

October 2024

ChAPS Newsletter



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Congratulations to all who took part in the Chester Business Club Annual Sponsored Walk on Sunday 15th September. So far we have managed to raise an amazing £415! 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](#).

October at ChAPS

October is looking to be a busy month at ChAPS!

Due to a swimming gala event at Ellesmere Port Sports Village, the times of our Multi Sports and Swim session on Saturday 12th and Saturday 26th October have changed. Multi Sports will run from 2-3pm, with the Swim session following after at 3.15–4.15pm.

Northwich Swim session has changed time to 4-5pm.

ChAPS are delighted to announce that we have secured three sessions of Puppy Yoga, taking place in Lymm, Warrington. These sessions are SEN friendly, and combine the peaceful enjoyment of yoga with cute adorable furry friends! The sessions will take place on Saturday 19th October. The first session is for Halton families only, with the second session open to all families and the third session being available for our adult members.

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. More details are provided on page 2 & 3.

ChAPS Staff Update

We are thrilled to introduce Toni Cottingham as our new Families Manager. Toni comes from an education SEND background and can't wait to start meeting our members.

We are also thrilled to introduce Andrea and Clara to the ChAPS team—they will both be joining our Activity workers so make sure to look out for them!

Over the summer holidays, Amanda and Lauren left their roles at ChAPS. We would like to thank them for all their hard work and wish them all the best for the future.

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.

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

The course will be delivered in Northwich (starting Wednesday 9th October) and Chester (starting Monday 7th October) - to book on, please go to the [parent/carers section](#) in the activities section below.

The Chester course will take place at the same time as Chester Kids'/Youth Club, please email chloe.carter@cheshireautism.org.uk by Thursday 29th September to book your child onto the Clubs.

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October Half Term

Anti-Gravity Yoga

Tuesday 29th October

11am-12pm & 12-1pm at Widnes Martial Arts Centre

Ages 6-18

There are two sessions available for this activity: 1st session is 11am-11.45am, and 2nd session is 12-12.45pm. Please choose which session you would like to attend when you select your ticket.

Anti Gravity Yoga for Kids on the autism spectrum aged **6 years and over**.

Please wear long sleeves and long jogging pants or leggings, no zips/jeans or anything with studs, sequins or diamanté and **must** wear socks.

Don't forget to bring a drink.

You will be able to watch what your child is doing via the monitor.

Cheshire Forest School

Friday 1st November

Arrive by 11.45am. Finish at 1.30pm

Ages 0-11

Come and play at Cheshire Forest School - there are plenty of activities for the children to enjoy, including a mud kitchen, Zip wire, hammocks, and more! The session will also include bushcraft woodwork activities and finish with hot chocolate and marshmallows! Feel free to bring lunch for a picnic in the woods!

For more information about Cheshire Forest School, please visit their website, [Home | Cheshire Forest Sch \(cheshireforestschoo.co.uk\)](https://www.cheshireforestschoo.co.uk)

or watch this video <https://youtu.be/1oajloLadw>

Youth Event: Laser Quest

Thursday 31st October

pm

Ages 11-18

Join us for our Youth Event at Warrington Quasar! Please note that the course is dark and there will be flashing lights. **There will be an additional charge of £5 per child.**

Parents are not expected to stay during the laser quest, however, please leave emergency contact details. **Any parents who are staying during the session and would like to play, will need to pay an additional charge of £8.**

No Mask Halloween Drop In

Thursday 31st October

3-7.30pm at ChAPS Autism Ark

All ages, including siblings!

We understand that Halloween may be a tricky time for our members so we would like to invite everyone to our 'No Mask Halloween Drop In'. We will have plenty of activities on offer, including slime making, apple bobbing, Halloween craft activities and more! Our sensory room will be open as well.

Costumes are optional but we do ask that no faces are covered and definitely NO MASKS.

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October Half Term at The Ark Café



ChAPS



Join us at Chaps Ark Cafe
On Monday 28th October
For a morning craft session
Bonfire Card making.
11am till 12.30pm
Juice and biscuit included
£2.50 per child all ages welcome.



Join us at Chaps Ark Cafe
On Thursday 31st October
For a morning craft session
11am till 12.30pm
Juice and biscuit included
£2.50 per child all ages welcome



Spiders
PAPER STRIPS OF CREEPY CRAWLY CRAFT
©2020MINDY.COM



HAPPY HALLOWEEN



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Outside ChAPS

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

Brick By Brick



BUILDING GOD'S KINGDOM
BRICK BY BRICK

An inclusive faith community for neurodivergent families.
Lego®, craft & Bible stories.
Every Tuesday 3.45pm (doors open 3.30pm).
St. Andrew's Church, Festival Way, Grange

Come get creative.
Learn about God's love.
Make friends.

You must book.
Max 15 children per session.
Contact: Rev'd Emma Speake
rev.em@outlook.com,
01928 830 170



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; Age UK Cheshire, Castle Community Centre, Barbers Lane, Northwich, CW8 1DT on Thursday 17th October & Thursday 24th October 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

Parent Carer Forum

Join Our Independent Community of Support for Children with Special Educational Needs and Disabilities (SEND)

Are you navigating SEND with your child in Cheshire West & Chester?
We're here to help!

Who We Are:
We're parents and carers supporting children with SEND, united in our mission to ensure every child thrives, regardless of diagnosis.

Independence:
Please note We're independent, not affiliated with the council. Which helps us truly represent your lived experiences.



Parent Carer Forum
Cheshire West & Chester



Our Mission:
Amplify Voices:
Advocating for your child's needs within Education, Health and Social Services.

Partnership:
Collaborating with services to fill support gaps.

Expert Advice:
Providing guidance and resources, no diagnosis needed.

