

February 2024

ChAPS Newsletter



In this edition:

* ChAPS Fundraising Challenge *ChAPS Activity Update *February Half Term Activities *Outside ChAPS

ChAPS Fundraising Challenge



This year at ChAPS, we want to celebrate World Autism Acceptance Day on Tuesday 2nd April with a bang with our fundraising challenge, 'Help ChAPS to raise £5k in 10 days'!

We are asking local clubs, schools, colleges, community groups, businesses & our amazing members if they might be able to fundraise for ChAPS one day in the 10 days leading up to Tuesday 2nd April. Whether it's an own clothes day, cake sale, book swap, or sponsored activity, can you or your school, college, club or workplace help us hit our target?

We will be extremely grateful to all who play their part in this idea and add to our 'ChAPS Totaliser'. We will also be hosting our own fundraising events during the 10 days, and look forward to updating everyone on the fundraising challenge in our March newsletter and on social media.

All contributions, no matter the size will make a big difference to our 'ChAPS Totaliser'.

Contact Chloe at chloe.carter@cheshireautism.org.uk for more information or to get involved.

February 2024

ChAPS Newsletter



Cheshire Autism
Practical Support

ChAPS Update

We are changing the schedule of **Crafty Club** from February. Crafty Club will run on the 1st Friday of the month 10am-11.30am, and the 2nd Monday of the month 1-2.30pm. Also, due to the rising cost of supplies, we will be charging £2 for the session.

Parents' Meet Chester has moved to St Mary's Handbridge Centre and will take place on Wednesday 28th February between 9.30-11am.

Due to prior commitments, the **Adults' Mental Health Teams Meeting** will be changing from a Wednesday evening to a Friday evening for 2 weeks in February. The sessions will be on Friday 2nd February & Friday 9th February.

Due to a basketball tournament at Ellesmere Sports Village, we are unable to offer **Multi Sports** until April. We are sorry for the inconvenience. Also, our **Ellesmere Port Swim Session** on Saturday 10th February has moved to 3.15-4.15pm.

CW&C February Activity Timetable:

Date & Time	Activity	Location
Monday 5 th February 1.15-2.15pm	Yoga with Laura	St Mary's Handbridge Centre, Chester
Saturday 10 th February 10am-12.30pm	My Time	ChAPS Autism Ark, Northwich
Thursday 15 th February 7-8pm	Mindfulness Movement with Lee	ChAPS Autism Ark, Northwich
Friday 16 th February 1.45-2.45pm	Yoga with Sarah	ChAPS Autism Ark, Northwich
Saturday 17 th February 10am-12.30pm	My Time	St Mary's Handbridge Centre, Chester
Thursday 22 nd February	Hula Hoop Fitness	Queens Park High School, Chester

We have extra activities running during **February half term**. More information on each activity and location can be found on **page 3 & 4**, and **booking links for the activities can be found in the Activity Links section**.

ChAPS Counselling

On Wednesday 24th January, we were delighted to welcome a new group of counsellors to the Ark to join our growing counselling service.

Members of ChAPS and their families who are over 18 years of age can access a counselling service through ChAPS. The counselling service is under the guidance of Lisa Cromar, BSc Hons Person-Centred Counselling, Counsellor, Trainer and Author Specialising in Autism, PhD Student, University of Chester.

ChAPS offer volunteer and placement counsellors, all of whom receive autism training and regular peer supervisions from Lisa Cromar.

For more information, please email Carey at info@cheshireautism.org.uk

February 2024



ChAPS Newsletter

ChAPS February Half Term

Gravity Active Trampoline Park

GRAVITY[®]



When: **Sunday 11th February, 6-7pm**

Where: **Gravity Social Warrington**, Unit 1, Time Square, Warrington, WA1 2NT

Age Range: **5-18 years old, including siblings!**

Parents must stay during the session and are responsible for their child/ren.

Description: Join us for the SEN session at Gravity Active Trampoline Park. The session will have reduced lighting, no whistles and specially trained staff to provide help to anyone who needs it. Let loose as you jump, bounce, hop and dance through the air on their extreme trampolines. Please arrive 30 minutes before the start of the session for check-in and safety briefing.

Gravity Active Socks must be brought on the day. These will cost £3 each. If you already have Gravity Active socks, make sure to bring them with you—socks from other trampoline parks won't be accepted.

Family Crafty Club



When: **Wednesday 21st February, 6-7.30pm**

Where: **ChAPS Autism Ark**, Northwich, CW8 1BE

Age Range: **All ages are welcome, including siblings and adults!**

Parents must stay during the session and are responsible for their child/ren.

