



Information

CAMHS has launched a new out-of-hours advice line for people living in the Cheshire and Wirral area. The advice line is open to everyone and allows people to talk to a mental health professional if they are concerned or would like advice about a young person's mental health. The advice line runs from 5-10pm Mon-Fri and 12-8pm Sat-Sun. You can call the Advice Line on **01244 397644**.

Making Space will be hosting a Fun Day on the **5th July** from 1pm at Rivacre House, 47A Seymour Drive Ellesmere Port CH66 1LZ.

Addaction are hosting a Summer Fun day on **Tuesday 24th July** 12.30-3.30pm at Grangeway Community & Youth Centre, Runcorn WA7 5HA. The day will include stalls, activities and games. For more information please contact haltonadmin@addaction.org.uk or call 01928 240406.

Disability Awareness Day at Walton Hall & Gardens, Walton Lea Rd, Higher Walton, Warrington WA4 6SN on **Sunday 15th July** 10am-5pm. With more than 250 exhibitors promoting independent living and the theme of a 'can do' culture, as well as a Sports Zone, Arts Marquee, Main Arena and Family Entertainments. Disability Awareness Day offers something for everyone and a fun day out for the whole family. Please click the link for more information <https://www.disabilityawarenessday.org.uk/>

Halton Speech and Language Therapy Service is now in operation. The Heath Business & Technical Park, Runcorn WA7 4QX. To get advice you can email office@chatter-bug.com or call 0113 240 8510.

CWaC Parent Carer Forum represents the voice of parent carers of children and young people with SEND across Cheshire West and Chester. There have been some exciting new developments in the structure/format of the PCF recently. After several years of being chaired by Angela Steadman from the IAS Service, they now have a new Chair in Steve Howe. Vice Chair is Jacqui Hobby, and the secretary is Kelly Smith. This committee would like to thank everyone who recently completed the PCF survey, your input will play an important role in defining their strategies. They will be in touch very soon with further new developments.

Abbey Respite Centre is a new state-of-the-art care centre to help people with learning disabilities recently opened in Chester by Councillor Paul Dolan. Situated in Abbey Square, the Centre will be run by Special Care Needs Ltd and Cheshire West & Chester Council. It offers residential and day care for people with special educational and challenging behavioural needs, including autism. Activities at The Arc include creative arts, music therapy, information technology, cooking and motivation support. It has a multi-sensory room: is a soothing, sensory environment with restful sounds and lighting. For any further information, please contact The Arc on 01244 207 307 or visit www.specialneedsare.co.uk

Carers Trust 4all is operating a service supporting children aged 8 - 13, with a diagnosis of Asperger's or who are struggling with communication and social skills. Focused groups led by a qualified Speech and Language Therapist will concentrate on improving key social and communication skills and social sessions will encourage children to put their new found skills into practice. If you would like to access the group or for more information; please call 0333 323 1990 or email cheshirewest@carerstrust4all.org.uk

Urban Air Trampoline Park in Winsford are keen to attract the autism community and provide autism friendly sessions. They are now also offering 1:1 Rebound Sessions. For more information visit their website <http://www.uacheshire.co.uk/rebound-therapy> or contact **Nicola Finn or Grace Brennan** on **01606 212690** or email info@uacheshire.co.uk Cheshire East families can receive this therapy free. Please note **any U6's must** be supported on trampolines by an **adult**.

Velocity in **Widnes** is now the UK's biggest inflatable park! They are running an Autism friendly session on Saturday 8th July at 10am. To book, please visit <https://www.rollerdigital.com/velocitywidnes/products/autismanddisabilityfriendlysession?date=20180602#/sessions>

Flip Out in **Chester Gates** are now running ASD and Disability Sessions 5-6pm every Monday during term time. They are especially for individuals on the autistic spectrum. During this session, music is played at a low level and the disco lights are turned off. Admission costs £6 and carers can join in the fun for free. Socks are also required for the jumper and carer and can be purchased for £2 per pair. You can book via their website: <https://www.flipout.co.uk/activities/classes>

Tanja Sharpe – Confident Hearts Online Counselling, Coaching & Therapy programs for parents and carers of young people with extra-ordinary needs. Please see the website for more details www.confidenthearts.com. Tanja's email is courses@confidenthearts.com. Thanks very much Tanja – highly recommended by **ChAPS**.

