

December 2023



ChAPS Newsletter

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For information...

The Ark Café will close on Thursday 21st December, and the office will close on Friday 22nd December. Both will reopen on Tuesday 2nd January 2024. There will be some ChAPS staff online throughout Christmas week if you do require any support.

We will be emailing the January newsletter out on Wednesday 3rd January - the booking links will go live on Thursday 4th January. We realise this is slightly later than usual, but we didn't want to open the booking links over Christmas if a member of office staff wasn't available for any queries.

Cheshire Carer Breaks

We are really excited to tell you that we have been awarded funding to deliver parent/carers breaks for the next 2 years in Cheshire West and Chester.

This funding is really important to us because we recognise the challenges that parent/carers with autistic children face and how important it is for them to be able to access support and a break.

This now means that we have funding for both Cheshire West and Chester, and Halton and Warrington parent/carers so please make as much use of this as you possibly can. All these are free for you to access and offer great opportunities for you to spend time with others that may face the same challenges that you do.

Activity Review

Thank you to everyone who has completed our ChAPS Activity Review. We will shortly be going through all your feedback and creating action plans for the new year. Exciting times!

If you haven't completed the survey, we would really value your insight. The survey will be central to our ongoing review into the activities we offer in 2024. As an added incentive we will be putting all completed surveys into a draw to win a Crocky Trail voucher for a family of four to be drawn on Tuesday 19th December. Please note the survey will close at 5pm on Friday 16th December.

To complete the survey, please click [here](#).

Thank you!

Each year we receive help and generous donations from our members, groups, and organisations, and each year we are blown away by your support.

We are extremely grateful to everyone who has donated items, funds or their time to us during 2023, as well as everyone who has fundraised for us - we couldn't do it without you.

We hope your Christmas and New Year is exactly how you wish it to be and here's to another jam-packed year in 2024.



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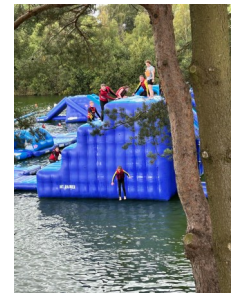
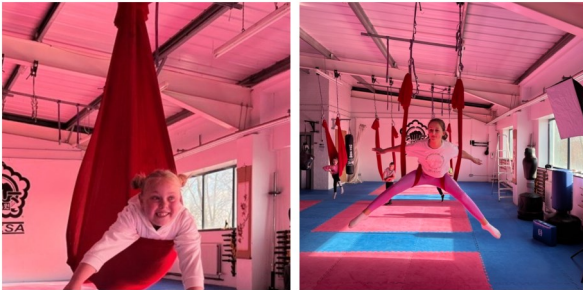


A look back at 2023 ...

We delivered **195** activities in Chester and Ellesmere Port, including 13 Chester Wellbeing Weekends, 24 Animal Therapy sessions and 4 visits to Zippy's World...



124 activities in Halton & Warrington, including 12 Anti-Gravity Yoga for Kids, 7 Anti-Gravity Yoga for Adults, 18 climbing club sessions, and lots of Adult Meets ...



And **231** activities in Northwich and Winsford, including 24 Spectrum Connects, 17 Crafty Clubs, 10 Delamere Walks, 6 RSPCA Family Sessions (with a special visit from Tucci the dog!), 2 Pizza Making sessions, 1 visit to Delamere Wildshore's Aqua Park, and lots more!



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Activity Links



All bookings will open on Thursday 23rd November 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 17th December, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 6th December, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Kids Club Christmas Party (7-11 years old)

- Monday 11th December, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club Christmas Party (11-17 years old)

- Monday 18th December, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Christmas Party at Zippy's Playworld

- Monday 4th December, 4-6pm at Zippy's Playworld, CH2 2AN

ELLESMERE PORT:

Kids Club (7-11 years old)

- Tuesday 5th December, 5.30-7pm at Theatre Porto, CH65 6QY

Ellesmere Port Kids & Youth Club Christmas Party (7-17 years old)

- Thursday 14th December, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Kids Club (7-11 years old)

- Monday 4th December, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Kids Club Christmas Party (7-11 years old)

- Monday 18th December, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club Christmas Party (11-17 years old)

- Monday 11th December, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-18 years old)

- Wednesday 13th December, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 10th December, 3.30-4.15pm or 4.30-5.15pm 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:

Multi-Sports

- Saturday 9th December, 2.30-3.30pm at Ellesmere Port Sports Village, CH65 9LB

Swim Session

- Saturday 9th December, 3.45-4.45pm at Ellesmere Port Sports Village, CH65 9LB

NORTHWICH:

Breakfast with Santa—*Fully Booked!*

- Saturday 2nd December, 10am-12pm at ChAPS Autism Ark, CW8 1BE

Family Christmas Craft Evening

- Thursday 7th December, 6-8pm at ChAPS Autism Ark, CW8 1BE

Festive Afternoon Tea

- Friday 8th December, 12pm-1.30pm

Swim Session

- Saturday 2nd December, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

RUNCORN:

Swim Session

- Saturday 16th December, 5.30-6.30pm at Beechwood Community Centre, WA7 2PZ

WINSFORD:

Urban Air Christmas Party at Urban Air Trampoline Park— *Fully Booked!*

- Wednesday 13th December, 4.30-6.30pm at Urban Air Trampoline Park, CW7 3RL

Activities for Parents/Carers

(Activities listed in alphabetical order by location/town)

CHESTER:

Chester Wellbeing Weekend

- Saturday 16th December, 10am-1pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 13th December, 10am-12pm at Lache Community Centre, CH4 8HX

ELLESMERE PORT:

Parents' Meet

- Thursday 14th December, 7.45-9pm at Theatre Porto, CH65 6QY

KNUTSFORD:

Parents' of Adults Meet

- Friday 15th December, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Monday 11th December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Northwich Wellbeing Weekend

- Sunday 10th December, 11am-2pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 12th December, 8-9.15pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Friday 15th December, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE

Activities for Autistic Adults

(Activities listed in alphabetical order by location/town)

NORTHWICH:

Adults Get Together

- Monday 11th December, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

Crafty Club

- Monday 11th December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Spectrum Connect Northwich

- Monday 18th December, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Friday 15th December, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

- Wednesday 6th December, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 20th December, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults' Meet Warrington

- Wednesday 13th December, 12-1.30pm at Saint Paul's Church, WA5 2RX

WINSFORD:

Spectrum Connect Winsford

- Monday 4th December, 7.30-9pm at Red Lion, CW7 3AA

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 6th December, 5.45-6.45pm
- Wednesday 13th December, 5.45-6.45pm
- Wednesday 20th December, 5.45-6.45pm
- Wednesday 27th December, 5.45-6.45pm

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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/ Jo - 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.