Description: A craft session run by Terri and Nic for families and adults. Art supplies will be provided. Wear appropriate clothing as it may get messy!

There will be **an additional charge of £5 per person** to cover the cost of supplies, and you can take your crafts home with you.

Teen Event: Mini Golf at Paradise Island Adventure Mini Golf



When: **Thursday 22nd February, 6-7.15pm**

Where: **Paradise Island Adventure Mini Golf**, Cheshire Oaks, CH65 9HD

Age Range: for children aged **14-18**

Parents must stay within the vicinity of the Mini Golf during the session, and be contactable if needed.

Description: Join us for our Teen Event at Paradise Island Adventure Mini Golf! Please note that the course is a rainforest set up, so there is a constant rainforest noise and the lighting will be slightly darker.

Please note there will be no Ellesmere Port Youth Club on this night to accommodate for this event.

February 2024



ChAPS Newsletter

ChAPS February Half Term

Family Circus Skills



When: **Thursday 22nd February, 5.15-6.15pm**

Where: **Queens Park High School, Chester, CH4 7AE**

Age Range: **All ages are welcome, including siblings.**

Parents must stay during the session and are responsible for their child/ren.

Description: The circus skills workshop for families will offer a mix of juggling, hula hoops, flower sticks, Diablo, circus games and more! This 60 minute workshop will be suitable for complete beginners and Amy at Hula Hula Fun will work with the families and support them with developing their skills.



This session will be followed by our **CW&C Parent Carer Hula Hoop Fitness class, 6.30-7.30pm at Queens Park High School**. The class is open to any parent carer and any over 14 year olds with a parent carer or guardian.

Wild Tots

When: **Friday 23rd February, 10.30am-12pm**

Where: **Wild Tots, Barons Quay, Northwich**

Age Range: **Children under 12 years old, including siblings.**

Parents must stay during the session and are responsible for their child/ren.



Description: An indoor soft play. Wild Tots's adventure play is designed to ignite the imagination, promote active play, and provide a safe and enjoyable environment for kids to have fun and families to relax. Full access to the facilities and the play area for an unlimited play session.

Wild Tots also have an amazing menu that will be available during our session—click [here](#) to take a look.

February 2024

ChAPS Newsletter



Outside ChAPS

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

Who will Care After I've Gone?

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.

The next course is to be held at;

Theatre Porto, Whitby Hall, Stanney Lane, Ellesmere Port, CH65 6QY

Wednesday 31st January & Wednesday 7th February.
10.30am-2pm

This two day course offers you the knowledge and emotional support to prepare to plan ahead.

A light lunch is served for carers and speakers to enjoy while discussing the topics in more detail and the opportunity to learn from the experiences of fellow carers.

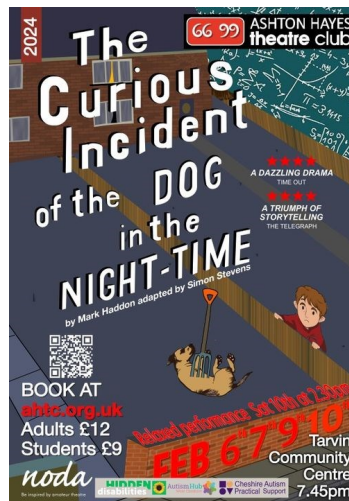
Booking is essential. For further information and to book a place, please contact Yvonne Johnson 01606 606694 or email cheshirewestcarersupport@makingspace.co.uk

Autism Research Opportunity

The Richards Lab at the University of Birmingham are starting an exciting new research project which aims to investigate wellbeing and mental health in autistic young people between the ages of 16-25 years. Participation will involve completing a short online survey and a couple of online tasks. Participants will be reimbursed £10 for taking part, and will need to have the ability to provide informed consent and complete the online survey and tasks independently on a computer, laptop or tablet.

For more information, please visit:

[Online Survey Software | Qualtrics Survey](#)



The Curious Incident of the Dog in the Night-Time

Ashton Hayes Theatre Club are performing The Curious Incident of the Dog in the Night-Time on February 6, 7, 9 and 10 at Tarvin Community Centre. There is also a relaxed performance on Saturday 10th at 2.30pm.

AHTC are delighted to be supporting ChAPS and The Autism Hub– West Cheshire to help raise awareness of autism, neurodiversity and the Hidden Disabilities Sunflower Initiative.

