

## *February Fun at ChAPS!*

We've had a really busy half term break at ChAPS, with lots of additional activities on offer.

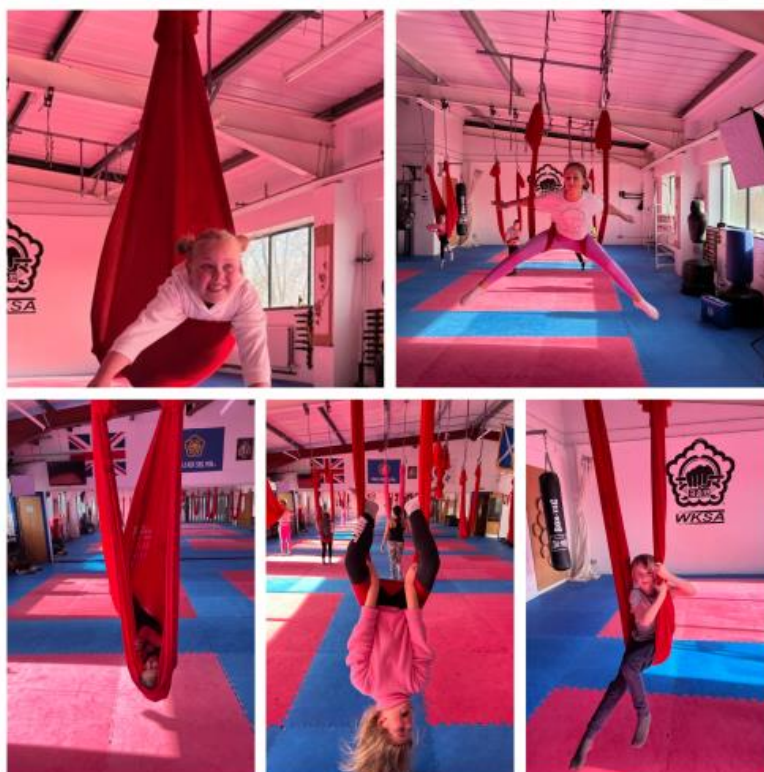
We had great fun making pizzas at The Ark – this was a fully funded activity, so a big thank you to Cheshire West Voluntary Action for this. We will be holding another event over Easter – so watch this space for more info!



We took over the Chester Storyhouse for a relaxed screening of Puss in Boots at the Chester Storyhouse on Thursday – the film was great and everyone left the screening with big smiles on their faces! We are looking at other venues for relaxed screenings in Cheshire so do keep checking the newsletter your eyes on the newsletter if you like to go to the cinema.

Our new CEO, Michelle, has been busy visiting activities and learning lots more about ChAPS and all the great work that we do. Michelle has attended a number of adults' meets, Ellesmere Port Youth Club, Northwich Kids' Club, Anti Grav Yoga and lots more!

The anti grav yoga session was another of our additional half term activities – we think the children had a superb time, judging by the photos!



Every month we have 5 family tickets available to our members for The Catalyst Science Discovery Centre and Museum in Widnes. The centre has interactive exhibits, reconstructed historical scenes, an observatory, a live-science theatre, and a family workshop. Please email [info@cheshireautism.org.uk](mailto:info@cheshireautism.org.uk) if you would like to be considered for one of these passes.

## ***Counselling***

Did you know that ChAPS provide a person-centred counselling service? Did you also know that ChAPS members can access the service if they are over 18 years of age? We have volunteer counsellors who see autistic adults and parents at a vastly reduced rate of £20 per session (online or face to face). We also have placement counsellors who see autistic adults and parents in Northwich during office hours for an optional donation to ChAPS. For more info contact Carey on [info@cheshireautism.org.uk](mailto:info@cheshireautism.org.uk)

## Learning4Life

Our **Learning4Life** provisions in Northwich, Runcorn and Halton have had a busy February! They also enjoyed making pizza, but this time in celebration of National Pizza Day, which they ate for lunch. They have also been finding new walking trails, visiting charity shops crafting, quizzing, and completing gratitude hearts.

If you would like further information about our Learning4Life provision, please email [info@cheshrieautism.org.uk](mailto:info@cheshrieautism.org.uk)



## Neurodiversity Celebration Week

**Monday 13<sup>th</sup> – Sunday 19<sup>th</sup> March**

Neurodiversity Celebration Week is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to transform how neurodivergent individuals are perceived and supported by providing the opportunity to recognize the many talents and advantages of being neurodivergent, while creating more inclusive and equitable cultures that celebrate differences and empower every individual.

