

Information

CWac Parent Carer Forum have their next meeting on **Thursday 8th November**. Mark Parkinson, Director of Education, will be attending to share what actions are being taken in regards to the recent survey results. If you would like to attend the forum but have not had an invite, please contact their Secretary for details at the following email address secretary.pcf.cwac@gmail.com

Information, Advice and Support Service (IASS) will be hosting free information sessions at the Council Offices Room 2.2, 4 Civic Way, Ellesmere Port, CH65 0BE. The sessions are starting **Tuesday 13th November 2018 10am – 1pm**, running for four consecutive weeks. **Session 1:** What does the Special Educational Needs Code of Practice say schools should do to meet the needs of children and young people with SEN? **Session 2:** What does an Education, Health and Care Plan look like? How can you be part of producing a quality plan? **Session 3:** What should happen before, during and after an Annual Review of an EHCP. **Session 4:** What can I do if things go wrong, informal mediation and disagreement resolution, mediation and SENDist (Tribunal). They will also be repeating this in Winsford next year, starting **Monday 25th February 2019**. To book on either the Ellesmere Port or Winsford area sessions or for further information, please contact the IASS on Tel: 0300 123 7001 or Email: iasservice@cheshirewestandchester.gov.uk

NAS are hosting an Exclusions Seminar on **Thursday 22nd November 2018**. This will take place at their new Hub at **Greenbank School, Northwich**. This seminar is for all parents and carers of children and young people with autism who would like to know what they can do if their child is excluded from school, or is at risk of exclusion. The talk will cover official exclusions (fixed period and permanent), but also informal (unlawful) exclusions, internal exclusions, part-time timetables, managed moves and the exclusion of pupils on the autism spectrum from school trips and afterschool clubs. To book please go to <http://bookwhen.com/exclusion>

Making Space is part of the new Cheshire West Carer Support Service. They are providing needs-led support to people caring for a friend or loved one with mental health difficulties, a learning disability or autism. They have a carer support group **every 3rd Thursday of the month 10am-1pm** at **Waterside House, Navigation Road, Northwich CW8 1BE**. Any new attendees would be warmly welcomed. They have now also extended their support to U16s and can support parents whose children are transitioning to high school, or who are in mainstream and need support. For booking and more information on what services Making Space provide to carers, please contact their office on **01606 606694**.

Autism Support Hub & Library which is run by The National Autistic Society CW Branch is now at **Maple Bungalow, Greenbank School, Greenbank Lane, Northwich CW8 1LD**. The Autism Support Hub is a place where you can access over 800 books and other resources. The hub promotes the aims of the branch, raising autism awareness and understanding through a variety of seminars, workshops, post-diagnostic support and speakers. They 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.

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**.

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 a Social Skills Group for Children age 8-14 in Ellesmere Port. The groups aim to improve social skills at this critical time in a child's life and also provide the opportunity to meet others with similar difficulties and strengths. The groups are held twice monthly alternating between Speech and Language Therapist sessions and exciting social outings where new skills learnt can be put into practice! For more information on this service please contact us on 0333 323 1990, select Option 1, then Option 2 or email cheshireeast@carerstrust4all.org.uk

Ellesmere Port Autistic Spectrum Support their next coffee morning will be **Tuesday 20th November** 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. They hold 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.

Future Events

Medica Cpd is a leading provider of conferences and training courses in health-related subjects for education, health and social care professionals. They will be hosting **Tony Talks Autism 2019** at St Helens R.F.C. Totally Wicked Stadium McManus Drive St Helens WA9 3AL on **Wednesday 16th January 2019 9.30am-4.30pm**. Tony has a new programme full of information, knowledge updates and lots of practical strategies and tips that would be of benefit all those working in health, education and social care settings, parents and carers. For more information you can book online www.medicacpd.com or call 0141 638 4098. There is a reduced rate for parents and carers and the day includes lunch and refreshments.

Activities for Adults on the Spectrum

Adult Independence and Living Skills Part 1 training is designed to help adults with autism to become more independent and give them essential living skills. This fantastic training is delivered by OSSME – Autism

Initiatives. If you are interested in attending this course, the next course is starting in Runcorn on Tuesday 6th November, there will also be a course starting in Northwich on Tuesday 22nd January in Northwich. Please 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 **Monday 19th November** 8.30-10pm. Quizzes, board games as well as table football, table tennis and pool. (Cancelled Monday 5th Nov).

