space

Making Space provides services to support adults with care & support needs, and their carers covering Cheshire West & Chester. Over the coming months they are offering workshops and quizzes.

- ◆ **Thursday 12th November** at 7:45pm Meditation with Jo Howarth Mindfulness Practitioner
- ◆ **Tuesday 24th November** at 1:30pm Gil Martin's Neighbourhood Watch and Christmas Scam Workshop
- ◆ **Wednesday 2nd December** Making Space Christmas Online Party - details to follow.

If you would like to attend any of the workshops or quizzes contact Hayley Gaylard Rees on:

T: 01606606694

M: 07773 223 850

E: hayley.gaylardrees@makingspcae.co.uk

Also offering 'Who will Care After I've Gone' course. Weekly sessions run over 4-week period, taking place 10.00-12.00 noon via Zoom. To book a place contact Yvonne Johnson on:

T: 01606 606694 or 07773 223174

E: yvonne.johnson@makingspace.co.uk

To access click here <https://wearemakingspace.co.uk/>.

ChAPS Adults Online Activities

ChAPS Adults...

- ◆ **Mondays** 1.00pm -2-00pm Self Awareness with **Emma**
- ◆ **Wednesdays** 6.00pm -7.00pm Special Interest chat with **Emma**
- ◆ **Sundays** 6.33pm – 7.00pm Social chat with **Emma**
- ◆ **Adults Spectrum** Connect Chat with **Di** listed in the diary events

ChAPS Google Classroom

During this time, we are continuing to offer our activities with a range of classrooms shared by our staff and volunteers.

We have the following Classrooms;

- ChAPS from home offering a variety of learning resources & support materials for parents & carers regularly topped up by **Emma**
- Cook Club with **Claire**
- Art Club with **Claire**
- STEM with **Claire**
- Programming with James - Instructions on how to Programme with Python

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

ChAPS Bespoke Services

ChAPS Adult Daytime Provision

Learning4Life is our **Bespoke** 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 more information please email **Carey** on families@cheshireautism.org.uk

ChAPS Mental Health Intervention

Our new Mental Health Intervention is a 1:1 therapeutic service that we have specifically developed for adults with autism.

We see first-hand a lot of our cohort of autistic adults struggling with their mental health and recognise that due to the worldwide pandemic Covid-19; their increased social isolation, anxiety and poor coping skills is having a detrimental effect.

The number of sessions can be tailored to the individual considering recommendations from the referring professional, but we would expect commissioners to recognise that a minimum of 10 sessions will be needed to effect real change. This can be self-funded (at a discounted rate for **ChAPS** members) or funded through the NHS if you have a consultant able to procure the funding for you.

If you have any queries, please don't hesitate to get in touch with **Emma** on support@cheshireautism.org.uk

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...

"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."

"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 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."

"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

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, Gill and Di.

Ongoing sessions for children that have completed any of our mindfulness courses are now available on Zoom - please contact Emily to access!

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 in Northwich on Tuesday evenings and Chester on Mondays, both at 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. Chester is resuming sessions in September and hopefully October for Northwich.

Email [Carey families@cheshireautism.org.uk](mailto:Carey_families@cheshireautism.org.uk) to be added to the waiting list. 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.

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.

Online Activity Updates!

Check our **Online Timetable** for Adults and Children. We are continuing to provide all sessions at this time via both Zoom and Google Classroom. Updates to our timetable will be sent to Members via email. Our **Online Timetable** is also available in files in our closed **Activities Facebook** group. If you would like a copy, please contact **Emily ChAPS** on warrington@cheshireautism.org.uk and she will send it to you.

Diary of Events

Purple Bold are the activities that are BOOKED to go ahead in NOVEMBER

*** Bold are the sessions that will be delivered via ZOOM ***

2 Nov	CHESTER	Walk & Talk for Parents at Countess Park CH2 4JT with Claire & Diane.	10am-12pm
2 Nov	CHESTER	Kidz Club at St. Oswald & St. Thom Hall CH1 4AG with Brian & Diane.	4.30-6pm
2 Nov	WINSFORD	Youth Club at New Images CW7 2HG with Jennie, Cathy, Jeff, Bobbie & Cody.	6.45-8.15pm
2 Nov	ZOOM!	Spectrum Connect with Di & Bobbie.	8.30pm
3 Nov	ZOOM!	Warrington Parents Meeting with Steph.	1pm
3 Nov	ZOOM!	Parents Meeting with Claire & Diane - Virtual Massage with Leona!	7pm
4 Nov	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Steph.	4-6pm
4 Nov	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Diane & Kerry.	5.30-6.45pm
5 Nov	NORTHWICH	Learning4Life at ChAPS Autism Ark with Emma & Team.	10am-4pm
5 Nov	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
5 Nov	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Sam	5-6.30pm
5 Nov	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel, Rach & Josie.	7-8.30pm
6 Nov	RUNCORN	Adults Crafts & Chat at The Old Police Station WA7 1DF with Emma.	10am-12pm
6 Nov	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	11-11.45am
7 Nov	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
8 Nov	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Rach.	12.30-2.15pm
9 Nov	CHESTER	Spectrum Connect at White Horse Pub CH1 2LY with Claire & Diane.	12-2pm