During the week there will be several free webinars available on the neurodiversity week website. The webinars range from introductory webinars to panel discussions on specific topics, including Neurodiversity for Parents & Carers; Neurodiversity in the workplace; Neurodiversity & the Justice System; and The Experiences of Neurodivergent Women & Girls.

All webinars are free of charge and open to all. For more information or to sign up to the webinars, please visit [Neurodiversity Celebration Week \(neurodiversityweek.com\)](https://neurodiversityweek.com)

## Sessions for Parents/Carers...

### ChAPS Wellbeing Weekends

With Carers Break Funding in Cheshire West & Chester and Halton, ChAPS are providing Wellbeing Weekends for parents and carers. The sessions are 3 hours long and consist of a range of activities to give carers respite and promote wellbeing. Some activities in recent sessions have included yoga, SOSA dance, massages, reflexology, stretch and restore sessions and Reiki. Lunch is also included!

**Each session has received positive feedback from attendees. Attendees said:**

- “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 shared experience is invaluable. Often, I come to ChAPS broken but leave refreshed and able to care.”
- “Some time out and meeting other parents/carers. I enjoyed all the sessions, lovely to meet other parents.”

In March we have Wellbeing Weekends in Northwich and Chester. If you are a member, please use your booking links to book your place. If you’re not a member of ChAPS but would like to get involved, please email [info@cheshireautism.org.uk](mailto:info@cheshireautism.org.uk) and we will be happy to help.

## Holding the



### *Holding The Space: Developing Awareness through Mindfulness to hold the space within.*

We have a brand-new mindfulness course available to parents and carers. These courses are due to be delivered in Northwich and Chester over 6 sessions.

The course is called ‘Holding the Space’ and will be delivered by Lee from Broad-Minded. The course will have a focus on self-awareness, having a positive mindset and really being in the present moment to move forward feeling empowered and at peace. Allowing yourself to be in harmony with life, your environment and all the challenges it brings. Having time out to relax, nurture self and revitalize the soul through mindfulness.

**Northwich:** At ChAPS Autism Ark

- Monday 13<sup>th</sup> March 7-9pm
- Monday 20<sup>th</sup> March 7-9pm
- Monday 27<sup>th</sup> March 7-9pm
- Monday 17<sup>th</sup> April 7-9pm
- Monday 24<sup>th</sup> April 7-9pm
- Wednesday 3<sup>rd</sup> May 7-9pm

<https://www.eventbrite.co.uk/e/560685414167>

**Chester:** At Lache Community Centre

- Thursday 16<sup>th</sup> March 7-9pm
- Thursday 23<sup>rd</sup> March 7-9pm
- Thursday 30<sup>th</sup> March 7-9pm
- Thursday 20<sup>th</sup> April 7-9pm
- Thursday 27<sup>th</sup> April 7-9pm
- Thursday 4<sup>th</sup> May 7-9pm

<https://www.eventbrite.co.uk/e/560681963847>

## **Other Services**

### **Little Lungs**

Little Lungs supports families with respiratory conditions.

Do you have a child aged 0-5 years with a respiratory condition?

Little lungs are a great new support service offering a free confidential support, information, advice and guidance across Cheshire West. All the parent champions offering family support have lived experience of respiratory conditions. Parents simply need to call 0151 608 8288 to register to be matched with a parent champion in their area.

### **Everybody**

Everybody Health and Leisure are a health and wellbeing charity that improves peoples lives through physical activity and healthy recreation.

It has a range of activities for young people with an impairment or additional need aged 17 and under in Cheshire East.

For more information on Everybody's Ability for All programme:

Telephone: 07506 317055

Email: [inclusion@everybody.org.uk](mailto:inclusion@everybody.org.uk)

## Diary of Events – Key

Purple – Open for booking from Tuesday 28th

Black – Virtual Sessions

(A) - For Adult members

(C) – For children (please see the Eventbrite to check if siblings are included!)

