

August 2023

ChAPS Newsletter



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DAD Event 2023



On Sunday 16th July, Chloe and Caron went to Disability Awareness Day on behalf of ChAPS. Held each year at Walton Hall

Gardens, DAD is the world's largest 'not for profit' voluntary-led disability exhibition. Our ChAPS stand had lots of information about the charity and the work we do, including our newly launched Halton carer break sessions at Go Ape! Thank you to Chloe and Caron for representing ChAPS, who even managed to get a photo with the Mayor of Warrington, Cllr Steve Wright!

ChAPS Summer Activities

We are really excited about our Extra Activities for over the Summer Holidays! There are still a few spaces available on the activities, so make sure to check them out below. Thank you very much to Sporting Bears, who's very kind donation, has helped to fund some of the Summer Activities for the children. We hope to see plenty of you there and are looking forward to sharing some fantastic photos with you all soon! Remember our Ark Café and Sensory Room will be open throughout the Summer!

Chester Annual Sponsored Walk

It's that time of year again when we launch our annual sponsored walk. This year it will take place on Sunday 17th September, setting off from Chester Racecourse at 11am with the added incentive of edible goodies along the way!



If you would like to join us, please click [here](#) to sign up to the Eventbrite page- the more the merrier so feel free to invite friends and family too as this is a really lovely day out. Many thanks to Chester Business Club for inviting us to take part and nominating us as one of their chosen charities, we are very grateful!



Monthly Trade

Each month, we will be hoping for assistance with a task in exchange for some advertising space in the newsletter. This month we are asking for someone to cut the grass at the Ark. Do you have an afternoon available to spend cutting the grass? If you do, please email info@cheshireautism.org.uk—we really hope to hear from you!

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Autism Training for Parents

To be delivered in Northwich, Winsford, Crewe, Middlewich, Chester and Ellesmere Port.

ChAPS has been commissioned to offer parent training programmes both face to face and virtually.

This is invaluable learning that will massively benefit parents and carers to understand their child and give them tools to help support their autistic child.

The 6 week programme will include a range of topics, but will be tailored to the needs of each group. Topics may include:

- Autism and diagnosis
- Communication
- Senses and Sensory issues
- Sleep
- Puberty
- Anxiety
- Listening, understanding and interacting effectively
- Understanding and positively managing behaviour
- Girls on the Spectrum

To book: www.cheshireautism.org.uk/ccg_parent-training/

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Activity Links



All bookings will open on Thursday 27th July 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 6th August, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 2nd August, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Kids Club (7-11 years old)

- Monday 14th August, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 21st August, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Thursday 3rd August, 5.45-7.15pm at Theatre Porto, CH65 6QY

- Thursday 17th August, 5.45-7.15pm at Theatre Porto, CH65 6QY

Youth Club (11-17 years old)

- Thursday 10th August, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 24th August, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Boxing Sessions at New Era Community Boxing (10-17 years old)

*For more information, please email chloe.carter@cheshireautism.org.uk

- Wednesday 2nd August, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN
- Wednesday 9th August, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN
- Wednesday 16th August, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN
- Wednesday 23rd August, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN

Kids Club (7-11 years old)

- Monday 7th August, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 21st August, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 14th August, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-18 years old)

- Wednesday 23rd August, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 13th August, 12.30-1.15pm or 1.30-2.15pm at Martial Arts Centre, WA8 0GZ

Activities for Families

These activities are for the whole family, including siblings.

(Activities listed in alphabetical order by location/town)

ELLESMERE PORT:

Family Swim

- Saturday 12th August, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 26th August, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

Multi-Sports

- Saturday 12th August, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 26th August, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

NORTHWICH:

Geek Retreat

- Tuesday 1st August, 6.30-8pm at Geek Retreat, Barons Quay, Northwich, CW9 5FT

Family Swim

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

RUNCORN:

Family Swim

- Saturday 19th August, 5.30-6.30pm at Beechwood Community Centre, WA7 SPZ

Circus Skills Workshop

- Tuesday 29th August at Ormiston Academy, Runcorn, WA7 13B
Two sessions: 1.10-2pm, 2-2.50pm

WINSFORD:

Urban Air Trampoline Park

- Wednesday 23rd August 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)

HALTON:

*These activities have been funded by Halton Borough Council and are open to all parent carers who live within the Borough of Halton.

Anti-Gravity Yoga Adults

- Sunday 27th August, 3.30-4.30pm at Martial Arts Centre, Widnes, WA8 0GZ

Go Ape Treetop Challenge

- Wednesday 13th September, 9.45am-2pm at Go Ape Delamere, Northwich, CW8 2JD
- Sunday 22nd October, 9am-1pm at Go Ape Delamere, Northwich, CW8 2JD

Parents' Meet

- Wednesday 16th August, 7-8.30pm at Old Police Station, WA7 1DF

KNUTSFORD:

Parents of Adults Meet

- Friday 18th August, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Monday 14th August, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Activities for Autistic Adults

(Activities listed in alphabetical order by location/town)

CHESTER:

Into the Night at Chester Zoo

- Friday 28th July, 4-9pm, at Chester Zoo, CH2 1LH

NORTHWICH:

Crafty Club

- Monday 14th August, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Geek Retreat

- Tuesday 1st August, 6.30-8pm at Geek Retreat, Barons Quay, Northwich, CW9 5FT

Spectrum Connect Northwich

- Monday 21st August, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults Meet Runcorn

- Wednesday 2nd August, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 16th August, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 30th August, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults Meet Warrington

- Wednesday 9th August, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 23rd August, 12-1.30pm at Saint Paul's Church, WA5 2RX

WINSFORD:

Spectrum Connect Winsford

- Monday 7th August, 7.30-9pm at The Hive, CW7 3DA

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 2nd August, 6-7pm
- Wednesday 9th August, 6-7pm
- Wednesday 16th August, 6-7pm
- Wednesday 23rd August, 6-7pm

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Need More Help?



To make initial contact with staff, please use info@cheshireautism.org.uk and your email will be forwarded to the relevant person.

Ruth - Admin Staff

For Attention Cards, Gift Aid, Child Registration Forms and everything else admin

T: 03448508607



Lisa- Admin Staff, Café staff & Support Worker

For Advice, Signposting and Support, Café and everything else admin

T: 03448508607



Chloe - Activities and Fundraising Coordinator

For Activities, Room Bookings at The Ark and Fundraising

T: 07491 001360



Emma - Specialist Teacher

For Mental Health Therapy, Adult Sessions, Support & Training

T: 07462 868322



Carey - Families Manager

For Counselling, Learning4Life, Swimming, Intensive Group Sessions & Support

T: 07462 887815



Natalie - Business Manager

For Recruitment, Finance, GDPR, Safeguarding, Health & Safety & Marketing

T: 07476 280356



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.

