

January 2024



# ChAPS Newsletter

## In this edition:

*\* Christmas 2023 at ChAPS \* Thank you Chris! \*CWaC Carer Breaks \*Outside ChAPS*



Happy New Year and welcome to our 1<sup>st</sup> 2024 newsletter. 2023 proved to be another great year here at ChAPS, and 2024 already looks like it's going to be a busy one.

We enjoyed lots of festive activities in December including Breakfast with Santa, a Family Craft evening, Festive Afternoon Tea, Urban Air Christmas Party, a trip to Crewe Lyceum's Relaxed Performance of Cinderella, and lots of kids, youth and adult parties! Take a look at some of our festive photos.

Thank you to everyone who completed our ChAPS Activity Review. We hope to update you on our plans for 2024 soon. Well done to our Crocky Trail voucher winner Gemma, we hope you have a great time!



## Thank you Chris!

On Wednesday 13<sup>th</sup> December, ChAPS member Chris completed the Antarctic Ice Marathon to raise important funds for us. The Antarctic Ice Marathon is the world's southernmost marathon, with an average windchill temperature of -20 degrees Celsius and strong Katabatic winds to contend with. We were completely blown away when Chris told us about the marathon and his courage to undertake such an immense challenge. Chris has managed to raise a massive £5,601!

We are exceptionally grateful for Chris and Jane's support.

## Christmas 2023 at ChAPS



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# ChAPS Newsletter

## New for 2024...

### Cheshire West and Chester Carer Breaks

We are really excited to launch our new parent/carer breaks for 2024 in Cheshire West and Chester. More details on each activity can be found below. All these activities 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.

**My Time**— Formerly known as Wellbeing Weekend, My Time will provide parent carers with the chance to participate in two 1-hour activities with a 30 minutes refreshment break. These sessions will run twice monthly, running on the second Saturday of the month in Northwich and the third Saturday of the month in Chester, both 10am-12.30pm. The activities will change each month— if you have any suggestions for activities, please let us know, we love to hear your ideas!

**Physical Activity**— As part of our new parent/carer breaks we are really excited for our new physical activity sessions. These sessions will be delivered fortnightly in both Chester and Northwich, and will have a range of activities on offer. These sessions can also be attended with children above 14 years.

**Holding the Space Mindfulness Course**— After the success of our last courses, we are thrilled to have been granted the funding to continue the courses in 2024. We will be delivering two sets of 6-week courses in both Northwich and Chester. Dates and more information will be provided soon.

### CW&C January Activity Timetable:

Date & Time	Activity	Location
Thursday 11 <sup>th</sup> January 7 -8pm	Purestretch with Donna	ChAPS Autism Ark, Northwich
Saturday 13 <sup>th</sup> January 10am-12.30pm	My Time	ChAPS Autism Ark, Northwich
Thursday 18 <sup>th</sup> January 7-8pm	Mindfulness Movement with Lee	Queens Park High School, Chester
Saturday 20 <sup>th</sup> January 10am-12.30pm	My Time	St Mary's Handbridge Centre, Chester
Friday 26 <sup>th</sup> January 1.45-2.45pm	Yoga with Sarah	ChAPS Autism Ark, Northwich
Monday 29 <sup>th</sup> January 1.15-2.15pm	Yoga with Laura	St Mary's Handbridge Centre, Chester

**Booking for the January activities are now open! Look in the Parent Carer Activity section for the links.**

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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.

### Relaxed Visits to Jodrell Bank

On the first Sunday of each month, Jodrell Bank will be offering a relaxed session. Jodrell Bank's mission is to put the stars at your fingertips, and let as many people as possible get the chance to explore the wonders of our universe. At the relaxed sessions, they will be reducing noise and lighting levels, having smaller visitor numbers, and a free screening during which audiences are free to make noise or move around. Upcoming dates, 10am-11am:

7<sup>th</sup> January; 4<sup>th</sup> February; and 3<sup>rd</sup> March.

### Relaxed Film Screenings

Relaxed film screenings have been designed to be friendlier to people who need cognitive and sensory adjustments. Adjustments are made to reduce stress and sensory input, such as low lighting and sound, and freedom to move. At least once a month, major cinemas, such as ODEON and Vue, show popular films in an autism-friendly environment.

Vue autism friendly cinema screenings are held on the last Sunday of every month.

Wonka film will be shown on Sunday 7<sup>th</sup> January at 11am at any Cineworld cinema, including Broughton Shopping Park, Chester Road, CH4 0DE.

To see more specific information about Autism Relaxed Screenings at your local cinema, please visit their website and use the filter button to find 'Autism Friendly' events.

### Halton SEND Parent Carers Forum Activities



Each month Halton SEND Parent Carers Forum hold multiple activities for families with SEND living in Halton. Below are some of the activities available in January.

#### ***Inclusivitee CIC SYNC—Send Youth Needs Club***

Youth Club drop in session for those with SEND living in Halton, including board games, arts and crafts, lego and soft ball multi sports, on Saturday 20<sup>th</sup> January 12pm-5pm at Moon Meadow Scout Hut, Farnworth Street, Widnes, WA8 9LH. Spaces are limited so please email [Inclusiviteeuk@gmail.com](mailto:Inclusiviteeuk@gmail.com) to register for a place.

#### ***Free Family Craft & Pizza Night***

Friday 26<sup>th</sup> January 5pm-7pm and Friday 1<sup>st</sup> March 5pm-7pm at Hummingbird Art Studio, Village Hall, 12 Main Street, Halton Village, WA7 2AN.