(P) – For parents and carers

If you have any suggestions for our **ChAPS** newsletter or ideas about how we can make it easier to understand, please email [admin@cheshireautism.org.uk](mailto:admin@cheshireautism.org.uk)

## Diary of Events

|                    |                        |  |               |
|--------------------|------------------------|--|---------------|
| Wednesday<br>1 Mar | NORTHWICH<br>(P)       | Parents of Teens Meet at The Ark Café CW81BE with Caron.               | 10am-11.30am  |
| Wednesday<br>1 Mar | B'TRAFFORD<br>(C)      | Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.    | 10.30-11.15am |
| Wednesday<br>1 Mar | RUNCORN<br>(A)         | Adults Meet at the Old Police Station WA7 1DF with Emma & Diane.       | 12-1.30pm     |
| Wednesday<br>1 Mar | TEAMS<br>(A)           | Adults Mental Health Support Group with Emma.                          | 6-7pm         |
| Thursday<br>2 Mar  | NORTHWICH<br>(A)       | Learning4Life at ChAPS Autism Ark CW8 1BE with Sarajayne & Terri.      | 10am-4pm      |
| Thursday<br>2 Mar  | E'PORT<br>(C)          | Kids Club at The Community Hub CH65 9BD with Diane & Jess.             | 5.45-7.15pm   |
| Thursday<br>2 Mar  | E'PORT<br>(P)          | Parents Meeting at The Community Hub CH65 9BD with Diane & Leona.      | 7.30-9pm      |
| Friday<br>3 Mar    | WARR'TON<br>(A)        | Learning4Life at The Oaks Centre WA5 2QS with Chelsey & Diane.         | 10am-4pm      |
| Saturday<br>4 Mar  | NORTHWICH<br>(A)(C)(P) | Family Swim at Memorial Court Northwich CW9 5QJ with Terri.            | 4.30-5.30pm   |
| Monday<br>6 Mar    | NORTHWICH<br>(A)       | Learning4Life at ChAPS Autism Ark CW8 1BE with Sarajayne & Terri.      | 10am-1pm      |
| Monday<br>6 Mar    | CHESTER<br>(C)         | Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica. | 4.30-6pm      |
| Monday<br>6 Mar    | NORTHWICH<br>(C)       | Kids Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.     | 5-6.30pm      |
| Monday<br>6 Mar    | ZOOM!<br>(C)           | Children's Chat with Di MinDees.                                       | 7-7.45pm      |
| Monday<br>6 Mar    | ZOOM!<br>(C)           | Teen Mindfulness – 12yrs+ with Di MinDees.                             | 8-8.45pm      |
| Monday<br>6 Mar    | WINSFORD<br>(A)        | Spectrum Connect at The Hive CW7 3DA with Terri & Bobbie.              | 7.30-9pm      |

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|---------------------|------------------------|--|--------------|
| Tuesday<br>7 Mar    | RUNCORN<br>(A)         | Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.          | 10am-4pm     |
| Tuesday<br>7 Mar    | NORTHWICH<br>(A)(C)(P) | Geek Retreat at Barons Quay CW9 5FT with Terri.                                | 6.30-8pm     |
| Wednesday<br>8 Mar  | WARR'TON<br>(A)        | Adults Meet at Saint Paul's Church WA5 2RX with Emma & Rachael.                | 12-1.30pm    |
| Wednesday<br>8 Mar  | TEAMS<br>(A)           | Adults Mental Health Support Group with Emma.                                  | 6-7pm        |
| Wednesday<br>8 Mar  | WARR'TON<br>(C)        | Climbing Club at North West Face Climbing Centre WA2 7NE with Lauren.          | 6.30-7.30pm  |
| Thursday<br>9 Mar   | NORTHWICH<br>(A)       | Learning4Life at ChAPS Autism Ark CW8 1BE with Sarajayne & Terri.              | 10am-4pm     |
| Thursday<br>9 Mar   | E'PORT<br>(C)          | Youth Club at The Community Hub CH65 9BD with Diane, Jacqui & Jess.            | 6-7.30pm     |
| Friday<br>10 Mar    | WARR'TON<br>(A)        | Learning4Life at The Old School WA1 3AJ with Chelsey & Diane.                  | 10am-4pm     |
| Saturday<br>11 Mar  | E'PORT<br>(A)(C)(P)    | Family Swim at E'Port Sports Village CH65 9LB with Johnnie & Simon.            | 4.45-5.45pm  |
| Sunday<br>12 Mar    | NORTHWICH<br>(P)       | Wellbeing Weekend at ChAPS Autism Ark CW8 1BE with Terri.                      | 11am-2pm     |
| Sunday<br>12 Mar    | WIDNES<br>(C)          | Anti-Gravity Yoga at Martial Arts Centre WA8 0QZ with Ellie.<br>12.30pm 1.30pm | 12.30-2.15pm |
| Monday<br>13 Mar    | NORTHWICH<br>(A)       | Learning4Life at ChAPS Autism Ark CW8 1BE with Sarajayne & Terri.              | 10am-1pm     |
| Monday<br>13 Mar    | NORTHWICH<br>(A)(P)    | Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.                            | 1-2.30pm     |
| Monday<br>13 Mar    | CHESTER<br>(C)         | Kids Club at St Mary's Handbridge CH4 7HL with Diane & Jessica.                | 4.30-6pm     |
| Monday<br>13 Mar    | NORTHWICH<br>(C)       | Youth Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.            | 5-6.30pm     |
| Monday<br>13 Mar    | ZOOM!<br>(C)           | Children's Chat with Di MinDees.   | 7-7.45pm     |
| Monday<br>13 Mar    | ZOOM!<br>(C)           | Teen Mindfulness – 12yrs+ with Di MinDees.                                     | 8-8.45pm     |
| Tuesday<br>14 Mar   | RUNCORN<br>(A)         | Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.          | 10am-4pm     |
| Tuesday<br>14 Mar   | NORTHWICH<br>(A)(C)(P) | SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Terri.              | 7-8pm        |
| Wednesday<br>15 Mar | RUNCORN<br>(A)         | Adults Meet at the Old Police Station WA7 1DF with Emma & Rachael.             | 12-1.30pm    |
| Wednesday<br>15 Mar | TEAMS<br>(A)           | Adults Mental Health Support Group with Emma.                                  | 6-7pm        |
| Thursday<br>16 Mar  | NORTHWICH<br>(A)       | Learning4Life at ChAPS Autism Ark CW8 1BE with Sarajayne & Terri.              | 10am-4pm     |

