

## November at ChAPS

Our annual sponsored walk had been rescheduled to run on **Sunday 23<sup>rd</sup> October** from Chester Racecourse, but due to the awful weather this had to be cancelled again. Chester Business Club have advised that the walk will now take place in 2023, we will keep you all updated.

We'd like to welcome **Karen** who is our new café assistant at The Ark Café in Northwich. She has settled in really well and makes some outstanding soup!

**Learning4Life Warrington** have a brand new venue at The Oaks Centre in Penketh. This venue is a community building run by St Paul's Church, and we are extremely happy to be working with them as they give so much to the local community. They also have a nearly new shop which our L4L attendees will be getting involved in by learning how a shop operates.

## A look at October...

Alexis aged 22 who is diagnosed with autism and their mother Sarah Pagdin from 2Diverse Autism Counselling joined us at The Ark on the 6<sup>th</sup> of October, to have a chat and share knowledge. Everyone who attended thoroughly enjoyed it and took away some great advice.

**Learning4Life** have had a busy October. Northwich group enjoyed a day out to Delamere Forest, they learnt lots of facts about different trees and berries, benefitting from Kaitlyn's great knowledge. They also made a delicious homegrown spiced squash, carrot and red pepper soup which was sold in The Ark Café. **Warrington L4L** have also been busy crafting, quizzing, walking, and discussing the five ways to wellbeing.

We have now completed our set of specialist courses funded by what was then West Cheshire CCG. These were delivered in both Chester and Ellesmere Port covering subjects such as PDA, Masking, Sensory and more! We hope that this commissioned parent training continues with the now Cheshire Integrated Care Board. You can find more information on Cheshire ICB here...

<https://www.cheshireandmerseysidepartnership.co.uk>

Lots of fun has been had this half term with eBiblio Magical Bubbles at Ellesmere Port and Dozy Dave's Magic Show at Runcorn, Inflatabubble in Chester and our No Mask Halloween Party at The Ark. It looks as though everyone thoroughly enjoyed them and we have seen lots of lovely pictures.



## *Thank you!*

Each month we receive help and generous donations from our members, groups, and organisations. We are extremely grateful for any donations, whether it be time spent helping with a job at the centre, items such as crafts to sell or funds towards the work we do.

**Thank you** to Arnold Clark who donated towards new sensory equipment to our kids and youth clubs. We purchased fidget toys, hula hoops, balls, space hoppers and so much more! The groups are really enjoying their new resources and are extremely grateful.

## *ChAPS Wellbeing Weekends*

With Carers Break Funding in Cheshire West & Chester and Halton, ChAPS are providing Wellbeing Weekends for parents and carers. The sessions are 3 hours long and consist of a range of activities to give carers respite and promote wellbeing. Some activities in recent sessions have included yoga, SOSA dance, massages, reflexology, stretch and restore sessions and Reiki. Lunch is also included!

**Each session has received positive feedback from attendees. Attendees said:**

- “People don’t usually understand how difficult caring for a child with ASC is. But being part of a charity who “get it” and with people who have shared experience is invaluable. Often, I come to ChAPS broken but leave refreshed and able to care.”
- “Some time out and meeting other parents/carers. I enjoyed all the sessions, lovely to meet other parents.”

In November we have Wellbeing Weekends in Northwich, Runcorn, and Chester. If you are a member, please use your booking links email to book your place. If you’re not a member of ChAPS but would like to get involved, please email [info@cheshireautism.org.uk](mailto:info@cheshireautism.org.uk) and we will be happy to help.

## *Wheels for All*

Wheels for All want to make sure that cycling is accessible to all. Wheels for All embraces disabled people and people who would otherwise not be able to cycle, through providing fun and friendly activity in 28 locations across the country. In Cheshire, Wheels for All operate at Marbury Park in Northwich, Victoria Park in Warrington and Victoria Park in Widnes.

For more information visit: <https://wheelsforall.org.uk>

## *Diary of Events – Key*

(A) - For Adult members

(C) – For children (please see the Eventbrite to check if siblings are included!)

