

November 2024

ChAPS Newsletter



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October Half Term

October has been a busy month at ChAPS, and we are looking forward to finishing the month on a high with our October Half Term events.

We still have spaces available for our Teen Event: Laser Quest session. More information can be found in the bookings link section.

We have two events at ChAPS Autism Ark, including a craft session on Thursday 31st October, 11am-12.30pm.

And, our No Mask Halloween Drop In on Thursday 31st October, 3-7.30pm. We understand that Halloween may be a tricky time for our members so we would like to invite everyone to our drop in. We will have plenty of activities on offer, and more importantly, lots of sweets and chocolates! Please feel free to use our building for some friendly trick or treating.

Fundraising Update

ChAPS are extremely grateful to have been the chosen charity at fundraising events, including Vale Royal Carpet Cleaner's fun day on 1st September. They raised an amazing £470.30 for ChAPS.

ChAPS also received a donation from The Retired Employees Association.

We are incredibly thankful to Vale Royal Carpet Cleaners and The Retired Employees Association's support.

Could you fundraise for ChAPS? Could you run a marathon? Could you wash your parents, friends, family or neighbours cars? Or could you organise a bake sale? Then we would love to hear from you.

Christmas is coming...



We are currently finalising the extra details for Christmas at ChAPS! Dates and information will be sent out soon, so keep an eye out.

November Activity Update

Due to a swimming gala event at Ellesmere Port Sports Village, the times of our Multi Sports and Swim session on Saturday 9th November have changed. Multi Sports will run from 2-3pm, with the Swim session following after at 3.15-4.15pm.

Due to a prior events at both locations, Ellesmere Port Youth Club on Thursday 14th November and Chester Youth Club on Monday 18th November have been cancelled.

Ellesmere Port Parents' Meet has been moved to Thursday 28th November.

Firework Displays

With Bonfire Night just around the corner, we know that many autistic people find the evening unpredictable, unsettling and distressing. We thought it would be useful to share a few tips from the National Autistic Society on how to make the night more enjoyable.

- **Have a plan and stick to it:** make sure that you talk to your family, or the people you live with, about bonfire night so that everyone knows what to expect, even if you're not planning on celebrating yourself.
- **Make sure plenty of food and treats are available and keep warm!**
- **Use a set of headphones or ear defenders and be mindful of noise, or find a quiet place to go to if the noise gets overwhelming.**
- **Give a safety speech:** some people's dislike about fireworks may come from anxiety or fear of being hurt. Reassure them that you are obeying safety rules.
- **Put on the TV:** try playing music, a favourite TV show, a computer game or you could even watch an online firework display.

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Autism Training for Parents

To be delivered in Northwich, Winsford, Crewe, Middlewich, Chester and Ellesmere Port.

ChAPS has been commissioned to offer parent training programmes both face to face and virtually.

This is invaluable learning that will massively benefit parents and carers to understand their child and give them tools to help support their autistic child.

The 6 week programme will include a range of topics, but will be tailored to the needs of each group. Topics may include:

- Autism and diagnosis
- Communication
- Senses and Sensory issues
- Sleep
- Puberty
- Anxiety
- Listening, understanding and interacting effectively
- Understanding and positively managing behaviour
- Girls on the Spectrum

List of dates and locations:

Crewe Evening (Virtual) starting on Monday 4th November 2024

Northwich Evening starting on Wednesday 6th November 2024

Ellesmere Port Daytime starting on Thursday 7th November 2024

Winsford Daytime starting on Tuesday 7th January 2025

Chester Evening starting on Wednesday 8th January 2025

Middlewich Daytime (Virtual) starting on Thursday 9th January 2025

To book: www.cheshireautism.org.uk/ccg_parent-training/

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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 17th November, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

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

CHESTER:

Kids Club (7-11 years old)

- Monday 11th November, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 25th November, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 4th November, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Tuesday 5th November, 6-7.30pm at Theatre Porto, CH65 6QY
- Tuesday 19th November, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

- Thursday 28th November 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Kids Club (7-11 years old)

- Monday 4th November, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 18th November, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 11th November, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 25th November, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 13th November, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 27th November, 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 10th November, 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:

Paddington in Peru (PG) Relaxed Screening

- Tuesday 26th November, 5-7pm at Chester Storyhouse, CH1 2AR

ELLESMERE PORT:

Multi Sports

- Saturday 9th November, 2-3pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 23rd November, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

Swim Session

- Saturday 9th November, 3.15-4.15pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 23rd November, 4.45-5.45pm 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 2nd November, 4-5pm at Memorial Court Northwich, CW9 5QJ

Wild Tots (0-13 years old)

- Tuesday 5th November, 5-6pm at Wild Tots, CW9 5DD

RUNCORN:

Swim Session

- Saturday 16th November, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

WINSFORD:

Urban Air Trampoline Park

- Wednesday 27th November 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 4th November & Monday 11th November, 4.30-6.30pm at St Mary's Handbridge Centre, CH4 7HL. Monday 18th November, 5-7pm at Queens Park High School.

Mindfulness Movement

- Friday 22nd November, 1-2pm at St Mary's Handbridge Centre, CH4 7HL

My Time (Mindfulness Movement and Sound Bath with Lee)

- Saturday 16th November, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 27th November, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

Yoga with Laura

- Monday 4th November, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Parents' Meet

- Thursday 28th November, 7.45-9pm at Theatre Porto, CH65 6QY

KNUTSFORD:

Parents' of Adults Meet

- Friday 29th November, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Friday 8th November, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 18th November, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Holding the Space Mindfulness Course

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

My Time (Mindfulness Movement and Sound Bath with Lee)

- Saturday 9th November, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 26th November, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 8th November, 11.45am-1pm at Delamere Forest, CW8 2HZ

Yoga for Adults

- Thursday 14th November, 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE

Activities for Autistic Adults

(Activities listed in alphabetical order by location/town)

NORTHWICH:

Adults' Meet Northwich

- Thursday 21st November, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Crafty Club

- Friday 8th November, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 18th November, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Cooking (Quesadillas)

- Thursday 7th November, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Northwich River Walk

- Thursday 28th November, 1.30-3pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 8th November, 11.45am-1pm at Delamere Forest, CW8 2HZ

Spectrum Connect Northwich

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

Yoga for Adults

- Thursday 14th November, 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

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

WARRINGTON:

Adults' Meet Warrington

- Wednesday 13th November, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 27th November, 12-1.30pm at Saint Paul's Church, WA5 2RX

WINSFORD:

Spectrum Connect Winsford

- Monday 4th November, 7.30-9pm at Winsford Youth and Community Forum, CW7 2HG

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 6th November, 5.45-6.45pm
- Wednesday 13th November, 5.45-6.45pm
- Wednesday 20th November, 5.45-6.45pm
- Wednesday 27th November, 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.