

December 2024

ChAPS Newsletter



In this edition:

**Family Activity Review *Thank You! *A look back at 2024 *Christmas Activities*

For information...

The Ark Café will close on Wednesday 18th December, and the office will close on Friday 20th December. Both will reopen on Monday 6th January 2025. There will be some ChAPS staff online throughout Christmas week if you do require any support.

We will be emailing out the bookings links for any activities taking place between Wednesday 1st and Friday 10th January on Tuesday 17th December.

The January newsletter will be emailed out on Tuesday 7th January 2025, with booking links going live on Thursday 9th January. We realise this is slightly later than usual, but we didn't want to open the booking links over Christmas if a member of office staff wasn't available for any queries.

Thank you!

Each year we receive help and generous donations from our members, groups, and organisations, and each year we are blown away by your support.

We are extremely grateful to everyone who has donated items, funds or their time to us during 2024, as well as everyone who has fundraised for us - we couldn't do it without you.

We would also like to thank our members for their continued support.

And to our amazing staff members... thank you for your enthusiasm, your hard work and everything you do.

We hope your Christmas and New Year is exactly how you wish it to be and here's to another jam-packed year in 2025.

Family Activity Review

As part of our ongoing review into the activities and services we offer, please could you fill out this quick survey on our Family Activities. This survey will give us valuable insight into our activities and your thoughts. As an added incentive we will be putting all completed surveys into a draw to win a £20 Amazon voucher to be drawn on Wednesday 4th December. Please note that the survey will close at 5pm on Tuesday 3rd December.

To complete the survey, please click [here](#).

Our team have been going through all your feedback throughout the last year and creating action plans for the new year, that we can't wait to share with you all. Exciting times!

Christmas Activities

After the success of our Halloween Drop in, we would like to invite everyone to our Christmas Drop in on Wednesday 11th December at ChAPS Autism Ark between 3-6pm. We will have some Christmas crafts available, as well as festive treats and tea and coffee. We will also have a special visit from Santa!

More details about the Drop in and our other Christmas activities can be found on page 3.



December 2024

ChAPS Newsletter

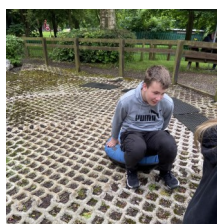


A look back at 2024...

We started the year with our 'Help ChAPS To Raise £5k in 10 days' fundraising challenge. We had an 'eggcellent' time at our Easter Craft, Easter Bingo and our annual Easter Egg Trail at Petty Pool! Thank you to everyone who helped with our challenge. In total we raised an amazing £4,355.37 for ChAPS.



In 2024, ChAPS has fundraised £15,146.17 and counting! Massive thank you to Margaret and Paul and Hartford Golf Club for their continued support, as well as Sporting Bears Motor Club, Greenbank School, Vale Royal Carpet Cleaning, Chester Business Club, The Retired Employees Association, Skipton Building Society, Cheshire Autism Football Club, and Macauley, Sandra, Gemma, Helen, Jo & Cerys, Linda, Megan, Christopher, Louise & Chris.



Over the summer holidays, we delivered 46 activities ranging from Sand Art to Aqua Park to Football Party to Laser Quest. It was great to see so many members at our events. We finished the holidays with a trip to Chester Zoo, where one of our members was able to feed the giraffes!

Thank you to everyone who has attended our activities throughout the year, we hope you have enjoyed them as much as we have! We are finalising our plans for 2025 and hope to have another amazing year.



December 2024

ChAPS Newsletter



Christmas at ChAPS



Christmas Crafternoon

1-2.30pm at ChAPS Autism Ark, CW8 1BE

Join us for an afternoon of craft. Each week will have a different Christmas craft. Festive cakes and tea and coffee will be provided. The price is £5 per person and you can take your crafts home with you. This activity is open to all.

Friday 6th December— Decorating Christmas Cards <https://buytickets.at/cheshireautismpracticalsupportltd/1483406>

Friday 13th December— Making Mini Hats <https://buytickets.at/cheshireautismpracticalsupportltd/1483422>

Friday 20th December— Decorating Christmas tea light holders

<https://buytickets.at/cheshireautismpracticalsupportltd/1483423>

Christmas Drop In

Wednesday 11th December, 3-6pm at ChAPS Autism Ark, CW8 1BE

Come join us at our Christmas Drop in.