Entwine Play Therapy offer 1-1 sessions for children. There is a possibility to use funding from social care, adoption payments and the like for this. Costs are £45 per session and there is a minimum booking requirement of 5 sessions. If you require further details view <https://www.facebook.com/EntwineParentChildAttachment/or> contact Tara or Megan on thetreehouseplaytherapy@gmail.com or entwineattachment@gmail.com - highly recommended by **ChAPS**.

Cheshire Carers Trust run Parent Carer Support Groups/Coffee Mornings in Cheshire East. They are informal friendly groups and often include activities and speakers. For more info on Crewe, Congleton, Macclesfield and Poynton coffee mornings. For times and venues please check out the following website www.cheshireandwarringtoncarers.org

Warrington Museum and Art Gallery host Autism Friendly Sessions every **second Saturday of each month. 9.30 -10.30am**. The museum will be open exclusively to families with a child who has ASD for the first half an hour. After that the museum is open to all, but generally remains quiet until 11 a.m. allowing for some integration too. There is a refuge room available if necessary and there is also a low key craft session, which is usually very tactile, on offer for those who are interested.

NAS CWaC are hosting an Autism Conference and an Annual General Meeting on **Thursday 5th July 7-9pm**. This will take place at **Dee Banks School, Sandy Lane, Chester CH3 5UX**. Andrew Edwards will be there as a

guest speaker to talk about his book 'I've Got a Stat for You – My Life With Autism'. Andrew is an adult with autism who used his special interest to gain employment with Manchester United Television. He will share his experiences and his positive outlook on life. To book on, follow this link <https://bookwhen.com/agm49>

Ellesmere Port Autistic Spectrum Support their next coffee morning will be Tuesday 17th July at the New Creation Centre CH65 4BW from 9.30–11.30am. The entrance to the centre is from the car park at the rear. EPASS also have a monthly bowling night. For more information or to make contact with Tessa Ede search for EPASS on Facebook.

Westminster Families Community Group is run by families in the Westminster area of Ellesmere Port. There is a monthly community café and other events for Ellesmere Port residents. For details view their Facebook Group <https://www.facebook.com/Westminster-Families-CG-149895718528317/> or contact Lisa Denson on 07948 613749.

Healthbox CIC have just started hosting free children's outdoor yoga sessions on Saturdays 3.30-4.30pm for children age 4-7 years at Westminster Community Centre in Ellesmere Port. For booking contact seona@healthboxcis.com or call 0151 355 0205.

Autism Support Hub and Resource Library are open Wednesdays 10am-6pm during term time and have a range of resources as well as books to borrow. Parent membership costs £10 annually. For more information email Amanda or Karen on autismlibrary@rosebank.cheshire.sch.uk or call on 01606 783295.

Cheshire Oaks host an autism-friendly shopping experience once a month. The next session will be on Tuesday 3rd July 5-8pm. Lights are dimmed, music is low and quiet spaces are on offer to relax. At the Visitors' Centre you can collect a map of the site and an alert card you can use to show a member of staff if you require any assistance. For more information call **0151 348 5600**.

Future Events

Chester Pride is taking place on Saturday 11th August this year, and ChAPS will again be involved.

SUMMER HOLIDAY ACTIVITIES are currently being planned by our hard working staff team. We already have bookings in for tubing, Norton Priory, Round Ponds and a cultural cooking experience. We are hoping to publish the full list of events as soon as possible so look out for that email!

Activities for Adults on the Spectrum

Adult Independence and Living Skills Part 2 has now started in Northwich. This training is designed as a follow on for those who have attended the previous adult living skills course. This new course will cover First Aid, Organization skills, Sleep, Friendships and Staying Safe. If you would like to attend this course, please contact **Carey** on families@cheshireautism.org.uk or register your interest here <https://www.eventbrite.co.uk/e/independence-living-skills-for-adults-on-the-autism-spectrum-tickets-30158677416>

Crafty Club run by **Terri** is being well supported by many of our adults group and is giving them a chance to socialise with parents of children on the spectrum. Why not come along to a session on 1st and 3rd Mondays in **Runcorn** office 12.30pm- 2pm, and 2nd and 4th Mondays in **Northwich** office 1pm- 2.30pm. There are many lovely creations being produced in these sessions -Thank you **Terri**.

