



Information

Warrington Parent & Carer Forum have their Christmas Fair on **Saturday 8th December 12-3.30pm** at **Green Lane Community Special School, Woolston Village, WA1 4LS**. If you would like more information about the forum please visit their website www.warrpac.org or you can email warrpac@gmail.com / devofficer@warrpac.org or call 07940 466092 / 07581 302172.

Information, Advice and Support Service (IASS) will be hosting free information sessions in Winsford
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). This will start on **Monday 25th February 2019**. To book on sessions and for further information, please contact the IASS on Tel: 0300 123 7001 or Email: iasservice@cheshirewestandchester.gov.uk

University Careers Fair for Autistic Students is an event for those young people, aged 16-18, with aspirations to attend university or seek a careers in the NHS. This event will be held at **The Learning Exchange, The City of Liverpool College, Roscoe, Liverpool, L1 9DW** on **Wednesday 12th December at 10-1pm**. For further information please visit <https://empowerprogramme.eventbrite.co.uk>

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 for 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. This month they have a Christmas themed coffee morning on the **Wednesday 5th December 10-12.30pm**. Parent membership costs £10 annually. For more information email Amanda or Karen on autismlibrarynas@gmail.com or call on 01606 783295.

Carers Trust 4 All provides support for young adult carers and have recently lowered the minimum age for support and now help young people from age 16. A young adult carer is a young person aged between 16-25 who cares for a family member, relative or a friend, who suffers with a physical disability, physical illness, learning disability, mental health, or substance and alcohol misuse. This also applies to terminal illnesses.

Their project can offer helps the young adult carers by:

- Supporting and guiding them throughout school, college and university.

- Arranging one to ones so they can offload to a non-judgmental, approachable individual.
- Planning for their future
- Help with CV writing and further education.
- The chance to meet other young adult carers and access opportunities and experiences that they would not have access to.

For more information, email youngadultcarers@carerstrust4all.org.uk or call 0333 323 1990.

Urban Air Trampoline Park in Winsford are 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**.

Ellesmere Port Autistic Spectrum Support their next coffee morning will be **Tuesday 18th December** 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.

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 the next course starts in Northwich on Tuesday 22nd January 2019. 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**. Please note: there will be no session on Monday 24th December.

Spectrum Connect WINSFORD will meet at New Images, Winsford on **Monday 3rd December** and **Monday 17th December**. 8.30-10pm. (Jeff is available to support regular members to attend SC Halton QUIZ on Monday 17th Dec).

Spectrum Connect HALTON will meet at The Halfway House, Runcorn on **Monday 17th December** where the room has been privately hired for **Christmas quiz and nibbles** 8-9.30pm. Any other Spectrum Connect regulars are welcome to attend this session. ***The more the merrier!***

Spectrum Connect CHESTER will meet at Meltdown Café CH4 7BU on **Thursday 13th December** 7-9pm for Christmas crafts and snacks. **ANY Parents are also welcome to this session.**

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** a little earlier this year on the **13th December**. Our Halton session at our **Runcorn Training Room will be cancelled and return the New Year.**

ChAPS News

NEW! Drama Club Chester will be starting on the 1st Monday of each month from December with the Kidz Club Chester Team.

NEW! Play & Sensory Session for children at Warrington Play & Sensory Centre, Woolston Neighbourhood Hub, Hall Road Warrington WA1 4PN with **Rach** and **Julie**. This is taking place every 1st Wednesday in the month.

NEW! Street Dance Warrington for children at StagePro Academy, Museum Street Warrington WA1 1HU with Ashleigh of Studio A Dance and **Rach**. This is taking place every 1st and 3rd Monday in the month.

NEW! Tenpin Bowling Warrington for children at Tenpin, Winwick Quay Warrington. This activity will start on the 2nd Monday in January!

NEW! Cheshire Without Abuse have supported families affected by domestic abuse for 40 years and specialise in supporting people through the challenges they face. Michelle from CWA will be providing I – create workshops for children and young people around **Keeping Safe (6-8yrs)** and **Healthy Relationships (8-13yrs)**. These will take place at our Northwich Training Room on **3rd January 2019**.

NEW! Lego-based Therapy is coming to Runcorn! This is an intensive Lego-based therapy session for a small group of children age 10+ and each child is initially offered six sessions. The sessions will be in our Runcorn Training Room in the early evening from January 2019. You can use the car park. **Cathy** is leading these sessions. Please register interest using <https://www.eventbrite.co.uk/e/lego-therapy-group-for-children-age-10-and-over-runcorn-tickets-52932782377> and **Carey** will get in touch with you.

Parent Training Program with OSSME continues with Sara Helsby in Ellesmere Port. You do not need to have attended all of the previous dates, the remaining weeks of the course covers the following subjects...

