



Welcome to the May newsletter

We have had a wonderful April celebrating the Easter holidays and attending events to promote the work of ChAPS to ensure we reach more families and individuals needing our support and guidance. You can read all about this within the newsletter.

We are finalising our one-off activities for the May half term and information about these activities will be shared with you all shortly including the Eventbrite booking links.

At present we are reviewing our consent processes regarding photographs, etc, therefore you may notice we have paused sharing photos within the closed Facebook groups which include members. During the month of May you will be receiving an email with a link to a form to complete to either provide or refuse consent for yourself and or your child/ren to be photographed. Further information will be included within the email.

Changes to the newsletter!

We continue to make improvements to the newsletter and in this edition we have adapted how we present the 'Diary of Activities' and the booking links, to be more supportive for autistic individuals. We have incorporated bullet points, subheadings and spaces between lines to break up text and organise the information, to make the text look less intimidating, easier to read and to navigate.

Instead of a long diary of events, we have split the activities into the following headings:

- Activities for Autistic Children (only)
- Activities for Families, including siblings
- Activities for Parents/Carers
- Activities for Autistic Adults

Then below each 'heading', the events are split into geographical location, in alphabetical order. For example, events taking place in/near to Northwich will be listed under the heading NORTHWICH. The activities are then be listed below the location in alphabetical order i.e. Kids Club and then Youth Club.

Also, starting from May, all activity bookings will close at 5pm the evening before the event is due to take place, this is to support with administration and planning.

We hope you will find the presentation of the activities easier to navigate, however if do require any support please contact the office on 0344 850 8607 or info@cheshireautism.org.uk

A look back at April...

We had a very busy April at ChAPS and wanted to share with you some of our highlights!

On Friday 31st March, our CEO Michelle and members Chris and Jane, were interviewed on Radio Northwich, as part of Autism Acceptance week. We really enjoyed listening to their interview and loved hearing Michelle's passion for supporting autistic people. It was also so insightful and inspiring to hear Chris and Jane's story, and why Chris has decided to complete the Antarctic Marathon in December, to raise funds for ChAPS. We look forward to sharing more of Chris and Jane's story as he prepares for the marathon.



Our families Manager, Carey, visited Winsford Town F.C., where she met our members Sam and Jacob. Sam Jacob's mum shared how the coaches at Winsford Town make reasonable adjustments all the time, to make things easier for Jacob to be accepted as part of his team.

Adjustments include only one coach talking to him at a time and allowing his stimming to happen when he needs, without distraction. These adjustments have made a huge difference to Jacob and he is considered an integral part of the team. Without such adjustments and he would not be able to cope with a team scenario.



Winsford Town F.C are also raising awareness of ChAPS with their super smart away kit with our name featured on the back! Thank you Winsford Town F.C. and good luck to the team in all their matches.

To celebrate World Autism Acceptance Day on Sunday 2nd April, Carey and Chair of Trustees, Joanne completed their ½ mile open water swim at Delamere WildShore. Carey and Joanne had wanted to celebrate the day by completing something that they would find challenging. Swimming in open water which was 9°C on the day year was definitely a challenge for them both, but one that they embraced with open arms.

They raised an incredible £530 for ChAPS. Thank you to all those who donated, and most importantly, to Carey and Joanne for pushing yourselves out of your comfort zones to raise money for ChAPS.



A look back at April continued...



On Thursday 6th April, we had a wonderful time at our Easter Egg Hunt at Petty Pool Vocational College in their beautiful woods.

Thank you to our amazing staff members Terri, Carey, Sarajayne and Michelle; volunteers Molly and Caitlin and our Learning4Life Northwich members Phil, Harmony, Amy and Carl for helping to organising, decorating the Easter baskets, making the signs and designing the trail. Our members had a wonderful time in the sunshine searching and collecting the egg-shaped clues and receiving an Easter Egg at the end. Some of the yummy Easter Eggs were kindly donated by Morrisons and Farmfoods, thank you.

Also a very big thank you to the wonderful team at Petty Pool Vocational College for allowing us to use the woods and opening their Cafe especially for our members.



On Thursday 13th April, our members were treated to a private zoo tour at Walton Hall Gardens. The members saw a variety of animals and were able to hold and stroke some of them. This activity was funded by the donation from Lorraine, a ChAPS member who was featured in the April newsletter for raising money for ChAPS through her new business as a reflexologist. Thank you very much Lorraine.

ChAPS on tour...



We are delighted to have been chosen as the new Lady Captain's charity of choice for the year at Hartford golf club. Our Business Manager Natalie and Chloe our Activities and Fundraising Coordinator attended their launch event.

