

Useful Services & Resources

United Utilities- Priority Services

United Utilities Priority Services can support people and families with a range of additional needs by giving notice of interruptions to your water supply, providing alternative water supplies and other useful services. The service is free and it is really easy to register. We have some leaflets about this service in our Runcorn office or you can find out more information by using the contact details below:

W: www.unitedutilities.com/priorityservices

T: 0345 0726093.

Dogs for Good

Dogs for Good run Family Dog Workshops for parents and carers who have a child with autism between the ages of 3 and 16, who are either looking at getting a dog or who want to train their own pet dog to help their child. The service consists of 3 workshops followed by unlimited email and phone aftercare. For more information please visit:

W: <https://www.dogsforgood.org/how-we-help/family-dog/>

H.A.L.D.S. (Halton Adults with Learning Disabilities)

H.A.L.D.S. is an informal support group for parents and carers of adults with learning disabilities. They meet on a monthly basis in Runcorn on the last Monday of the month. They produce monthly newsletters and run social events such as Lunches, Dances, Day Trips and more.

You can find out more using the contact details below:

W: www.halds.org

E: p.halds6213@virginmedia.com

Local Events

Autism Together are holding a Christmas Market on **Sunday 1st December** at **Thornton Hough Village Hall, CH63 1JB. 11am-3pm**. This includes an Autism friendly Grotto.

Cineworld Runcorn are showing an autism friendly screening of Frozen 2 on **Sunday 1st December** at **11am**. Lighting will be kept on during the screening. Volume levels will be reduced. There will be no advertisements or trailers and customers will be allowed to bring in their own food. To book please visit <https://www.cineworld.co.uk/films/autism-friendly-screening-frozen>.

Ruby's Thursday Lunch Club continues **every Thursday 12.15pm-2.15pm** at the **North Street Café, North Street, Crewe CW1 4NJ**. The lunch club aims to provide support for parents and carers of children with additional needs through informal, parent-led and friendly sessions facilitated by staff and volunteers from Ruby's Fund. The weekly group is free of charge which includes lunch, refreshments and a range of activities such as pamper and relaxation sessions, crafts as well as peer support chat. Children and siblings are also more than welcome to join in. For more information please email communityplan@crewetowncouncil.gov.uk

Brio Leisure are hosting a relaxed performance of **Peter Pan** on **Saturday 21st December** at **10.30am** at **Northwich Memorial Court, Chester Way, Northwich, CW9 5QJ**. This performance will have reduced volume, no loud or sudden noises. There will be no use of pyrotechnics, the house will remain partially lit and there will be no bright lights in the audience. All interaction will be contained on the stage – with no cast members entering the audience. For more information please email boxoffice@brioleisure.org or visit:

W: <https://www.ticketsource.co.uk/brioleisure/peter-pan-relaxed-performance/e-bmmajb>

Recommended Services

- **Dawn Musa - Anandair Aerial Fitness - Anti Gravity Yoga (offers 1:1 sessions)**
<http://anandair.com/>
- **Urban Air Trampoline Park Winsford - Rebound Therapy.**
This is FREE for Cheshire East residents
<http://www.uacheshire.co.uk/rebound-therapy>
- **Tanja Sharpe - Confident Hearts Online Counselling, Coaching & Therapy**
www.confidenthearts.com.
- **Entwine Play Therapy - 1-1 sessions for children**
<https://www.facebook.com/EntwineParentChildAttachment/>
Contact Tara or Megan on thetreehouseplaytherapy@gmail.com or entwineattachment@gmail.com

Activities for Adults

ChAPS...

Our next **Adults Independence & Living Skills Course** will run in Warrington. The course will begin on **Tuesday 21st January 2020** and run every week for six weeks for 1.5 hours. It will be held at **The Gateway, Sankey Street, Warrington WA1 1SR**. This training is designed to help adults with autism to become more independent and give them essential living skills, for more information please take a look at the course overview in the 'ChAPS Bespoke Services' section of the newsletter.

If you would like to attend the course, please contact **Emily** on warrington@cheshireautism.org.uk

Crafty Club Northwich will run for the **first three Monday's in December** at our **Northwich Training Room 1-2.30pm**. This session is run by the wonderful **Terri** and is open to both adults on the spectrum and parents. *The extra sessions have been added so that members can create some Christmas crafts - the sessions will go back to the 2nd & 4th Monday of every month in the New Year.*

Spectrum Connect is a social group for adults on the autism spectrum, whether diagnosed or not. These meet ups offer the opportunity to gain advice, socialise and connect with others...