Continuous Improvement:
Working together to enhance services for all children with SEND.

www.pcfcheshirewest.org

Get in Touch: Tel: 07900840867 Email: contact.pfcwac@gmail.com

Let's create a supportive environment for all children with SEND!

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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 20th October, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 2nd October, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Kids Club (7-11 years old)

- Monday 14th October, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 28th October, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 7th October, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 21st October, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Tuesday 1st October, 6-7.30pm at Theatre Porto, CH65 6QY
- Tuesday 15th October, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

- Thursday 10th October, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 24th October, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Cheshire Forest School (Under 11 years old)

- Friday 1st November, 11.45am-1.30pm at Cheshire Forest School, Marton, CW8 2DD

Kids Club (7-11 years old)

- Monday 7th October, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 21st October, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 14th October, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 28th October, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 9th October, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 23rd October, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

Youth Event: Laser Quest (11-18 years old)

- Thursday 31st October, 1-2pm at Warrington Quasar, WA2 7HW

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 13th October, 12.30-1.15pm or 1.30-2.15pm at Martial Arts Centre, WA8 0GZ
- Tuesday 29th October, 11am-11.45pm or 12-12.45pm 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:

Film: The Wild Robot (PG)

- Monday 28th October, 6-8pm at Chester Storyhouse, CH1 2AR

ELLESMERE PORT:

Multi Sports

- Saturday 12th October, 2-3pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 26th October, 2-3pm at Ellesmere Port Sports Village, CH65 9LB

Swim Session

- Saturday 12th October, 3.15-4.15pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 26th October, 3.15-4.15pm at Ellesmere Port Sports Village, CH65 9LB

NORTHWICH:

No Mask Halloween Drop In

- Thursday 31st October, 3-7.30pm at ChAPS Autism Ark, CW8 1BE

Swim Session

- Saturday 5th October, 4-5pm at Memorial Court Northwich, CW9 5QJ

Wild Tots (0-13 years old)

- Tuesday 1st October, 5-6pm at Wild Tots, CW9 5DD

RUNCORN:

Swim Session

- Saturday 19th October, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

WIDNES:

Puppy Yoga

- Saturday 19th October at Rosewood House Pets, WA13 0SH
9.25-10.10am (Halton Families only)

10.35-11.20am (all families)

WINSFORD:

Urban Air Trampoline Park

- Wednesday 23rd October 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:

Holding the Space

- Monday 7th October—Monday 14th November, 4.30-6.30pm at St Mary's Handbridge Centre, CH4 7HL

My Time

- Saturday 19th October, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 23rd October, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

Yoga with Laura

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

ELLESMERE PORT:

Parents' Meet

- Thursday 10th October, 7.45-9pm at Theatre Porto, CH65 6QY

HALTON:

Puppy Yoga

- Saturday 19th October at Rosewood House Pets, WA13 0SH
9.25-10.10am (Halton Families only)

10.35-11.20am (all families)

KNUTSFORD:

Parents' of Adults Meet

- Friday 18th October, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Friday 11th October , 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 21st October, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Holding the Space Mindfulness Course

- Wednesday 9th October, Wednesday 16th October, Wednesday 23rd October, Wednesday 6th November, Wednesday 13th November & Wednesday 20th November, 7-9pm at ChAPS Autism Ark, CW8 1BE

My Time

- Saturday 12th October, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 22nd October, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 4th October, 11.45am-1pm at Delamere Forest, CW8 2HZ

Yoga for Adults

- Wednesday 23rd October, 10-11am at ChAPS Autism Ark, CW8 1BE

Activities for Autistic Adults

(Activities listed in alphabetical order by location/town)

NORTHWICH:

Adults' Lunch and Meet

- Thursday 3rd October, Lunch 1-1.30pm & Meet 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE
- Thursday 17th October, Lunch 1-1.30pm & Meet 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE

Boxer Boogie

- Thursday 24th October, 2-3pm at ChAPS Autism Ark, CW8 1BE

Crafty Club

- Friday 11th October, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 21st October, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Northwich River Walk

- Thursday 10th October, 1.30-3pm at ChAPS Autism Ark, CW8 1BE
- Thursday 31st October, 1.30-3pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 4th October, 11.45am-1pm at Delamere Forest, CW8 2HZ

Spectrum Connect Northwich

- Monday 21st October, 7-8.30pm at ChAPS Autism Ark, Northwich, CW8 1BE

Yoga for Adults

- Wednesday 23rd October, 10-11am at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

- Wednesday 2nd October, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 16th October, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 30th October, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults' Meet Warrington

- Wednesday 9th October, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 23rd October, 12-1.30pm at Saint Paul's Church, WA5 2RX

Puppy Yoga

- Saturday 19th October, 11.50am-12.50pm at Rosewood House Pets, WA13 0SH

WINSFORD:

Spectrum Connect Winsford

- Monday 7th October, 7.30-9pm at Winsford Youth and Community Forum, CW7 2HG

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 2nd October, 5.45-6.45pm
- Wednesday 9th October, 5.45-6.45pm
- Wednesday 16th October, 5.45-6.45pm
- Wednesday 23rd October, 5.45-6.45pm
- Wednesday 30th October, 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 - Business Support

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

T: 03448508607



Lisa - Business Support & Support Advisor

For Advice, Signposting and Support, Café and everything else admin



Caron - Support Advisor

For Advice, Signposting & Support

Carey - Lead Adult Activity Worker

For Adult activities



Toni - Families Manager

For Family Liaison, Support, Training and Strategic Leader

Chloe - Activities and Fundraising Manager

For Activities, Room Bookings at The Ark, Fundraising and Strategic Leader

T: 07491 001360



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.