9 Nov	NORTHWICH	Crafty Club at ChAPS Autism Ark with Terri.	1-2.30pm
9 Nov	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Bri & Diane.	4.30-6pm
9 Nov	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey & Bobbie.	5-6.30pm
9 Nov	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Steph.	5-6.30pm
9 Nov	ZOOM!	Teen Mindfulness - 12yrs+ with Di.	7.30pm
9 Nov	ZOOM!	Parents Meeting with Di.	8.30pm
11 Nov	CHESTER	Family Session at Fun4All CH1 4NT with Toni, Claire & Diane.	4-6pm
11 Nov	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Diane, Lauren and Bri.	7-8.30pm
12 Nov	NORTHWICH	Learning4Life at ChAPS Autism Ark with Emma & Team.	10am-4pm
12 Nov	NORTHWICH	Adults Yoga at ChAPS Autism Ark with Sarah & Carey.	1.30-2.30pm
12 Nov	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
12 Nov	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
14 Nov	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Bri, Diane & Jonnie.	3-4pm
14 Nov	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Bri, Diane & Jonnie.	4.15-5.15pm
15 Nov	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	12.30-4.15pm
16 Nov	ZOOM!	Parents Meeting with Claire & Diane - Virtual Massage with Leona!	10-11.30am
16 Nov	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Bri & Diane.	4.30-6pm
16 Nov	ZOOM!	Children's Mindfulness with Di.	6.30pm
16 Nov	NORTHWICH	Youth Club at ChAPS Autism Ark with Jennie, Cathy, Jeff & Bobbie	7-8.30pm
16 Nov	ZOOM!	Spectrum Connect with Di.	8.30pm
18 Nov	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-7pm
19 Nov	NORTHWICH	Learning4Life at ChAPS Autism Ark with Emma & Team.	10am-4pm
19 Nov	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Sam	5-6.30pm
19 Nov	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel, Rach & Josie.	7-8.30pm
20 Nov	ZOOM!	Parents of Adults Meeting with Carey.	11am
20 Nov	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	11-11.45pm
21 Nov	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm

22 Nov	WARR'TON	Multi Sports at Lymm Leisure Ctr. WA13 ORB with Steph.	12.15-1.15pm
22 Nov	WARR'TON	Family Swim at Lymm Leisure Ctr. WA13 ORB with Steph.	1.30-2.30pm
23 Nov	NORTHWICH	Crafty Club at ChAPS Autism Centre with Terri & Nic.	1-2.30pm
23 Nov	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Bri & Diane.	4.30-6pm
23 Nov	RUNCORN	Spectrum Connect in Runcorn with Rach.	8-9.30pm
24 Nov	RUNCORN	Home Education Crafts Club at Runcorn Training Room with Steph.	11am-12.30pm
24 Nov	NORTHWICH	Adults Yoga at ChAPS Autism Ark with Sarah & Carey.	1-2pm
25 Nov	WINSFORD	Urban Air Trampoline Park CW7 3RL with Carey and Bobbie.	4.30-6.30pm
25 Nov	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Diane, Lauren and Bri.	7-8.30pm
26 Nov	NORTHWICH	Learning4Life at ChAPS Autism Ark with Emma & Team.	10am-4pm
26 Nov	ZOOM	Adult Q&A with Kerry Arnison - Adult Occupational Therapist.	1-2pm
26 Nov	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
26 Nov	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
27 Nov	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10am-12pm
28 Nov	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Bri, Diane & Jonnie.	3-4pm
28 Nov	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Bri, Diane & Jonnie.	4.15-5.15pm
30 Nov	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Bri & Diane.	4.30-6pm

If you require any ZOOM ID's please contact [Emily Chaps](#).

Need More Help or Information?

Ruth/Lucy - For or Attention Card Applications, Gift Aid, Child Registration Forms & everything else Admin

E: admin@cheshireautism.org.uk

E: office@cheshireautism.org.uk

T: 0344 850 8607

Rachael, Weekend Support - For Advice, Support & Activities during the weekend

M: 07309 692786

Emma, Specialist Teacher - For Advice, Signposting or Support

E: support@cheshireautism.org.uk

M: 07462 868322

Emily, Operations Manager - For Activities, Eventbrite, IT & ChAPS Autism Ark Enquiries/ Bookings

E: warrington@cheshireautism.org.uk

M: 07491 001360

Carey, Families Manager - For Intensive Group Sessions, Staffing, Venues, The Club, Counselling

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