We are extremely grateful to Sarah's Dee, the Lady's Captain for her support and look forward to a fantastic fundraising year ahead!

Does your organisation have a charity of the year? Support like this can make a huge difference to our small charity. If you would like to support us, please email info@cheshireautism.org.uk or phone 0344 850 8607

On Saturday 15th April, we attended the Open Day at Northwich Memorial Court. We had a great day chatting to many families from Cheshire about our work in supporting autistic individuals and their families and providing face-to-face guidance and support.

We even managed to get a photo with Brio Bear!

Thank you to our amazing staff and Trustees who gave up part of their weekend to manage the stall.



On Tuesday 18th April, our Learning4Life Halton group held their own open day at our Runcorn venue. Well done to all for organising the day and promoting the work we do to support and advise adults who have received a recent diagnosis of autism.

Over the next few months, we have lots of activities planned so make sure to look out for us at the following events:

- RSPCA Spring into Action for Wildlife at Stapeley Grange on Sunday 30th April between 10am-2pm
- Sporting Bears event at Tatton Park 3rd & 4th June
- Disability Awareness Day at Walton Hall Gardens on Sunday 16th July
- Funtopia at Verdin Park in Northwich on Saturday 22nd July
- Funtopia at Queens Park in Crewe on Tuesday 25th July

SEN Friendly sessions...

We want to share with you SEN friendly sessions taking place across Cheshire, which maybe of interest for you to attend. We will feature different sessions in each newsletter.

Please note ChAPS have not yet attended these events.

If you have attended or know of any SEN sessions, you would like to share with other members please do let us know and we will feature these in future editions of the newsletter.



Peaceful Play at Oxygen Indoor Activity Park in Wilmslow.

Peaceful Play sessions include:

- Plenty of space
- Music turned down and no loud announcements
- House lights only. No strobe or flashing lights.

The sessions are

- one hour long
- suitable for ages 5+
- cost £8.00 per child
- take place every Wednesday and Sunday afternoon

For more information or to book, visit [Peaceful Play Sessions | Oxygen Freejumping](#)

Autism Friendly Session at the Ice Cream Farm in Chester.

Autism Friendly sessions include:

- Reduced capacity
- Music and dryers turned off
- Ear defenders available on request
- Range of sensory toys available to purchase

The sessions are:

- Between 9-11am
- Suitable for all ages
- Cost £2.50 per child
- The next session is Saturday 13th May

For more information or to book, visit [What's On - The Ice Cream Farm](#)





Prince's Trust

Northwich Prince's Trust

Recruitment for the next Prince's Trust team, which is based in Northwich, will start on Tuesday 30th May 2023. If you are a young person aged between 16-25, live in either Winsford, Northwich or Middlewich areas, and feel that you may benefit from taking part in the programme, then please get in touch with jennie.pye@cheshirefire.gov.uk

The Prince's Trust Programme is designed to improve confidence, self-esteem and self-development, which couldn't be more important at this time. Experience shows that **80%** of all graduates from the programme have gone on to achieve things as a result, this includes getting back into or going forward into education or gaining employment and training.

The course is **full time & 12 weeks** long, the team will take part in a number of activities to graduate from the programme. These include:

- Interview & application skills
- Individual Work placements
- Raising money to complete a community project & Final Team challenge
- Food Hygiene and First Aid awareness courses
- Health and safety and driving awareness training
- Team Challenges

Cheshire Fire and Rescue Service have a long, strong and proud partnership with The Prince's Trust for 25 years and continue to see the benefits that arise from the work it does. The programme aims to move young people into full time employment, job-related training or to college to further their education.

For more information, please contact them directly at jennie.pye@cheshirefire.gov.uk

Diary of Activities

All bookings will open on Thursday 27th April at 10am

Bookings for each event will close at 5pm the day before the activity is due to take place.

Activities for Autistic Children:

These activities are for autistic children only
(Activities listed in alphabetical order by location/town)

BRIDGE TRAFFORD:

Animal Therapy (4-18 years old)

- Sunday 21st May, 12.30-4.30pm at Freedom Equine, CH2 4JT.

Home Education Animal Therapy (4-18 years old)

- Wednesday 3rd May, 10.30-11.15am at Freedom Equine, CH2 4JT.

CHESTER:

Kids Club (7-11 years old)

- Monday 22nd May, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 15th May, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Thursday 4th May, 5.45-7.15pm at Theatre Porto, CH65 6QY
- Thursday 18th May, 5.45-7.15pm at Theatre Porto, CH65 6QY

Youth Club (11-17 years old)

- Thursday 11th May, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 25th May, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Boxing Sessions at New Era Community Boxing (9 – 17 years old)

*these are non-contact boxing taster sessions open for 9-17 years old.

