

June 2024

ChAPS Newsletter



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ChAPS Update

We have had a few updates at ChAPS that we would love to share with you all.

Firstly, we would like to formally welcome Graham Hunter as our new Head of Service. Graham brings a wealth of knowledge in supporting people who are neurodiverse, safeguarding, strategy, and interventions for families. He will be working closely with the team to develop services and ensure the best support is in place for members of ChAPS.

We're sure you'll join us in welcoming Graham to the team as we continue to work together to support our members.

We are also excited to introduce our new ChAPS logo! This logo is a refresh of the previous ChAPS logo and represents that we are all individuals and do not fit one size/shape. The three horizontal blocks represent that we are a forward-thinking organisation, looking ahead to the future and embracing change for the benefit of our members. We have also introduced a third shade to soften the colour palette!

We have been doing lots of work behind the scenes to plan our ChAPS future and cannot wait to share with you soon our amazing plans!



Cheshire West and Chester Parent Carer Activities

We have had lots of great feedback from our Cheshire West and Chester Parent Carer activities this year, and are excited to share our June activities!

At both Chester My Time and Northwich My Time this month, we have Sara delivering a pamper session using tropically sourced 100% natural ingredient skincare products. Sit back and unwind.

We are also excited to have Donna delivering a family Lego Yoga session on Sunday 30th June at ChAPS Autism Ark. As well as our Yoga for adults session delivered by Sarah and Mindfulness Movement with Lee in Northwich; and our Yoga session delivered by Laura and Dance Movers session with Hazel in Chester.

Reminder that these activities are available to anyone who fulfils a caring role and lives within Cheshire West, and offer great opportunities for you to spend time with others that may face the same challenges that you do.

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

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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.



Cheshire West Carer Support

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; The Pavilion, Wealstone Lane, Upton, Chester, CH2 1HD
Thursday 20th June & Thursday 27th June 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. To book a place or for more information please telephone 01606 606694 or email cheshirewestcarersupport@makingspace.co.uk

PCF Preparation to Adulthood

Train with Dave: Fitness Club Seated Exercise Class

Parent Carer Forum
Cheshire West & Chester

Wed 22nd May
10am - 2pm

Preparation to Adulthood

Supported Internships
- What happens when my EHCP ceases?

Social care - Supported Living / Direct Payments

Transitioning to Adulthood services

Marketplace - Stands & Information on activities, groups and services in your area will also be available.

Free Lunch & Refreshments.
Free Parking. Wheelchair Accessible.

At: Holiday Inn, Cheshire Oaks, CH65 2AL

Free Event - All Welcome

Book online on our website
www.pcfcheshirewest.org/whats-on

Train With Dave
Fitness Club

SEATED EXERCISE CLASS

Seated exercise is an excellent way to build strength, improve flexibility without putting too much strain on your body!

Join us at
St. Johns Church Centre
School Lane, Hartford
Friday Mornings
11:00 am - 12:00 pm
£5 per person
(complimentary tea and biscuits)

Scan QR code, call or email to book your place
12 spaces per session

07882 545363 - trainwithdaved@gmail.com

Sporting Bears at the Classic and Performance Car Spectacular

On Saturday 1st and Sunday 2nd June, Sporting Bears will be at the Classic and Performance Car Spectacular at Tatton Park. The event is one of the UK's most loved classic car shows, celebrating the golden age of motoring and is a must see event for enthusiasts, with more than 200 classics on site!

Sporting Bears are a dedicated group of classic car and sports car enthusiasts with the primary aim to raise money for children's charities through their own social Dream Rides. Dream Rides offer the chance to take a ten mile passenger ride in the car of your dreams simply for a donation to charity.

Sporting Bears have been a proud supporter of ChAPS over the last few years, and will be using the Classic and Performance Car Spectacular to raise money for ChAPS. Last year, the money raised by Sporting Bears funded our summer holiday activities. We are extremely grateful for their continued support.

We would love to see some familiar faces on the day, so make sure to pop by and say hello!

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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 16th June, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 5th June, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Kids Club (7-11 years old)

- Monday 10th June, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 24th June, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 3rd June, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 17th June. 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Tuesday 4th June, 6-7.30pm at Theatre Porto, CH65 6QY
- Tuesday 18th June, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

- Thursday 13th June, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 27th June, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Kids Club (7-11 years old)

- Monday 3rd June, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 17th June, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 10th June, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 24th June, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 12th June, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 26th June, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 9th June, 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 8th June, 2-3pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 22nd June, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

Swim Session

- Saturday 8th June, 3.15-4.15pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 22nd June, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

NANTWICH

Circus Starr—*fully booked!*

- Monday 3rd June, 4.45 and 7pm at Nantwich Civic Hall, Market Street, CW5 5DG

NORTHWICH:

Lego Yoga

- Sunday 30th June, 10.30-11.30am at ChAPS Autism Ark, CW8 1BE

Swim Session

- Saturday 1st June, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

RUNCORN:

Swim Session

- Saturday 15th June, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

WINSFORD:

Urban Air Trampoline Park

- Wednesday 26th June at Urban Air Trampoline Park, CW7 3RL
5-6pm (under 10 years old)

6-7pm (11-18 years old)

Activities for Parents/Carers

(Activities listed in alphabetical order by location/town)

CHESTER:

Dance Movers

- Friday 21st June, 12.30-1.30pm at St Mary's Handbridge Centre, CH4 7HL

My Time

- Saturday 15th June, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 26th June, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

Yoga with Laura

- Monday 3rd June, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Parents' Meet

- Thursday 13th June, 7.45-9pm at Theatre Porto, CH65 6QY

KNUTSFORD:

Parents' of Adults Meet

- Friday 21st June, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Friday 7th June, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 17th June, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Mindfulness Movement

- Thursday 20th June, 7-8pm at ChAPS Autism Ark, CW8 1BE

My Time

- Saturday 8th June, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 25th June, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 28th June, 11.45am-1pm at Delamere Forest, CW8 2HZ

Yoga for Adults

- Friday 21st June, 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 7th June, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 17th June, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 28th June, 11.45am-1pm at Delamere Forest, CW8 2HZ

Spectrum Connect Northwich

- Monday 17th June, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Friday 21st June, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

- Wednesday 5th June, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 19th June, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults' Meet Warrington

- Wednesday 12th June, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 26th June, 12-1.30pm at Saint Paul's Church, WA5 2RX

WINSFORD:

Spectrum Connect Winsford

- Monday 3rd June, 7.30-9pm at Winsford Youth and Community Forum, CW7 2HG

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 19th June, 5.45-6.45pm

- Wednesday 26th June, 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



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



Graham - Head of Service

For Safeguarding, Strategic Planning, Governance, Funding and Operational Management



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.