Spectrum Connect HALTON will meet at The Halfway House, Runcorn on **Monday 26th November** 8-9.30pm.

Spectrum Connect CHESTER will meet at Meltdown Café CH4 7BU on **Thursday 8th November** 7-9pm.

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

We have a session at our **Northwich Training Room at 11.30am-12.30pm** and our Halton session at our **Runcorn Training Room 1-2pm, both Thursday 22nd November**.

Delamere Walk with **Carey** on Friday 9th November 11.30am-2pm. Please message Carey if you are joining the walk.

ChAPS News

Lego Therapy Club This is an intensive session for a small group of children age 10+. Each child is initially offered six sessions. The sessions will be in our Runcorn Training Room 5-6.30pm in January 2019. You can use the car park. **Cathy** is leading these sessions. Please email **Carey** on families@chesireautism.org.uk if your child would like to be considered.

NEW! Street Dance for children has started for aged 8+ at Active Nation, Runcorn WA7 2FQ with **Rach**. This will take place every 2nd & 4th Wednesday in the month. 5-6pm. **Thank you to Ashleigh at Studio A Dance for providing these sessions.**

NEW! Men's Meet-Up at The Clock Tower, Northwich CW9 5NF with **Jeff**. This has been changed to every 2nd Wednesday in the month. 7.30-9pm. Come along to meet other Dads & Males on the spectrum. A chance to socialise, chat and have a drink!

NEW! Boxing Session for children aged 8 and over at New Era Boxing, 7B Leftwich Warehouse, Queen Street, Northwich CW9 5NF with **Di**. This is taking place every 2nd Wednesday in the month.

Kids Club Chester has proven popular and we will now be running this session weekly from November with a monthly drama session on the 1st Monday of each month starting in December. Thank you **Tina** for offering to lead this new session inspired by regular member Tom.

Cheshire West and Chester Job Centre Plus As part of her role as Business Manager, **Cindy** has recently been working with all the Job Centres in Cheshire West to advise on the needs of clients with ASC. Looking at everything from lighting, quiet areas, distractions, support and understanding. **Cindy** has been impressed with the willingness to learn and enthusiasm from the staff, and will remain in touch with them regularly.

Job Centre Disability Advisors:

Northwich and Winsford – Pat Suter 01606 563200

Chester – Sonja Morrey - 01244 356103

Ellesmere Port – Jayne Johnson – 0151 552 8850

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 Sunday mornings **Samantha Chaps** will be looking after you.

We have more new courses starting!

Parent Training Program with OSSME is starting this month running in Ellesmere Port with Sara Helsby from OSSME. The course has now been extended and will run for 9 weeks covering the following subjects...

- The 7 Senses that Autism can affect
- Comic Strip Conversations and Social Story supports
- Transitions to School, College, a New House, change of activity
- Girls on the Autism Spectrum
- Sensory Processing, Autism and Play Training
- Puberty / Sex Education Support
- PDA - Pathological Demand Avoidance
- Anxieties and Stress Management Support

NEW! Supporting the Wellbeing & Mental Health of Autistic Children and Young People Training

The Charlie Waller Memorial Trust was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. Shortly after his death, his family founded the Trust to educate young people in the importance of staying mentally well and how to do so. Our programme provides evidence-based presentations and workshops that motivate, build confidence, inform and offer practical ideas and tools that can easily be put into practice.

This will be repeated in Runcorn in the New Year! We are looking to book something similar for Ellesmere Port too.

And finally Warrington! We are delighted that thanks to a private funder we are welcoming Warrington Manager **Julie** to the team. We are also recruiting activity workers too for all our activities. There is very little autism specific provision in this borough, so we couldn't be more pleased to be able to offer our expertise in this area.

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

1 Nov	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
1 Nov	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam J, Jacqui & Zara.	5-6.30pm
1 Nov	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Nat & Leona.	7-9pm