Spectrum Connect WINSFORD will meet at New Images, Winsford on **Monday 2nd** and **Monday 16th July**. 8.30-10pm. Quizzes, board games as well as table football, table tennis and pool.

Spectrum Connect HALTON will meet at The Halfway House, Runcorn on **Monday 23rd July** 8-9.30pm.

New! Spectrum Connect CHESTER will meet at Meltdown Café CH4 7BU on **Thursday 12th July** 7-9pm.

Yoga Sessions for Parents and Adults on the Spectrum join us for a lovely relaxing session!

Runcorn Office on **Monday 9th July** 6.15pm-7.15pm and **Northwich Training Room** on **Thursday 26th July** 11.30am-12.30pm.

Chester Group for Adults **ASPIRE** will be meeting Wednesday 4th July, 11.30am -1pm. Meeting location is now in **Story House Chester**. You can view their Facebook for more info on this group and <https://m.facebook.com/groups/491332914410676> or email aspirechester@gmail.com

Asperger's Adults (Ellesmere Port) is a group run by Carers Trust 4All and they meet at Trinity Church in Ellesmere Port on a Tuesday 7-9pm every other week. For more information you can contact Angela or Charlotte on 0333 323 1990.

Book review

Promoting Positive Thinking building children's self-esteem, confidence and optimism by Glynis Hannell.

For teachers, SENCOS, educational psychologists, specialist teachers, learning support staff, teaching assistants, private tutors and parents. - David Fulton Publishers 2004.

This book is informative and very easy to read. It is divided into an introduction, and 3 chapters. It includes two useful appendices; 1. two student questionnaires which can be used to gain an impression of child/young person's feelings of self-esteem, confidence and optimism. They are not scored questionnaires but are easy tools to provide parents and teachers with some insight into the issues that may be impacting on the child/young person's self-esteem, self-confidence and optimism. Photocopying of these questionnaires is permitted and therefore copies are attached. 2. Positive attribute cards which are attached – it is advised that the name of child/young person and date is written on the back to personalise each card when given.

It is important to understand the difference between self-esteem, self-confidence and optimism and this book explains the difference simply and clearly. There is a chapter about each to explain each in detail.

If you have a child who has low self-esteem, low self-confidence and/or a pessimistic view of life, then this book will help you understand how to change their environments (eg. at home and school) and help self-esteem, confidence and optimism grow!

In brief:

Self-esteem is your belief about who you ARE; your sense of self-worth

Self-confidence is your belief in what you can DO; it's all to do with performance

Optimism is your belief that things will go well; thinking and feeling positively.

Until I read this book I believed my son (and it was reiterated by professionals) lacks self-esteem; in-fact he has strong self-esteem but low confidence and optimism.

ChAPS News

ChAPS Website is continually being updated with the Local and National Services, so please do have a look as there is plenty of signposting advice there <http://www.cheshireautism.org.uk/>

Lego Therapy with **Cathy** is at **Halton Youth Club** on 2nd and 4th Thursday of each month 7-9pm at The Acorn Club, Runcorn WA7 5EX.

NEW! Lego Therapy Club has now started in Northwich. This is an intensive session for a small group of children age 10+. Each child is initially offered six sessions. The sessions run 1st and 3rd Thursdays in Northwich in our Training Room 5-6.30pm. You can use the car park. **Cathy** is also going to lead these sessions. Please email **Carey** on families@cheshireautism.org.uk if your child would like to be considered.

ChAPS Swimming lessons have run over this term at Greenbank School, Northwich. **Jeff** will be teaching a five week course in September costing £25 to **ChAPS** members. We have 8 places on the course. Please email Carey on families@cheshireautism.org.uk if you would like your child to have a place.