- Wednesday 24th May, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN
- Wednesday 31st May, 5.30pm-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN

Kids Club (7-11 years old)

- Monday 15th May, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 22nd May, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-18 years old)

- Wednesday 10th May, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 24th May, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 14th May, 12.30-1.15pm or 1.30-2.15pm at Martial Arts Centre, WA8 OGZ

ONLINE SESSIONS:

Children's Chat:

- Monday 15th May, 7-7.45pm
- Monday 22nd May, 7-7.45pm

Teen Mindfulness with Di Min Dees:

- Monday 15th May, 8-8.45pm
- Monday 22nd May, 8-8.45pm

Activities for Families:

These are activities for the whole family, including siblings
(Activities listed in alphabetical order by location/town)

CHESTER:

Zippy's Playworld (Under 11 years old)

Tuesday 30th May, 4.30-6pm at Chester Grange Road, Unit 5, CH2 2AN

ELLESMERE PORT:

Multi Sports

- Saturday 13th May, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 27th May, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

Family Swim

- Saturday 13th May, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 27th May, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

NORTHWICH:

Geek Retreat

- Tuesday 2nd May, 6.30-8pm at Geek Retreat, Barons Quay, Northwich, CW9 5FT
- Tuesday 16th May, 6.30-8pm at Geek Retreat, Barons Quay, Northwich, CW9 5FT

Family Swim

- Saturday 6th May, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

RSPCA Family Session

- Sunday 28th May, 10am-1pm at ChAPS Autism Ark, Northwich, CW8 1BE

RUNCORN:

Family Swim

- Saturday 20th May, 5.30-6.30pm at Beechwood Community Centre, WA7 3HB

WINSFORD:

Urban Air Trampoline Park - Wednesday 24th May at Urban Air Trampoline Park, CW7 3RL

- 4.30pm (under 10 years old)
- 5.30pm (11-18 years old)

Activities for Parents/Carers:

(Activities listed in alphabetical order by location/town)

CHESTER:

Chester Wellbeing Weekend

- Saturday 20th May, 10am-1pm at St Mary's Handbridge, Chester, CH4 7HL

Parents Meet

- Wednesday 17th May, 10am-12pm at Lache Community Centre, CH4 8HX

ELLESMERE PORT:

Parents Meet

- Thursday 4th May, 7.30-8.45pm at Theatre Porto, CH65 6QY

KNUTSFORD:

Parents of Adults Meet

- Friday 26th May, 11am-1pm at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Monday 22nd May, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Northwich Wellbeing Weekend

- Sunday 14th May, 11am-2pm at ChAPS Autism Ark, CW8 1BE

Parents Meet

- Tuesday 23rd May, 8-9.15pm at ChAPS Autism Ark, CW8 1BE

Parents & Adults Walk at Delamere Forest

- Friday 12th May, 12-2pm at Delamere Forest, CW8 2HZ

RockBox

- Tuesday 16th May, 7-8pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Tuesday 23rd May, 1-2pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Parents Meet (new activity)

- Wednesday 24th May, 10am-12pm at Old Police Station, WA7 1DF

Activities for Autistic Adults:

(Activities listed in alphabetical order by location/town)

NORTHWICH:

Adults & Parents Walk at Delamere Forest

- Friday 12th May, 12-2pm at Delamere Forest, CW8 2HZ

Crafty Club

- Monday 22nd May, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Geek Retreat

- Tuesday 2nd May, 6.30-8pm at Geek Retreat, Barons Quay, Northwich, CW9 5FT
- Tuesday 16th May, 6.30-8pm at Geek Retreat, Barons Quay, Northwich, CW9 5FT

RockBox

- Tuesday 16th May, 7-8pm at ChAPS Autism Ark, CW8 1BE

Spectrum Connect Northwich

- Monday 15th May, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Tuesday 23rd May, 1-2pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults Meet Runcorn

- Wednesday 3rd May, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 17th May, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults Meet Warrington

- Wednesday 10th May, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 24th May, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 31st May, 12-1.30pm at Saint Paul's Church, WA5 2RX

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 3rd May, 6-7pm
- Wednesday 10th May, 6-7pm
- Wednesday 17th May, 6-7pm -
- Wednesday 24th May, 6-7pm -
- Wednesday 31st May, 6-7pm -

Need More Help or Information?

To make initial contact with staff, please use 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

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



Email: michelle.collard@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.