- **Spectrum Connect Winsford** at New Images Winsford is on Monday 2nd & 16th December, 8.30-10pm with **Cathy & Di**.
- **Spectrum Connect Halton** is at The Halfway House Runcorn on Monday 16th December, 7-8.30pm with **Emma**. *The group will be having a Christmas Quiz this month - all welcome!*

Horse Sense is for parents and adults on the spectrum. The next session will run on **Wednesday 18th December, 10am-12pm** at **Freedom Equine, Bridge Trafford CH2 4JT**.

ChAPS Bespoke Services

NEW! ChAPS Adult Provision

Learning4Life is our **NEW!** daytime provision for adults to learn social skills, as well as other life skills and develop friendships and build trust with others.

We are providing support with day to day activities, in a facilitated environment, for 6 hours a week for our members - **10am-4pm on a Thursday**. This has started in Northwich and costs **£75 per day**, in line with social care Direct Payments.

For more information please email **Carey** on families@cheshireautism.org.uk

For Children...

Swim Lessons

We have provided small group swim lessons on a Tuesday evening at Greenbank school pool near Northwich with Jeff. Due to on-going issues with the pool's pump system, we are currently not able to provide these lessons. Parents of children on the waitlist will be informed as soon as we can book the pool again.

Mindfulness

Our Youth Mindfulness programme has been very popular, it helps to give children new skills to help with anxiety and coping strategies, as well as helping them build resilience. It is an 8 week course which runs on one evening a week and we have delivered in Chester, Northwich, Ellesmere Port and Runcorn.

It is necessary to register interest for your child or young person aged 5-15yrs on this [link](#). Children will be grouped according to age. Grateful thanks to our Youth Mindfulness practitioners, Tanja, Gill and Di.

Intensive Social Skills

Our final lottery funded course will be running in January at The Heath Business & Technical Park, Runcorn on Saturdays for 8 weeks. This course will be for children aged 9-11yrs. Please register your interest [here](#).

For Adults...

Best Gift is You!

The Best Gift Is YOU! is a 6 week course, 2 hours per week for parents – it is a unique programme which helps parent carers to explore ways to reduce stress and anxiety while finding more calm, confidence and balance. The course combines CBT, NLP, Mindfulness and Self-help strategies. We have run day time and evening courses previously. Some comments from parents who have completed the course include...

'It has helped to reduce my anxiety and to deal with stressful situations. It has also made me think about how I can relax when I need to. The course itself is a relaxing hour and a half, but it also gives you more tools for relaxation and positive thinking.'

'This has been a fantastic course for me. It has helped me to look at self-care and how imperative it is in sustaining my own health and wellbeing and that of my family. The group and the leaders have helped me enormously with the sharing of their personal experiences to give me ideas and help me realise I am not alone. I wish it could continue for a further 8 weeks or more. It has helped me to consider helpful ways to move forward.'

'This course has allowed me to take a step back and go back to basics, strip everything back and meditate. I am able to use the techniques of Mindfulness & Meditation as a whole family with my children and the writing down and throwing away principles.'

LEGO-Based Therapy

A six week course for 1 hour on a weekday evening, in small groups of 6 children. The course follows the principles of LEGO®-Based Therapy to encourage children to increase their social skills by building LEGO® models in groups. The approach was developed by Dr. Dan LeGoff, a Clinical Neuropsychologist from Philadelphia, USA. The aim of the therapy is to help children to develop social interaction skills in a friendly, fun setting. We have delivered this learning in Runcorn, Northwich and Ellesmere Port. Sessions have also been integrated into The Club, Youth Clubs and ChAPS Holiday Club. To register your interest please click [here](#).

The Club

A Specialist Socialisation group for children 7-11yrs at Northwich Youth Centre on Tuesday evenings 5-6.30pm. The Club runs every week including school holidays and costs £7.50 a week to access.

Parents wishing their children to be added to the waitlist should email Carey on families@cheshireautism.org.uk Children on the waitlist will be offered a place when one becomes available.

Those children will then be offered a trial for half an hour with parents to assess whether your child will benefit from this provision.

'Attending The Best Gift is YOU course has provided me with the opportunity to share, develop and to appreciate others. I believe that more men would benefit from the lessons that the course imparts.'