Chester Youth Club now has a new venue. The club runs every 2nd & 4th Wednesdays at Lache Community Centre, Hawthorn Road Chester CH4 8HX 7-8.30pm.

Our **parents meeting** in **Frodsham** proved very popular! This will continue on the 2nd Thursday of the month. 9.30-10.30am. Our lovely new volunteer **Carol** will be running this session to help parents increase self-confidence and promote wellbeing along with offering opportunities for Life Coaching.

Horse Sense will be replaced with **two extra sessions of Animal Therapy** for our families in July and August. The date for the extra sessions is the 25th July.

We are now providing a member of staff over the weekend (9am till 5pm) to help with bookings, cancellations, advice or signposting. On Saturdays please contact **Rachael Chaps** and on Sundays **Samantha Chaps** will be looking after you.

We have more new courses starting!

Intensive Social skills for Children. **ChAPS** has been running these courses funded by BIG Lottery for 18 months now. So far we have seen 36 children successfully complete the course. Some of you will know Neil who has taught the majority of these courses with considerable help from **Toria**, our **ChAPS** staff member.

Neil and his wife are expecting a baby later this year, and Neil is now going to take a break from his **ChAPS** duties to welcome his new baby into the world - **Congratulations Neil!!** We have two new providers starting in September to continue the good work, Welcome to Adam and Joanne! This means we will be able to run 3 courses at a time and even more children will have access to this excellent opportunity.

NEW! Parent Training Wednesday evenings is running at our Northwich Training Room with Sarah Cobbe. Sarah is an ASC advisory teacher with over 20 years of experience practicing in the field of autism. She has worked with children and adults in a range of residential and educational settings, and previously spent a year with students in a Kenyan teacher-training institute.

Sarah currently provides advice and training for staff and parents of all-age children on the spectrum, and has recently written a book on autism which will be published later this year. There are 3 sessions left in July and still places to fill please book here <https://www.eventbrite.co.uk/e/training-sessions-for-parents-adults-northwich-tickets-45644100734>

4th July **Special Interests** - 11th July **Managing Anxiety** and 18th July **Demand Avoidant Behaviour**. Many thanks to Sarah for providing this excellent training. We also hope to run it in the autumn in Runcorn.

Thanks to Hannah one of our members we are looking at starting at **Cognitive Behaviour Therapy** training for parents from September. We have also been successful with another **Awards For All** funding so lots more parent training on the way!

Diary Events **Please book them in your diary!** (Bold are the extra activities)

1 July	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Di & Kizzy.	10.30-12pm
2 July	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Nat.	11am-1pm
2 July	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rachael.	12.30-2pm
2 July	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
2 July	WINSFORD	Youth Club at New Images CW7 2HG with Di, Jeff & Bobbie.	7-8.30pm
2 July	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Di & Jeff.	8.30-10pm
3 July	WIDNES	Freaking Awesome at Salisbury Street Widnes WA8 6AZ with Rachael.	5.30-7pm
4 July	NORTHWICH	Circus Skills at Barnton Life Church CW8 4HP with Naomi & Di.	4.30-5.30pm
4 July	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Claire.	5.30-6.45pm
4 July	NORTHWICH	Parent Training Special Interests with Sarah at Training Room.	7-9pm
5 July	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
5 July	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam, Jacqui, Sian & Zara.	5-6.30pm
5 July	NORTHWICH	Lego Therapy Club at Northwich Training Room with Di & Bobbie.	5-6.30pm