2 Nov	FRODSHAM	Climbing at Round Ponds Adventure WA6 6SU with Emily & Rach.	1-3.30pm
3 Nov	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
4 Nov	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Di & Kizzy.	11.45-1.15pm
5 Nov	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire.	11am-1pm
5 Nov	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
6 Nov	E'PORT	Parents Training at New Creation Centre CH65 4BW with Sara & Sam J.	1-3pm
7 Nov	NORTHWICH	Circus Skills at Barnton Life Church CW8 4HP with Naomi & Di.	4.30-5.30pm
7 Nov	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Claire.	5.30-6.45pm
8 Nov	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
8 Nov	E'PORT	Youth Club at New Creation Centre CH65 4BW with Kat & Zara.	6.30-8pm
8 Nov	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel, Rach & Jonnie.	7-8.30pm
8 Nov	HANDBRIDGE	Spectrum Connect at Meltdown Café CH4 7BU with Claire.	7-9pm
9 Nov	DELAMERE	Walk for adults at Delamere Forest CW8 2HZ with Carey.	11.30am-2pm
9 Nov	WINSFORD	ChAPS & ChAPettes Social at Rangos CW7 2LX with Jo.	7-10pm
10 Nov	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
11 Nov	WIDNES	Anti-Gravity Yoga for Kidz at Martial Arts Centre WA8 0QZ with Mel.	2-4pm
12 Nov	RUNCORN	Dogs for Good Information Session at our Runcorn T Room with Rach.	10am-12pm
12 Nov	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
12 Nov	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-7pm
12 Nov	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
13 Nov	E'PORT	Parents Training at New Creation Centre CH65 4BW with Sara & Sam J.	1-3pm
13 Nov	WARRINGTON	Launch at Warrington Sensory Centre WA1 4PN with Jo.	4.15-6pm
13 Nov	BLACON	Best Gift is YOU at Blacon Enterprise Centre CH1 with Tanya & Evie.	6-8pm
14 Nov	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
14 Nov	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	5.30-6.30pm
14 Nov	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Zara & Jonny.	7-8.30pm
14 Nov	NORTHWICH	Men's Meet-Up at The Clock Tower CW9 5NF with Jeff.	7.30-9pm

15 Nov	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
15 Nov	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam J, Jacqui & Zara.	5-6.30pm
15 Nov	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
15 Nov	CHESTER	Family Pilates at Lache Comm Centre CH4 8HX with Claire.	6.30-7.15pm
17 Nov	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
17 Nov	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
18 Nov	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-11.30am
18 Nov	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Sam J.	2-4pm
18 Nov	WIDNES	Anti-Gravity Yoga for adults at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
19 Nov	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
19 Nov	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
19 Nov	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
19 Nov	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	7-8.30pm
19 Nov	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
20 Nov	E'PORT	Parents Training at New Creation Centre CH65 4BW with Sara & Sam J.	1-3pm
21 Nov	NORTHWICH	Meet the Professional at Northwich Training Room with Carey.	11.30-1pm
21 Nov	CHESTER	Family session Fun 4 All Sealand Ind Est CH1 4NT with Toni, Tina & Claire.	4-6pm
21 Nov	WIDNES	Family Session at Dinky Rink WA8 0TA with Rach & Mel.	5-7pm
22 Nov	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
22 Nov	RUNCORN	Yoga for Adults at Runcorn Training Room with Stubbs Yoga.	1-2pm
23 Nov	NEW BRIGHTON	Autisms Got Talent at Floral Pavilion CH45 2JS with Jo.	6.45-10pm
24 Nov	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
25 Nov	NORTHWICH	Christmas Fayre at Northwich Training Room with Terri.	12-3pm
25 Nov	WARRINGTON	Multi Sports at Lymm Leisure Centre WA13 0RB with Julie.	12.15-1.15pm
25 Nov	WARRINGTON	Family Swim at Lymm Leisure Centre WA13 0RB with Julie.	1.30-2.30pm
25 Nov	CHESTER	Storytime with Santa at Storyhouse CH1 2AR with Tina.	11-12noon
26 Nov	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm

26 Nov	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Denise & Cathy F.	6-6.45pm
26 Nov	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
26 Nov	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
26 Nov	RUNCORN	Spectrum Connect for Adults at The Halfway House WA7 5NR with Rach.	8-9.30pm
27 Nov	E'PORT	Parents Training at New Creation Centre CH65 4BW with Sara & Sam J.	1-3pm
27 Nov	CREWE	Parents meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm
28 Nov	WINSFORD	Urban Air Trampolining Winsford CW7 3RL with Di & Carey.	4.30-6.30pm
28 Nov	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
28 Nov	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Zara & Jonny.	7-8.30pm

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

Julie *forall things Warrington.*

Warrington Manager 07491 001360 warrington@cheshireautism.org.uk

Carey *for 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

Pease 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.

www.cheshireautism.org.uk