To book tickets, please follow the link: [Curious Incident Event List | Ashton Hayes Theatre Club \(ahtc.org.uk\)](#)

Movement For Families with Lee from Broad-Minded

Movement & Enerchi

Movement for Families



SATURDAY 11AM-12PM
FEB 3RD & 24TH, MAR 2ND & 9TH
ST MARYS, HANDBRIDGE, CHESTER

"Be Broad-minded and be transformed into your own Intuitive Artist"

www.movementandenerchi.com

These movement sessions are primary aligned for Neurodivergent children and their parents/guardians to explore, connect and express themselves through various movements.

Music and Sound will also play an important role in the session and will be carefully selected to act as a sound journey.

For more information contact Lee at

lee@broad-minded.com
or visit the website

www.movementandenerchi.com

February 2024

Activity Links



All bookings will open on Tuesday 30th January 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 18th February, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 7th February, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Kids Club (7-11 years old)

- Monday 12th February, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 26th February, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 5th February, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 19th February, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

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

Tuesday 20th February, 5.30-7pm at Theatre Porto, CH65 6QY

Teen Event: Mini Golf at Paradise Island Adventure Mini Golf (14-18)

- Thursday 22nd February, 6-7.15pm at Paradise Island Adventure Mini Golf, CH65 9HD

Youth Club (11-17 years old)

- Thursday 8th February, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Kids Club (7-11 years old)

- Monday 5th February, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 19th February, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 12th February, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 26th February, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 14th February, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 28th February, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 11th February, 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

Circus Skills

- Thursday 22nd February, 5.15-6.15pm at Queens Park High School, CH4 7AE

ELLESMERE PORT:

Swim Session

- Saturday 10th February, 3.15-4.15pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 24th February, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

NORTHWICH:

Family Crafty Club

- Wednesday 21st February, 6-7.30pm at ChAPS Autism Ark, CW8 1BE

Swim Session

- Saturday 3rd February, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

Wild Tots

- Friday 23rd February, 10.30am-12pm at Wild Tots, Barons Quay, CW9 5DD

RUNCORN:

Swim Session

- Saturday 17th February, 5.30-6.30pm at Beechwood Community Centre, WA7 2PZ

WARRINGTON:

Gravity Active Trampoline Park

*Gravity Active socks will need to be brought on the day

- Sunday 11th February, 6-7pm at Gravity Active, Unit 1, Time Square, Horrocks Ln, WA1 2NT

WINSFORD:

Urban Air Trampoline Park

- Wednesday 28th February 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:

Hula Hoop Fitness with Amy

- Thursday 22nd February, 6.30-7.30pm at Queens Park High School, CH4 7AE

My Time

- Saturday 17th February, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 28th February, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

Yoga with Laura

- Monday 5th February, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Parents' Meet

- Thursday 8th February, 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 25th February, 3.30-4.30pm at Martial Arts Centre, Widnes, WA8 0GZ

Go Ape Treetop Challenge

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

Parents' Meet

- Wednesday 28th February, 6.30-8pm at Old Police Station, WA7 1DF

KNUTSFORD:

Parents' of Adults Meet

- Friday 23rd February, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Friday 2nd February, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 12th February, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Mindfulness Movement with Lee

- Thursday 15th February, 7-8pm at ChAPS Autism Ark, CW8 1BE

My Time

- Saturday 10th February, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 27th February, 8-9.15pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 9th February, 12-1pm at Delamere Forest, CW8 2HZ

Yoga for Adults

- Friday 16th February, 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

- Friday 2nd February, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 12th February, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 9th February, 12-1pm at Delamere Forest, CW8 2HZ

Spectrum Connect Northwich

- Monday 19th February, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Friday 16th February, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

- Wednesday 7th February, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 21st February, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults' Meet Warrington

- Wednesday 14th February, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 28th February, 12-1.30pm at Saint Paul's Church, WA5 2RX

WINSFORD:

Spectrum Connect Winsford

- Monday 5th February, 7.30-9pm at The Queens Arms—Jd Wetherspoons, CW7 1AT

ONLINE SESSIONS:

Adult Mental Health Support Group

- Friday 2nd February, 5.45-6.45pm
- Friday 9th February, 5.45-6.45pm
- Wednesday 14th February, 5.45-6.45pm
- Wednesday 21st February, 5.45-6.45pm
- Wednesday 28th February, 5.45-6.45pm

February 2024

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



Caron - Support Worker

For Advice, Signposting & Support

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.