

October 2023

# ChAPS Newsletter



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**Congratulations** to all who took part in the Chester Business Club Annual Sponsored Walk on Sunday 17<sup>th</sup> September. So far we have managed to raise an amazing £946! Thank you to all the walkers, and to everyone who has donated. If anyone would like to donate, our page is still open – please click [here](#).



## Holding the Space Mindfulness Course

After the success of our last 6-week mindfulness course, we are excited to announce another 6-week course starting in October.

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.

These courses are open to any parent carer living within Cheshire West and Chester.

This course will be delivered in Northwich (starting Monday 9<sup>th</sup> October) and Chester (starting Wednesday 11<sup>th</sup> October) - to book on, please go to the [parent/carers](#) section in the activities section below.

## Staffing Update

We are sorry to announce that Michelle Collard has tendered her resignation as the CEO at ChAPS and has now left the charity. We would like to wish Michelle the best for the future.

## October at ChAPS

October is looking to be a busy month at ChAPS!

Our Parent Training courses are officially up and running, with our first two cohorts set to finish their course in October, and two more starting. We hope everyone who has attended the course has found it insightful and educational.

We have changed the name of Family Swim to Swim sessions. These sessions are open to all of our members, and please remember that it is one ticket per swimmer.

Due to a swimming gala event at Ellesmere Port Sports Village, the times of our Multi Sports and Swim session on Saturday 14<sup>th</sup> October have changed. Multi Sports will run from 2.30-3.30pm, with the Swim session following after at 3.45-4.45pm.

Finally, **half term!** As always, we have some extra activities booked for members to access during October Half Term— these are highlighted in Orange in the Activity links. We have Tubing at Runcorn Ski, a visit to Zippy's Playworld in Chester, a No Mask Tween Halloween Party in Northwich, and an outdoor play session at Cheshire Forest School that will include marshmallows and hot chocolate. We hope to see plenty of you there and are looking forward to some fantastic photos!

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# ChAPS Newsletter



## Outside ChAPS

This part of the newsletter focusses on services external to ChAPS that we feel may be of interest to you.

### Kidz to Adultz North

Wednesday 1<sup>st</sup> November 2023,

Manchester Central, 9.30am-4pm



Kidz to Adultz is your one-stop destination for discovering the latest innovations, products, and services designed to enhance the lives of children, young adults, their families and the professionals who support them.

Here are some of the things on offer:

- 120+ Exhibitors
- CPD Seminars
- Networking opportunities
- Entertainment, Fun & play zones
- Visit from Father Christmas

For more information, or to book, please click [here](#).

### Navigating Your Autistic Teen's Transition to Adulthood

On Wednesday 4<sup>th</sup> October, Sarah Pagdin, from 2Diverse Autism Counselling, will be leading an event for parents of autistic teens and young adults. Sarah is very knowledgeable as a parent of an autistic child, teen and now adult.

The session is suitable for parents, grandparents, and carers as well as those seeking to support families with autistic youngsters. It will include an invitation to Sarah's six-week intensive course for parents starting later in the autumn, but it's intended to be a valuable event in and of itself.

For more information or to book, please click [here](#).

### Who Will Care After I've Gone? Course

Wednesday 4<sup>th</sup> & 11<sup>th</sup> October,

10.30am-2pm at ChAPS Autism Ark, CW8 1BE

Are you caring for someone with a learning disability or Autism? It is important to plan for their future when you are no longer able to care.

This two day course, provided by [Making Space](#) and [Cheshire West Carer Support](#), will offer you the knowledge and emotional support to prepare to plan ahead. A light lunch and refreshments will be provided.

Places are limited so booking is essential. For further information or to book a place, please contact Yvonne Johnson 01606 606694 or email [cheshirewestcarersupport@makingspace.co.uk](mailto:cheshirewestcarersupport@makingspace.co.uk)



### Bamboo– Thinking Outside the Box Distance Learning Programme

The Bamboo Distance Learning Programme is a bespoke learning for children who like to 'think outside the box'.

Gemma is a ChAPS member and a qualified teacher, who is now working to support children who struggle to attend mainstream school.

For more information, please visit her [website](#) or email [bamboo.discover@gmail.com](mailto:bamboo.discover@gmail.com)

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# Activity Links



All bookings will open on Thursday 28<sup>th</sup> September 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 15<sup>th</sup> October, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 4<sup>th</sup> October, 10.30-11.15am at Freedom Equine, CH2 4JT

### CHESTER:

Kids Club (7-11 years old)

- Monday 9<sup>th</sup> October, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 23<sup>rd</sup> October, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 2<sup>nd</sup> October, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 16<sup>th</sup> October, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

## **ELLESMERE PORT:**

### Kids Club (7-11 years old)

- Tuesday 3<sup>rd</sup> October, 5.30-7pm at Theatre Porto, CH65 6QY
- Tuesday 17<sup>th</sup> October, 5.30-7pm at Theatre Porto, CH65 6QY

### Youth Club (11-17 years old)

- Thursday 12<sup>th</sup> October, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 26<sup>th</sup> October, 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](mailto:chloe.carter@cheshireautism.org.uk)

- Wednesday 4<sup>th</sup> October, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN
- Wednesday 11<sup>th</sup> October, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN
- Wednesday 18<sup>th</sup> October, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN
- Wednesday 25<sup>th</sup> October, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN

### Kids Club (7-11 years old)

- Monday 2<sup>nd</sup> October, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 16<sup>th</sup> October, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

### No Mask Halloween Party (11– 17 years old)

- Monday 30<sup>th</sup> October, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

### Youth Club (11-17 years old)

- Monday 9<sup>th</sup> October, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 23<sup>rd</sup> October, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