To join this event, please email [Clare.Collins@haltonsendpcf.org.uk](mailto:Clare.Collins@haltonsendpcf.org.uk) to book your place.

#### ***Positive Behaviour Support Service (PBSS)***

In attendance will be Ebony Vardy-Jones from Positive behaviour Support Services (PBSS) from Halton Borough Council, she will be doing a two-part Parent Support workshop discussing strategies and support for parents around behaviour. She will also discuss their service and how to access it in Halton.

Part one— Thursday 25<sup>th</sup> January 7.30pm

Part two— Thursday 8<sup>th</sup> February 7.30pm

If you wish to join this zoom, please email Jen on [info@haltonsendpcf.org.uk](mailto:info@haltonsendpcf.org.uk) for a membership form.

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# Activity Links



## 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 21<sup>st</sup> January, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 10<sup>th</sup> January, 10.30-11.15am at Freedom Equine, CH2 4JT

### **CHESTER:**

Kids Club (7-11 years old)

- Monday 8<sup>th</sup> January, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 22<sup>nd</sup> January, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 15<sup>th</sup> January, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 29<sup>th</sup> January, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

### **ELLESMERE PORT:**

Kids Club (7-11 years old)

- Thursday 18<sup>th</sup> January, 5.30-7pm at Theatre Porto, CH65 6QY

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

- Thursday 11<sup>th</sup> January, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 25<sup>th</sup> January, 6-7.30pm at Theatre Porto, CH65 6QY

### **NORTHWICH:**

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

- Monday 15<sup>th</sup> January, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

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

- Monday 8<sup>th</sup> January, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 22<sup>nd</sup> January, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

### **WARRINGTON:**

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

- Wednesday 10<sup>th</sup> January, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 24<sup>th</sup> January, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

### **WIDNES:**

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

- Sunday 14<sup>th</sup> January, 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:**

#### Multi-Sports

- Saturday 13<sup>th</sup> January , 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 27<sup>th</sup> January, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

#### Swim Session

- Saturday 13<sup>th</sup> January, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 27<sup>th</sup> January, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

### **NORTHWICH:**

#### Swim Session

- Saturday 6<sup>th</sup> January, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

### **RUNCORN:**

#### Swim Session

- Saturday 20<sup>th</sup> January, 5.30-6.30pm at Beechwood Community Centre, WA7 2PZ

### **WINSFORD:**

#### Urban Air Trampoline Park

- Wednesday 24<sup>th</sup> January 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:**

#### Mindfulness Movement with Lee

- Thursday 18<sup>th</sup> January, 7-8pm at Queens Park High School, CH4 7AE

#### My Time

- Saturday 20<sup>th</sup> January, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

#### Parents' Meet

- Wednesday 24<sup>th</sup> January, 10am-12pm at Lache Community Centre, CH4 8HX

#### Yoga with Laura

- Monday 29<sup>th</sup> January, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

### **ELLESMERE PORT:**

#### Parents' Meet

- Thursday 11<sup>th</sup> January, 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 28<sup>th</sup> January, 3.30-4.30pm at Martial Arts Centre, Widnes, WA8 0GZ

#### Go Ape Treetop Challenge

- Sunday 3<sup>rd</sup> March, 9.45am-2pm at Go Ape Delamere, Northwich, CW8 2JD

#### Parents' Meet

- Wednesday 31<sup>st</sup> January, 7-8.30pm at Old Police Station, WA7 1DF

### **KNUTSFORD:**

#### Parents' of Adults Meet

- Friday 12<sup>th</sup> January, 11am-1pm, at Kilton Inn, WA16 0PZ

## **NORTHWICH:**

### **Crafty Club**

- Monday 8<sup>th</sup> January, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 22<sup>nd</sup> January, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

### **My Time**

- Saturday 13<sup>th</sup> January, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

### **Parents' Meet**

- Tuesday 23<sup>rd</sup> January, 8-9.15pm at ChAPS Autism Ark, CW8 1BE

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

- Friday 19<sup>th</sup> January, 12-1pm at Delamere Forest, CW8 2HZ

### **Purestretch with Donna**

- Thursday 11<sup>th</sup> January, 7-8pm at ChAPS Autism Ark, CW8 1BE

### **Yoga for Adults**

- Friday 26<sup>th</sup> January, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE



## Activities for Autistic Adults

(Activities listed in alphabetical order by location/town)

### **NORTHWICH:**

#### Crafty Club

- Monday 8<sup>th</sup> January, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 22<sup>nd</sup> January, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

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

- Friday 19<sup>th</sup> January, 12-1pm at Delamere Forest, CW8 2HZ

#### Spectrum Connect Northwich

- Monday 15<sup>th</sup> January, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

#### Yoga for Adults

- Friday 26<sup>th</sup> January, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE

### **RUNCORN:**

#### Adults' Meet Runcorn

- Wednesday 3<sup>rd</sup> January, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 17<sup>th</sup> January, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 31<sup>st</sup> January, 12-1.30pm at Old Police Station, WA7 1DF

### **WARRINGTON:**

#### Adults' Meet Warrington

- Wednesday 10<sup>th</sup> January, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 24<sup>th</sup> January, 12-1.30pm at Saint Paul's Church, WA5 2RX

## **ONLINE SESSIONS:**

### Adult Mental Health Support Group

- Wednesday 3<sup>rd</sup> January, 5.45-6.45pm
- Wednesday 10<sup>th</sup> January, 5.45-6.45pm
- Wednesday 17<sup>th</sup> January, 5.45-6.45pm
- Wednesday 24<sup>th</sup> January, 5.45-6.45pm
- Wednesday 31<sup>st</sup> January, 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/ 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.