If you are interested in this course, please contact Carey on families@cheshireautism.org.uk

Adults Independence & Living Skills (With OSSME)

A six week course for 1.5 hours a week during the daytime for adults with autism, whether diagnosed or not. The course covers such topics as Autism and Me, Sensory needs, English Language and Literal thinking – the use of idioms and sarcasm, Budgeting and Healthy Eating. Other topics can also be explored should the attendees wish.

There have been some amazing outcomes from the courses we have run including friendship groups, adults accessing the community, and supporting each other.

We have a course starting in Warrington on 21st January.

If you are interested in attending this course, please register your interest [here](#).

Counselling with ChAPS

Lisa Cromar is our in-house counsellor, providing counselling to members. She is fully qualified in the Person-Centred Approach, which is a humanistic approach. She specialises in autism, having extensive professional and personal experience in living with autism. Lisa adapts this talking therapy to her client's needs and has a passion for making counselling more accessible for autistic clients. She knows how communication can be different and sometimes challenging for autistic people and can provide aids to help with being able to explore issues and to help clients improve their lives. Lisa also understands the unique pressures of being a parent or sibling to an autistic family member and knows the importance of having a safe, dedicated space to explore feelings and to be heard.

If you are an autistic person or you have an autistic family member and would like to book a session with Lisa, to explore if counselling could be beneficial please contact Carey at families@cheshireautism.org.uk

To find out more about Lisa, please visit her website:- <http://lisacromar.com/index.html>

ChAPS Training

Open Award Certified Training for Professionals working with Autism

We are delighted that we are an accredited provider through the Open Awards Excellence scheme. Our first course is 'Introduction to Autism' and we hope to follow with more course subjects as and when we have gone through the course certification process. This course is certified to go towards CPD hours.

The cost is only £20 per person for just the training, and if you require a certificate then the cost increases to £30 per person.

The first session had a 93% excellence rating from the attendees, so please don't miss this opportunity!

Our next session will run in Northwich on Tuesday 28th January, 9.30am-12.30pm at Northwich Business Centre, CW9 5BF. For more information and to express interest, please contact Emma on support@cheshireautism.org.uk.

Open Award Certified Training for Professionals working with PDA

In addition to the above course, we can now confirm that our second course, "Introduction to PDA" has now been accredited. Professionals working with children who have extreme reactions to everyday demands then this course will arm you with some useful strategies and understanding. Emma is a mum to two autistic children, one with a PDA profile and has 15 years teaching experience with many challenging children.

The parent's version of this course has previously been run in both Runcorn and Northwich and has had excellent reviews from our parents who have been able to immediately implement useful strategies.

Dates for this exciting new course will be released shortly and we already have had lots of interest in this as awareness increases. Please contact Emma on support@cheshireautism.org.uk for more information.

Bespoke Training

We are able to tailor and deliver training bespoke to the needs of any companies, schools, clubs etc.. Please contact Emma for more information and to discuss your training requirements.

Member's Discounts

We are currently expanding our links with local businesses and we are pleased to share with you our ever-growing list of ChAPS member's discounts. If you, or anyone you know, have a business that would like to offer a discount to ChAPS members please get in touch with Emma to arrange...

- **The Catalyst Museum, Widnes** - Free family pass. To use this you will need to show a confirmation email that can be requested at info@cheshireautism.org.uk
- **Urban Therapies, Heath Lane Chester**- 25% off massages. To use this you just need to show any email from us that has been sent in the last month- just to confirm you are a current member. Contact **07702 022722** or sandi.lawrence@yahoo.co.uk for more information.

- **Brio Leisure (All venues)** - Discounted Gym Membership at £26pcm instead of £32pcm or an off-peak membership at £22.50 per month. This membership also entitles a carer to attend free of charge. To access this discount you need to provide proof of diagnosis. For more information please call **01244 377086**.
- **Ness Botanic Gardens, Wirral** - Reduced rate of £6.25 pp and free carer access. To use this you will need to show a confirmation email that can be requested at info@cheshireautism.org.uk. For more information about Ness Botanic Gardens please visit <http://www.nessgardens.org.uk/>
- **Yoga Tales Children's Yoga, Chester**- £5 off 1-2-1 yoga therapy sessions. More information can be found on the Yoga Tales Facebook page or by emailing sam@yogatales.org.uk
- **DW Gyms (All venues)** - Discounted Gym Membership at £29pcm instead of £35pcm. This membership also entitles a carer to attend free of charge. To use this you will need to show a confirmation email that can be requested at info@cheshireautism.org.uk. For more information please call Dave on **0151 420 9100**.