## **WARRINGTON:**

### Climbing Club (7-18 years old)

- Wednesday 11<sup>th</sup> October, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 25<sup>th</sup> October, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

## **WIDNES:**

### Anti-Gravity Yoga (6-18 years old)

- Sunday 8<sup>th</sup> October, 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)

### **CHESTER:**

#### Zippy's Playworld (Under 11 years old)

- Sunday 22<sup>nd</sup> October, 3-5pm at Chester Grange Road, CH2 2AN

### **ELLESMERE PORT:**

#### Multi-Sports

- Saturday 14<sup>th</sup> October, 2.30-3.30pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 28<sup>th</sup> October, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

#### Swim Session

- Saturday 14<sup>th</sup> October, 3.45-4.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 28<sup>th</sup> October, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

### **NORTHWICH:**

#### Cheshire Forest School (Under 11 year olds)

- Wednesday 25<sup>th</sup> October, 9.45am-11.15am at Cheshire Forest School, Marton, CW8 2DD

#### RSPCA Family Session

- Sunday 29<sup>th</sup> October, 11am-1pm at ChAPS Autism Ark, CW8 1BE

#### Swim Session

- Saturday 7<sup>th</sup> October, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

### **RUNCORN:**

#### Swim Session

- Saturday 21<sup>st</sup> October, 5.30-6.30pm at Beechwood Community Centre, WA7 2PZ

#### Tubing at Runcorn Ski Centre

- Friday 27<sup>th</sup> October, 11am-12pm & 12-1pm at Runcorn Ski Centre, WA7 6PT

## **WINSFORD:**

### Urban Air Trampoline Park

- Wednesday 25<sup>th</sup> October at Urban Air Trampoline Park, CW7 3RL
  - 4.30pm– 5.30pm (under 10 years old)
  - 5.30pm– 6.30pm (11-18 years old)

## Activities for Parents/Carers

(Activities listed in alphabetical order by location/town)

### **CHESTER:**

#### Chester Wellbeing Weekend

- Saturday 14<sup>th</sup> October, 10am-1pm at St Mary's Handbridge Centre, CH4 7HL

#### Holding the Space Mindfulness Course

- Starting on Wednesday 11<sup>th</sup> October, 7-9pm at Queens Park High School, CH4 7AE

#### Parents' Meet

- Wednesday 18<sup>th</sup> October, 10am-12pm at Lache Community Centre, CH4 8HX

### **ELLESMERE PORT:**

#### Parents' Meet

- Thursday 12<sup>th</sup> October, 7.45-9pm at Theatre Porto, CH65 6QY

### **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 29<sup>th</sup> October, 3.30-4.30pm at Martial Arts Centre, Widnes, WA8 0GZ

#### Go Ape Treetop Challenge

- Sunday 22<sup>nd</sup> October, 9am-1pm at Go Ape Delamere, Northwich, CW8 2JD

#### Parents' Meet

- Wednesday 25<sup>th</sup> October, 1-3pm at Old Police Station, WA7 1DF

### **KNUTSFORD:**

#### Parents of Adults Meet

- Friday 27<sup>th</sup> October, 11am-1pm, at Kilton Inn, WA16 0PZ



## **NORTHWICH:**

### **Crafty Club**

- Monday 9<sup>th</sup> October, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 23<sup>rd</sup> October, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

### **Holding the Space Mindfulness Course**

- Starting from Monday 9<sup>th</sup> October, 7-9pm at ChAPS Autism Ark, CW8 1BE

### **Northwich Wellbeing Weekend**

- Sunday 8<sup>th</sup> October, 11am-2pm at ChAPS Autism Ark, CW8 1BE

### **Parents' Meet**

- Tuesday 24<sup>th</sup> October, 8-9.15pm at ChAPS Autism Ark, CW8 1BE

### **Parents and Adults Walk at Delamere Forest**

- Friday 20<sup>th</sup> October, 12-1pm at Delamere Forest, CW8 2HZ

### **Yoga for Adults**

- Tuesday 24<sup>th</sup> October, 12.45-1.45pm at ChAPS Autism Ark, CW8 1BE

## Activities for Autistic Adults

(Activities listed in alphabetical order by location/town)

### NORTHWICH:

#### Crafty Club

- Monday 9<sup>th</sup> October, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 23<sup>rd</sup> October, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Spectrum Connect Northwich

- Monday 16<sup>th</sup> October, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

#### Yoga for Adults

- Tuesday 24<sup>th</sup> October, 12.45-1.45pm at ChAPS Autism Ark, CW8 1BE

### RUNCORN:

#### Adults Meet Runcorn

- Wednesday 4<sup>th</sup> October, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 18<sup>th</sup> October, 12-1.30pm at Old Police Station, WA7 1DF

### WARRINGTON:

#### Adults Meet Warrington

- Wednesday 11<sup>th</sup> October, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 25<sup>th</sup> October, 12-1.30pm at Saint Paul's Church, WA5 2RX

### WINSFORD:

#### Spectrum Connect Winsford

- Monday 2<sup>nd</sup> October, 7.30-9pm at Red Lion, CW7 3AA

### ONLINE SESSIONS:

#### Adult Mental Health Support Group

- Wednesday 4<sup>th</sup> October, 5.45-6.45pm
- Wednesday 11<sup>th</sup> October, 5.45-6.45pm
- Wednesday 18<sup>th</sup> October, 5.45-6.45pm
- Wednesday 25<sup>th</sup> October, 5.45-6.45pm

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# Need More Help?



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 - Admin Staff

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

T: 03448508607



Lisa - Admin Staff, Café & 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



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.