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|---------------------|------------------------|---|--------------|
| Thursday<br>16 Mar  | E'PORT<br>(C)          | Kids Club at The Community Hub CH65 9BD with Diane & Jess.              | 5.45-7.15pm  |
| Friday<br>17 Mar    | WARR'TON<br>(A)        | Learning4Life at The Oaks Centre WA5 2QS with Chelsey & Diane.          | 10am-4pm     |
| Saturday<br>18 Mar  | CHESTER<br>(P)         | Wellbeing Weekend at St Mary's Handbridge CH4 7HL with Cady.            | 10am-1pm     |
| Saturday<br>18 Mar  | RUNCORN<br>(A)(C)(P)   | Family Swim at Beechwood Comm. Centre WA7 3HB with Michelle.            | 5.30-6.30pm  |
| Sunday<br>19 Mar    | B'TRAFFORD<br>(C)      | Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.             | 12.30-4.15pm |
| Monday<br>20 Mar    | NORTHWICH<br>(A)       | Learning4Life at ChAPS Autism Ark CW8 1BE with Sarajayne & Terri.       | 10am-1pm     |
| Monday<br>20 Mar    | CHESTER<br>(C)         | Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.  | 4.30-6pm     |
| Monday<br>20 Mar    | NORTHWICH<br>(C)       | Kids Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.      | 5-6.30pm     |
| Monday<br>20 Mar    | ZOOM!<br>(C)           | Children's Chat with Di MinDees.  | 7-7.45pm     |
| Monday<br>20 Mar    | ZOOM!<br>(C)           | Teen Mindfulness – 12yrs+ with Di MinDees.                              | 8-8.45pm     |
| Monday<br>20 Mar    | NORTHWICH<br>(A)       | Spectrum Connect at ChAPS Autism Ark CW8 1BE with Terri & Bobbie.       | 7-8.30pm     |
| Tuesday<br>21 Mar   | RUNCORN<br>(A)         | Learning4Life at The Old Police Station WA7 1DF with Carey & Diane.     | 10am-4pm     |
| Tuesday<br>21 Mar   | NORTHWICH<br>(A)(C)(P) | Geek Retreat at Barons Quay CW9 5FT with Terri.                         | 6.30-8pm     |
| Wednesday<br>22 Mar | CHESTER<br>(P)         | Parents Meeting at Lache Comm. Centre CH4 8HX with Diane.               | 10am-12pm    |
| Wednesday<br>22 Mar | WARR'TON<br>(A)        | Adults Meet at Saint Paul's Church WA5 2RX with Emma & Rachael.         | 12-1.30pm    |
| Wednesday<br>22 Mar | WINSFORD<br>(C)        | Urban Air Trampoline Park CW7 3RL with Carey, Bobbie & Nic. 16.30 17.30 | 4.30-6.30pm  |
| Wednesday<br>22 Mar | TEAMS<br>(A)           | Adults Mental Health Support Group.                                     | 6-7pm        |
| Wednesday<br>22 Mar | WARR'TON<br>(C)        | Climbing Club at North West Face Climbing Centre WA2 7NE with Lauren.   | 6.30-7.30pm  |
| Thursday<br>23 Feb  | NORTHWICH<br>(A)       | Learning4Life at ChAPS Autism Ark CW8 1BE with Sarajayne & Terri.       | 10am-4pm     |
| Thursday<br>23 Mar  | E'PORT<br>(C)          | Youth Club at The Community Hub CH65 9BD with Diane, Jacqui & Jess.     | 6-7.30pm     |
| Friday<br>24 Mar    | WARR'TON<br>(A)        | Learning4Life at The Old School WA1 3AJ with Chelsey & Diane.           | 10am-4pm     |
| Friday<br>24 Mar    | KNUTSFORD<br>(P)       | Parents of Adults at the Kilton Inn WA16 OPZ with Carey.                | 11am-1pm     |
| Saturday<br>25 Mar  | E'PORT<br>(C)          | Multi Sports at E'Port Sports Village CH65 9LB with Johnnie & Simon.    | 3.30-4.30pm  |