(P) – For parents and carers

If you have any suggestions for our **ChAPS** newsletter or ideas about how we can make it easier to understand, please email [admin@cheshireautism.org.uk](mailto:admin@cheshireautism.org.uk)

## Diary of Events

1 Nov	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm
1 Nov	NORTHWICH (A)(C)(P)	Geek Retreat at Barons Quay CW9 5FT with Terri.	6.30-8pm
1 Nov	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Bobbie.	7-8pm
2 Nov	B'TRAFFORD (C)	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane	10.30-11.15am
2 Nov	RUNCORN (A)	Adults Meet at the Old Police Station WA7 1DF with Emma & Hayley.	12-1.30pm
2 Nov	TEAMS (A)	Adults Mental Health Support Group with Emma.	6-7pm
2 Nov	CHESTER (A)(P)	Boxer Boogie at Elton Community Centre CH2 4PU with Diane & Ginette.	7.15-8.15pm
3 Nov	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri.	10am-4pm
3 Nov	NORTHWICH (P)	Parents of Teens Meet at The Ark Café CW81BE with Carol.	10am-12pm
3 Nov	E'PORT (C)	Kids Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
3 Nov	E'PORT (P)	Parents Meeting at The Community Hub CH65 9BD with Diane & Leona.	7.45-9.15pm
4 Nov	WARR'TON (A)	Learning4Life at The Oaks Centre WA5 2QS with Chelsey & Diane.	10am-4pm
4 Nov	DELAMERE (A)(P)	Parents & Adults Walk at Delamere Forest CW8 2HZ with Carey.	12-2pm
5 Nov	NORTHWICH (A)(C)	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
7 Nov	CHESTER (C)	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
7 Nov	NORTHWICH (C)	Kids Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.	5-6.30pm
7 Nov	ZOOM! (C)	Children's Mindfulness with Di MinDees.	7pm
7 Nov	WINSFORD (A)	Spectrum Connect at The Hive CW7 3DA with Terri & Bobbie.	7.30-9pm
7 Nov	ZOOM! (C)	Teen Chat - 12yrs+ with Di MinDees.	8pm
8 Nov	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm
8 Nov	NORTHWICH (A)(P)	Yoga for Adults at ChAPS Autism Ark CW8 1BE with Carey.	1-2pm
9 Nov	WARR'TON (A)	Adults Meet at Saint Paul's Church WA5 2RX with Emma & Hayley.	12-1.30pm
9 Nov	TEAMS (A)	Adults Mental Health Support Group with Emma.	6-7pm
9 Nov	WARR'TON (C)	Climbing Club at North West Face Climbing Centre WA2 7NE with Lauren.	6.30-7.30pm
10 Nov	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri.	10am-4pm

10 Nov	E'PORT (C)	Youth Club at The Community Hub CH65 9BD with Diane, Jacqui & Jess.	6-7.30pm
10 Nov	NORTHWICH (A)(C)(P)	Boxer Boogie at ChAPS Autism Ark CW8 1BE with Bobbie & Ginette.	7-8pm
11 Nov	WARR'TON (A)	Learning4Life at The Oaks Centre WA5 2QS with Chelsey & Diane.	10am-4pm
12 Nov	E'PORT (C)	Multi Sports at E'Port Sports Village CH65 9LB with Johnnie.	3.30-4.30pm
12 Nov	E'PORT (A)(C)(P)	Family Swim at E'Port Sports Village CH65 9LB with Johnnie.	4.45-5.45pm
13 Nov	WIDNES (C)	Anti-Gravity Yoga at Martial Arts Centre WA8 0QZ with Hayley.	12.30-2.15pm
13 Nov	NORTHWICH (P)	Wellbeing Weekend at ChAPS Autism Ark CW8 1BE with Terri.	12.30-3.30pm
14 Nov	NORTHWICH (A)(P)	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
14 Nov	CHESTER (C)	Kids Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
14 Nov	NORTHWICH (C)	Youth Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.	5-6.30pm
14 Nov	ZOOM! (C)	Children's Chat with Di MinDees.	7pm
14 Nov	ZOOM! (C)	Teen Mindfulness – 12yrs+ with Di MinDees.	8pm
15 Nov	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm
15 Nov	NORTHWICH (A)(C)(P)	Geek Retreat at Barons Quay CW9 5FT with Nic.	6.30-8pm
15 Nov	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Bobbie.	7-8pm
16 Nov	RUNCORN (A)	Adults Meet at the Old Police Station WA7 1DF with Emma & Hayley.	12-1.30pm
16 Nov	TEAMS (A)	Adults Mental Health Support Group with Emma.	6-7pm
17 Nov	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri.	10am-4pm
17 Nov	E'PORT (C)	Kids Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
17 Nov	RUNCORN (A)(P)	Boxer Boogie at the Old Police Station WA7 1DF with Hayley & Ginette.	7.30-8.30pm
18 Nov	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Chelsey & Diane.	10am-4pm
18 Nov	KNUTSFORD (P)	Parents of Adults at the Kilton Inn WA16 0PZ with Carey.	11am-1pm
19 Nov	CHESTER (P)	Wellbeing Weekend at St Mary's Handbridge CH4 7HL with Diane.	10am-1pm
19 Nov	RUNCORN (A)(C)(P)	Family Swim at Beechwood Comm. Centre WA7 3HB.	5.30-6.30pm
20 Nov	B'TRAFFORD (C)	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	12.30-4.15pm
21 Nov	CHESTER (C)	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
21 Nov	NORTHWICH (C)	Kids Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.	5-6.30pm