For those wanting to meet Santa, you can book time with Santa in his grotto.

We will have Christmas crafts available for the children, as well as Christmas treats and tea and coffee available.

Speciality drinks can be bought from the café. We will have a tombola for all attendees to take part in if they wish.

All children attending the Drop in will receive a selection box. Booking is necessary—please pick which selection box your child would like to receive when booking and state any dietary requirements.

<https://buytickets.at/cheshireautismpracticalsupportltd/1483454>

Wicked Relaxed Screening

Monday 9th December, 6-8pm

This month our Relaxed Screening is the new adaptation of the musical, Wicked. Set in the Land of Oz, largely before Dorothy Gale's arrival from Kansas, it follows the story of Elphaba beginning her path to becoming the Wicked Witch of the West, and her unlikely friendship with her classmate Galinda. There will be no trailers before the film, and will be shown in a relaxed setting. Children will need to be supervised by a parent/carer during this event—please book a ticket for everyone attending.

<https://buytickets.at/cheshireautismpracticalsupportltd/1480988>

Members attending our Kids' Clubs, Youth Clubs, Climbing Club, and Urban Air in December will receive a selection box. Please pick which selection box your child would like to receive when booking and any dietary requirements.

December 2024

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 8th December, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

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

CHESTER:

Kids Club (7-11 years old)

- Monday 9th December, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 2nd December, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 16th December, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Tuesday 3rd December, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

- Thursday 12th December, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Kids Club (7-11 years old)

- Monday 2nd December, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 16th December, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 9th December, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 11th December, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 8th December, 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:

Wicked (PG) Relaxed Screening

- Monday 9th December, 6-8pm at Chester Storyhouse, CH1 2AR

ELLESMERE PORT:

Multi Sports

- Saturday 14th December, 2-3pm at Ellesmere Port Sports Village, CH65 9LB

Swim Session

- Saturday 14th December, 3.15-4.15pm at Ellesmere Port Sports Village, CH65 9LB

NORTHWICH:

Christmas Drop In (With Santa)

- Wednesday 11th December, 3-6pm at ChAPS Autism Ark, CW8 1BE

Crafternoon: Christmas Cards

- Friday 6th December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Crafternoon: Mini Hats

- Friday 13th December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Crafternoon: Tea light holder decorating

- Friday 20th December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Swim Session

- Saturday 7th December, 4-5pm at Memorial Court Northwich, CW9 5QJ

RUNCORN:

Swim Session

- Saturday 21st December, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

WINSFORD:

Urban Air Trampoline Park

- Wednesday 11th December 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:

Mindfulness Movement

- Friday 13th December, 1-2pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

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

ELLESMERE PORT:

Parents' Meet

- Thursday 12th December, 7.45-9pm at Theatre Porto, CH65 6QY

KNUTSFORD:

Parents' of Adults Meet

- Friday 20th December, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Monday 16th December. 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Mindfulness Movement with Lee

- Wednesday 4th December, 7-8pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 17th December, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 6th December, 11.45am-1pm at Delamere Forest, CW8 2HZ

Yoga for Adults

- Wednesday 18th December, 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 5th December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Christmas Adults' Meet

- Thursday 19th December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Crafternoon: Christmas Cards

- Friday 6th December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Crafternoon: Mini Hats

- Friday 13th December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Crafternoon: Tea light holder decorating

- Friday 20th December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Crafty Club

- Monday 16th December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Northwich River Walk

- Thursday 12th December, 1.30-3pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 6th December, 11.45am-1pm at Delamere Forest, CW8 2HZ

Spectrum Connect Northwich

- Monday 16th December, 7-8.30pm at ChAPS Autism Ark, Northwich, CW8 1BE

Yoga for Adults

- Wednesday 18th December, 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

- Wednesday 4^h December, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 18th December, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults' Meet Warrington

- Wednesday 11th December, 12-1.30pm at Saint Paul's Church, WA5 2RX

WINSFORD:

Spectrum Connect Winsford

- Monday 2nd December, 7.30-9pm at Winsford Youth and Community Forum, CW7 2HG

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 4th December, 5.45-6.45pm
- Wednesday 11th December, 5.45-6.45pm
- Wednesday 18th December, 5.45-6.45pm

December 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 - 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



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.