

February 2025



ChAPS Newsletter

In this edition:

**Get Ready *Activities Update *Carer Break Activities * February Half Term at ChAPS*

Get Ready...

On Monday 31st March it will be ChAPS's 15th birthday! We are so excited to have reached this amazing milestone and want to celebrate it with all of you. After the success of our ChAPS Fundraising challenge last March, we are making plans for something very special.

If you have any ideas on any fundraising events or celebratory events, please get in touch—we would love to hear from you! Please email chloe.carter@cheshireautism.org.uk

We look forward to sharing our plans very soon!!

Activity Update

We are extremely excited to announce the return of Puppy Yoga in February. After our families and adults had a great time in October, we have decided to run a session again. The venue has now changed to Mobberley, however there will be plenty of pups available to stroke and play with! The session will be on Saturday 8th February, with one family session at 11.15am and one family session at 12.45pm. Booking links can be found in the Activities for Families section.

We are also thrilled to announce that we have secured another session at Urban Air Trampoline Park. We know that this is a firm favourite activity for our members so are grateful to be able to offer this session twice a month to our members. More information can be found in the Activities for Families section.

And finally, Half Term! As always, we have some extra activities booked for members to access during February Half Term. More information can be found on Page 2.

Carer Break Activities

Our Cheshire West and Chester Carer Break activities are up and running for 2025, and we would love to hear your input on the activities. These sessions allow parent carers the chance to relax and try new activities, whilst also meeting and chatting with parents who may face similar struggles to you. We are on the hunt for new activities for 2025, and would be grateful if you could complete the following survey to give us new ideas.

Or could you offer a session? In the past we have had a range of sessions delivered from Mindfulness to Dance Fitness to Craft to Flower arranging. Could you deliver a session for us? If so, please get in touch with chloe.carter@cheshireautism.org.uk—we would love to hear from you!

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

ICB Parent Training

ChAPS have been commissioned to deliver Autism Training for Parents in 2025. These sessions are invaluable learning that will massively benefit parents and carers to understand their child and give them the tools to help support them.

Our next set of courses will be:

- Chester Daytime starting w/c 24th February
- Ellesmere Port Evening starting w/c 24th February
- Northwich Daytime starting w/c 24th February

This training is free to attend, and is open to anyone with a child on the autism pathway or recently received an autism diagnosis and is registered with a GP Surgery in Cheshire.

To register your interest, please complete the form on our website:

[Parent Training for Autism | ChAPS covers Cheshire](#)

February 2025



ChAPS Newsletter

February Half Term at ChAPS



Remember our Ark Café and Sensory Room will be open throughout half term, Monday-Friday 10am-4pm.



Dog Man (PG) Relaxed Screening on Monday 17th February at 6pm

Join us for our Relaxed Screening at Chester Storyhouse of Dog Man. Based off Dav Pikey's children's graphic novel series, when a human police officer named Knight and his dog Greg are injured together on the job, a life-saving surgery changes the course of history when Dog Man is born. Dog Man must protect and serve as he doggedly pursues the feline Petey the Cat, but the unexpected arrival of Li'l Petey changes their dynamic.

There will be an additional charge of £2+ booking fee for every ticket.

Mini Golf on Wednesday 19th February at 10am or 10.30am

ChAPS have organised for our families to play mini golf at Paradise Island Adventure Mini Golf. There will be two sessions available, with one group starting at 10am and another starting at 10.30am. Please note that the course is a rainforest set up, so there is consent rainforest noise and the lighting will be slightly darker.

There will be an additional charge of £6 per person, when booking this will show as £24 for a family of 4. If your family is larger than 4, please get in touch once you have bought the initial ticket so we can arrange booking and payment for the other family members. Please book one ticket per family and add family names in the extra information part.

ChAPS Drop in on Thursday 20th February, 4-8pm

After the success of our Halloween and Christmas drop ins, we are excited to offer this session again. Join us at ChAPS Autism Ark for craft activities, board games and more. Our sensory room will be open, as well as the Ark Café to grab drinks and snacks. Booking is not needed, however if you would like to book, then please do .

Lego Yoga on Friday 21st February , 1.45-2.45pm

Led by Donna, lego yoga is a fantastic mix of mindfulness and lego! This session will take place at St Mary's Handbridge Centre.

Please book one ticket per family and add family names in the extra information part.

February 2025

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 February, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4– 18 years old)

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

CHESTER:

Kids Club (7-11 years old)

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

Youth Club (11-17 years old)

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

ELLESMERE PORT:

Kids Club (7-11 years old)

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

Youth Club (10-17 years old)

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

NORTHWICH:

Kids Club (7-11 years old)

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

Youth Club (11-17 years old)

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

WARRINGTON:

Climbing Club (7-17 years old)

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

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 9th 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:

Dog Man (PG) Relaxed Screening

- Monday 17th February, 6-7.40pm at Chester Storyhouse, CH1 2AR

Lego Yoga with Donna

- Friday 21st February, 1.45-2.45pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Mini Golf at Paradise Island

- Wednesday 19th February, 10am or 10.30am at Paradise Island Adventure Golf, CH65 9HD

Swim Session

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

NORTHWICH:

Drop In

- Thursday 20th February, 4-8pm at ChAPS Autism Ark, CW8 1BE

Lego Yoga

- Sunday 16th February, 10.30-11.30am at ChAPS Autism Ark, CW8 1BE

Swim Session

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

MOBBERLEY

Puppy Yoga

- Saturday 8th February, 11.15am-12.15pm or 12.45-1.45pm at The Fitworks, Owen House Farm, WA16 7NY

RUNCORN:

Swim Session

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

WINSFORD:

Urban Air Trampoline Park

- Tuesday 11th February at Urban Air Trampoline Park, CW7 3RL
5-6pm (under 10 years old)

6-7pm (11-18 years old)
- Wednesday 26th February 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 14th February, 1-2pm at St Mary's Handbridge Centre, CH4 7HL

My Time

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

Parents' Meet

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

Yoga with Laura

- Monday 10th February, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Parents' Meet

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

HALTON (for Halton families only):

Anti-Gravity Yoga

- Sunday 16th February, 1.30-2.15pm at Widnes Martial Arts

Go Ape Treetop Challenge

- Sunday 23rd February, 10am-2.30pm at Go Ape Delamere, CW8 2JD

Parents' Meet

- Thursday 13th February, 12-1.30pm at The Old Police Station, WA7 1DF
- Thursday 27th February, 12-1.30pm at The Old Police Station, WA7 1DF

KNUTSFORD:

Parents' of Adults Meet

- Friday 7th February, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Friday 7th February, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 17th February, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

My Time

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

Parents' Meet

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

Yoga for Adults

- Thursday 27th February, 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 6th February, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Crafty Club

- Friday 7th February, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 17th February, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Cooking

- Thursday 13th February, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Spectrum Connect Northwich

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

Yoga for Adults

- Thursday 27th February, 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

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

Crafty Club

- Thursday 20th February, 1-2.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults' Meet Warrington

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

WINSFORD:

Spectrum Connect Winsford

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

February 2025

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

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.