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| Saturday<br>25 Mar  | E'PORT<br>(A)(C)(P)    | Family Swim at E'Port Sports Village CH65 9LB with Johnnie & Simon.   | 4.45-5.45pm |
| Sunday<br>26 Mar    | NORTHWICH<br>(A)(C)(P) | RSPCA Family at ChAPS Autism Ark with Chloe.                          | 11am-2pm    |
| Monday<br>27 Mar    | NORTHWICH<br>(A)       | Learning4Life at ChAPS Autism Ark CW8 1BE with Sarajayne & Terri.     | 10am-1pm    |
| Monday<br>27 Mar    | NORTHWICH<br>(A)(P)    | Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.                   | 1-2.30pm    |
| Monday<br>27 Mar    | CHESTER<br>(C)         | Kids Club at St Mary's Handbridge CH4 7HL with Caron, Cady & Jessica. | 4.30-6pm    |
| Monday<br>27 Mar    | NORTHWICH<br>(C)       | Youth Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.   | 5-6.30pm    |
| Monday<br>27 Mar    | ZOOM!<br>(C)           | Children's Chat with Di MinDees.                                      | 7-7.45pm    |
| Monday<br>27 Mar    | ZOOM!<br>(C)           | Teen Mindfulness – 12yrs+ with Di MinDees.                            | 8-8.45pm    |
| Tuesday<br>28 Mar   | RUNCORN<br>(A)         | Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane. | 10am-4pm    |
| Tuesday<br>28 Mar   | NORTHWICH<br>(A)(P)    | Yoga for Adults at ChAPS Autism Ark CW8 1BE with Carey.               | 1-2pm       |
| Tuesday<br>28 Mar   | NORTHWICH<br>(A)(C)(P) | SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Terri.     | 7-8pm       |
| Tuesday<br>28 Mar   | NORTHWICH<br>(P)       | Parents Meeting at ChAPS Autism Ark CW8 1BE with Terri & Leona.       | 8-9.15pm    |
| Wednesday<br>29 Mar | TEAMS<br>(A)           | Adults Mental Health Support Group.                                   | 6-7pm       |
| Thursday<br>30 Mar  | NORTHWICH<br>(A)       | Learning4Life at ChAPS Autism Ark CW8 1BE with Sarajayne & Terri.     | 10am-4pm    |
| Friday<br>31 Mar    | WARR'TON<br>(A)        | Learning4Life at The Old School WA1 3AJ with Chelsey & Diane.         | 10am-4pm    |
| Friday<br>31 Mar    | DELAMERE<br>(A)(P)     | Parents & Adults Walk at Delamere Forest CW8 2HZ with Carey.          | 12-2pm      |
|                     |                        |   |             |

## Need More Help or Information?

To make initial contact with staff, please use [info@cheshireautism.org.uk](mailto:info@cheshireautism.org.uk) and

**your email will be forwarded to the relevant person.**

**Ruth/Lisa Admin Staff - For Attention Cards, Gift Aid, Child Registration Forms & everything else admin**

T: 0344 850 8607



**Chloe, Activities and Fundraising Coordinator – For Activities, Room Booking at The Ark and Fundraising**

T: 07491 001360



**Emma, Specialist Teacher - For Mental Health Therapy, Adult Sessions, Support & Training**

M: 07462 868322



**Caron, Support Worker - For Advice & Support**

M: 07462 887815

**Carey, Families Manager – For Intensive Group Sessions, Counselling, Learning4Life, Swimming & Support**

M: 07462 887815



**Natalie, Business Manager** - For Recruitment, Finance, GDPR, Safeguarding, Health & Safety & Marketing

M: 07476 280356



**Michelle, Chief Executive Officer** – For Strategic Planning, Governance, Funding and Operational Management



**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.