5 July	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
5 July	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Nat & Leona.	7-9pm
7 July	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
7 July	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
7 July	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
8 July	NORTHWICH	Grozone at Whalley Road CW9 5QA with Di & Nicola.	12.30-1.30pm
8 July	WIDNES	Anti-Gravity Yoga for parents at Martial Arts Centre WA8 0QZ with Sam.	3-4pm
9 July	RUNCORN	Parent & Toddler Meeting at our Runcorn Office with Rachael & Leona.	10-12pm
9 July	NORTHWICH	Crafty Club at our Northwich Training Room with Claire & Carey.	1-2.30pm
9 July	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-7pm
9 July	RUNCORN	Yoga for Adults at Runcorn Training Room with Rachael.	6.15-7.15pm
9 July	BLACON	Kidz Club at Ash Grove Day Nursery CH1 5NF with Sam J, Tina & Kat.	6.15-7.45pm
11 July	NORTHWICH	Parent training Managing Anxiety with Sarah at Training Room.	7-9pm
11 July	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire Nat, & Jonny.	7-8.30pm
12 July	FRODSHAM	Coffee & Chat at Gleave's Garden Centre with Carol.	9.30-10.30am
12 July	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
12 July	E'PORT	Youth Club at New Creation Centre CH65 4BW with Kat & Zara.	6.30-8pm
12 July	HANDBRIDGE	Spectrum Connect at Meltdown Café CH4 7BU with Claire.	7-9pm
12 July	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach. Lego with Cathy F	7-9pm
14 July	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
15 July	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-11.30am
15 July	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Sam J & Sam F.	2-4pm
15 July	WIDNES	Anti-Gravity Yoga for parents at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
16 July	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
16 July	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rachael.	12.30-2pm
16 July	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina, Kat.	4.30-6pm
16 July	WINSFORD	Gardening at Over Allotments Winsford CW7 2ED with Di.	3.30-5pm

16 July	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.	7-8.30pm
16 July	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
17 July	WIDNES	Freaking Awesome at Salisbury Street Widnes WA8 6AZ with Rachael.	5.30-7pm
18 July	BLACON	Family session Fun 4 All Sealand Ind Est CH1 4NT with Toni, Tina & Claire.	4-6pm
18 July	WIDNES	Family Session at Crazy Club Widnes Superbowl WA8 0TA with Mel & Rach.	5-7pm
18 July	NORTHWICH	Parent Training Demand Avoidance with Sarah at Training Room.	7-9pm
19 July	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Cathy F.	11am-1pm
19 July	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam, Jacqui & Zara.	5-6.30pm
19 July	NORTHWICH	Lego Therapy Club at Northwich Training Room with Cathy F & Di.	5-6.30pm
19 July	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel, Rach & Claire.	6.15-7.30pm
20 July	E'PORT	Mamma Mia 2 at Vue Cheshire Oaks CH65 9HD with Jo.	8-10pm
21 July	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
21 July	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
22 July	NORTHWICH	Grozone at Whalley Road CW9 5QA with Di & Nicola.	12.30-1.30pm
23 July	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Cathy F.	1-2.30pm
23 July	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Denise & Cathy F.	5-6.15pm
23 July	BLACON	Kidz Club at Ash Grove Day Nursery CH1 5NF with Sam J, Tina & Kat.	6.15-7.45pm
23 July	NORTHWICH	Parents Meeting at Northwich Training Room with Di & Leona.	7-9pm
23 July	RUNCORN	Spectrum Connect Adults Social at The Halfway House WA7 5NR with Rach.	8-9.30pm
25 July	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10-12pm
25 July	WINSFORD	Urban Air Trampolining Winsford CW7 3RL with Di & Cathy F.	4.30-6.30pm
25 July	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire Tina & Jonny.	7 - 8.30pm
26 July	E'PORT	Youth Club at New Creation Centre CH65 4BW with Kat & Zara.	6.30-8pm
26 July	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-9pm
28 July	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
31 July	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm

Contact details for staff ...

Ruth & Sam *for attention card applications, forms, Gift Aid, child registration forms, admin.*

Admin 0344 850 8607 admin@ or sam@cheshireautism.org.uk

Emily *for advice, signposting and support, Eventbrite issues, any activity queries, IT.*

Support 07462 868322 support@cheshireautism.org.uk

Carey *for advocacy, intensive group sessions, staffing, venues, The Club, counselling.*

Families Manager 07462 887815 families@cheshireautism.org.uk

Cindy *for recruitment, finance, GDPR, safeguarding, and any fundraising ideas!*

Business Manager 07476 280356 business@cheshireautism.org.uk

Jo *for anything else!*

Managing Director 07764 842422 jo@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 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.

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