- Sensory Processing, Autism and Play Training 11 December 2018
- Autism & Play Training 8th January 2019
- Puberty / Sex Education Support 15th January 2019
- PDA – Pathological Demand Avoidance 22nd January 2019
- Anxieties and Stress Management Support 29th January 2019

The course will be repeated in our Runcorn Training Room starting on **5th February, 1pm-3pm.**

Julie is settling well into the team and is busy securing new venues in Warrington for more activities to start in the New Year. These will be supported by newly appointed staff members **Jennifer Chaps** and **Stephanie Chaps. Welcome to the team!**

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

1 Dec	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
2 Dec	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Si, Adam & Kizzy.	11.45-1.15pm
3 Dec	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire.	11am-1pm
3 Dec	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
3 Dec	CHESTER	Drama Club at St.Oswald & St.Thomas Hall CH1 4AG with SamJ, Tina&Kat.	4.30-6pm
3 Dec	W'RINGTON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Rach.	5-6pm
3 Dec	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	7-8.30pm
3 Dec	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
5 Dec	W'RINGTON	Play Session at Warrington Sensory Centre WA1 4PN with Julie & Rach.	4-6pm
5 Dec	NORTHWICH	Circus Skills at Barnton Life Church CW8 4HP with Naomi & Di.	4.30-5.30pm
5 Dec	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Claire.	5.30-6.45pm
6 Dec	WINSFORD	Parents Meeting at Subway Delamere St, Winsford CW7 2LU with Carey.	9.30-10.30am
6 Dec	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam J, Claire & Zara.	5-6.30pm
6 Dec	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
6 Dec	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Claire & Leona.	7.30-9pm
8 Dec	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
9 Dec	WIDNES	Anti-Gravity Yoga 4 Kidz at Martial Arts Centre WA8 0QZ with Mel&Rach.	2-4pm
10 Dec	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
10 Dec	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm

10 Dec	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-7pm
11 Dec	E'PORT	Parents Training at New Creation Centre CH65 4BW with Sara & Sam J.	1-3pm
11 Dec	WINSFORD	Christmas Party at UA Cheshire CW7 3RL with Di & Bobbie.	4.45-6.30pm
12 Dec	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
12 Dec	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	5.30-6.30pm
12 Dec	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Zara & Jonny.	7-8.30pm
12 Dec	NORTHWICH	Men's Meet-Up at The Clock Tower CW9 5NF with Jeff.	7.30-9pm
13 Dec	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
13 Dec	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
13 Dec	CHESTER	Family Pilates at Lache Comm Centre CH4 8HX with Claire.	6.30-7.15pm
13 Dec	E'PORT	Youth Club at New Creation Centre CH65 4BW with Kat & Zara.	6.30-8pm
13 Dec	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
13 Dec	HANDBRIDGE	Spectrum Connect Chester at Meltdown Café CH4 7BU with Claire.	7-9pm
16 Dec	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-11.30am
16 Dec	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Sam J.	2-4pm
16 Dec	WIDNES	Anti-Gravity Yoga for adults at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
17 Dec	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
17 Dec	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
17 Dec	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	4.30-6pm
17 Dec	W'RINGTON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Rach.	5-6pm
17 Dec	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	7-8.30pm
17 Dec	RUNCORN	Spectrum Connect Quiz at The Halfway House WA7 5NR with Rach.	8-9.30pm
17 Dec	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
19 Dec	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10-11.45am
19 Dec	CHESTER	Christmas Fayre at Fun4All Sealand Ind Est CH1 4NT with Toni & Co.	4-6pm
19 Dec	WIDNES	Christmas Party at Velocity WA8 0GW with Rach & Mel.	6-8.30pm
20 Dec	MANLEY	Parents & Adults Christmas Meal at ManleyMere WA6 0PE with Jo & Carey.	12-2.30pm

20 Dec	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam J, Jacqui & Zara.	5-6.30pm
20 Dec	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
22 Dec	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
22 Dec	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
22 Dec	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
23 Dec	W'RINGTON	Multi Sports at Lymm Leisure Centre WA13 0RB with Julie & Lauren.	12.15-1.15pm
23 Dec	W'RINGTON	Family Swim at Lymm Leisure Centre WA13 0RB with Julie & Lauren.	1.30-2.30pm
27 Dec	WINSFORD	Family Session at Urban Air Trampoline Park CW7 3RL with Di & Bobbie.	4.30-6.30pm
2 Jan	W'RINGTON	Play Session at Warrington Sensory Centre WA1 4PN with Julie & Rach.	4-6pm
2 Jan	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Claire.	5.30-6.45pm
3 Jan	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
3 Jan	NORTHWICH	I-Create Sessions at Northwich Training Room with CWA, Di & Bobbie.	10am-3pm
3 Jan	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam J, Jacqui & Zara.	5-6.30pm
3 Jan	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
3 Jan	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Claire & Leona.	7.30-9pm
5 Jan	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
6 Jan	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Di & Kizzy.	11.45-1.15pm

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 upport@cheshireautism.org.uk

Julie *for all 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

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.

www.cheshireautism.org.uk