21 Nov	ZOOM! (C)	Children's Mindfulness with Di MinDees.	7pm
21 Nov	NORTHWICH (A)	Spectrum Connect at ChAPS Autism Ark CW8 1BE with Terri & Bobbie.	7-8.30pm
21 Nov	ZOOM! (C)	Teen Chat - 12yrs+ with Di MinDees.	8pm
22 Nov	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm
22 Nov	NORTHWICH (A)(P)	Yoga for Adults at ChAPS Autism Ark CW8 1BE with Carey.	1-2pm
22 Nov	NORTHWICH (P)	Parents Meeting at ChAPS Autism Ark CW8 1BE with Terri & Leona.	8-9.15pm
23 Nov	CHESTER (P)	Parents Meeting at Lache Comm. Centre CH4 8HX with Diane & Leona.	10am-12pm
23 Nov	WARR'TON (A)	Adults Meet at Saint Paul's Church WA5 2RX with Emma & Hayley.	12-1.30pm
23 Nov	WINSFORD (C)	Urban Air Trampoline Park CW7 3RL with Carey, Bobbie & Nic.	4.30-6.30pm
23 Nov	TEAMS (A)	Adults Mental Health Support Group with Emma.	6-7pm
23 Nov	WARR'TON (C)	Climbing Club at North West Face Climbing Centre WA2 7NE with Lauren.	6.30-7.30pm
24 Nov	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri.	10am-4pm
24 Nov	E'PORT (C)	Youth Club at The Community Hub CH65 9BD with Diane, Jacqui & Jess.	6-7.30pm
24 Nov	NORTHWICH (A)(C)(P)	Boxer Boogie at ChAPS Autism Ark CW8 1BE with Bobbie & Ginette.	7-8pm
25 Nov	WARR'TON (A)	Learning4Life at The Oak Centre WA5 2QS with Chelsey & Diane.	10am-4pm
26 Nov	E'PORT (C)	Multi Sports at E'Port Sports Village CH65 9LB with Johnnie.	3.15-4.15pm
26 Nov	E'PORT (A)(C)(P)	Family Swim at E'Port Sports Village CH65 9LB with Johnnie.	4.30-5.30pm
27 Nov	RUNCORN (P)	Wellbeing Weekend at the Old Police Station WA7 1DF with Hayley.	1-4pm
28 Nov	NORTHWICH (A)(P)	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
28 Nov	CHESTER (C)	Kids Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
28 Nov	NORTHWICH (C)	Youth Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.	5-6.30pm
28 Nov	ZOOM! (C)	Children's Chat with Di MinDees.	7pm
28 Nov	ZOOM! (C)	Teen Mindfulness – 12yrs+ with Di MinDees.	8pm
29 Nov	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm
30 Nov	TEAMS (A)	Adults Mental Health Support Group with Emma.	6-7pm

## Need More Help or Information?

**Ruth/Lisa Admin Staff - For Attention Cards, Gift Aid, Child Registration Forms & everything else Admin**

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**Emma, Specialist Teacher - For Mental Health Therapy, Adult Sessions, Support & Training**

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**Emily, Operations Manager - For Activities, Venues, Eventbrite, Volunteers, The Ark Café & ChAPS Autism Ark Enquiries/Bookings**

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**Carey, Families Manager - For Intensive Group Sessions, Counselling, Learning4Life, Swimming & Support**

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**Natalie, Business Manager - For Recruitment, Finance, GDPR, Safeguarding, & any fundraising ideas!**

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# [www.cheshireautism.org.uk](http://www.cheshireautism.org.uk)

**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 thank you.



**Cheshire and  
Merseyside**  
Health and Care Partnership

*Steve Morgan*  
FOUNDATION