Activity Updates!

- **Warrington Parents Meeting**

This meeting has had a makeover! We are now hosting the parents meeting at **The Clock Tower Café at The Gateway, Sankey Street, Warrington WA1 1SR**. It will now run **every 3rd Wednesday of the month 10-11.30am**. Members have asked for this change so we hope the new venue will be a great success and that we'll see lots of new faces!

- **Christmas Panto**

On **Sunday 29th December** we are going to see a relaxed performance of **Aladdin** at **The Grange Theatre, Northwich CW8 1LU**. The Grange will reduce elements of surprise and bangs, crashes and flashes will be kept to a minimum. The house lights will be partially up throughout and noise and moving around the auditorium is no problem. 'Chill-out' areas will be available before, during and after the performance and if a familiarisation visit would be helpful The Grange would be very happy to accommodate this. Also, there will be no allocated seating. **Tickets are £5 each. Booking link will be sent direct to members.**

Also on **Sunday 5th January** we have another relaxed performance panto. This will be **Snow White & the Seven Dwarfs** at **The Brindley Theatre, Runcorn WA7 1BG**. This showing will have allocated seating but all ChAPS members will be seated within the same area. **Tickets are £10 each for this showing. The booking links will be sent direct to members.**

- **Christmas Meals**

We have a number of Christmas Meals taking place throughout December for both parents/carers and adults on the spectrum. We have a lunch at Manley Mere and three evening meals in Runcorn, Weaverham and Cuddington. Children aged 13yrs+ are welcome at the Runcorn & Weaverham **evening** meals.

- **Christmas Parties**

We have a number of Christmas Parties coming up in December. Our two main parties are at **Velocity Inflatable Park in Widnes** and **Urban Air Trampoline Park in Winsford**. We also have a few Christmas Parties happening within our Kidz & Youth Clubs. **For more details on all of these, please see your booking links.**

Diary Events

Please book them in your diary!

(Bold are the extra activities)

2 Dec	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire.	10am-12pm
2 Dec	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm
2 Dec	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
2 Dec	WINSFORD	Youth Club at New Images CW7 2HG with Di, Claire, Jeff & Bobbie.	6.45-8.15pm
2 Dec	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
3 Dec	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4.30-6pm
4 Dec	B'TRAFFORD	Animal Therapy Home Ed at Freedom Equine Centre CH2 4JT with Diane.	10-11.45am
4 Dec	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Steph & Sarah.	4-6pm
4 Dec	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Bobbie & Kerry.	5.30-6.45pm
4 Dec	NORTHWICH	2diverse Workshop at Northwich Training Room with Sarah Pagdin.	7-9.30pm
5 Dec	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
5 Dec	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Kat & Diane.	5-6.30pm
5 Dec	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Kat & Lauren.	7-8.30pm
5 Dec	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Dan.	7-8.30pm
6 Dec	RUNCORN	Evening Christmas Meal at Ten Lock Flight Runcorn WA7 5TW with Jo.	7.30-9.30pm
7 Dec	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
7 Dec	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel & Emma.	5.30-6.30pm
8 Dec	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Steph.	12.30-2.30pm
9 Dec	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm
9 Dec	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
9 Dec	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-6.30pm
9 Dec	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Steph & Dan.	5-6.30pm
9 Dec	NORTHWICH	Evening Christmas Meal at The White Barn Pub Northwich with Di.	7-9pm
11 Dec	RUNCORN	Home Ed Christmas Crafts at Runcorn Training Room with Steph.	11am-12.30pm
11 Dec	CHESTER	Family Session at Fun4All CH1 4NT with Toni, Claire & Diane.	4-6pm
11 Dec	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-7pm

11 Dec	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Kat, Diane & Lauren.	7-8.30pm
11 Dec	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Sarah.	7-8.30pm
12 Dec	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
12 Dec	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui, Diane & Jess.	6-7.30pm
12 Dec	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Steph.	6.15-7.30pm
13 Dec	NORTHWICH	Evening Christmas Meal at The Hanging Gate CW8 3HG with Jo.	7-9pm
15 Dec	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	10.30-3.30pm
16 Dec	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
16 Dec	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm
16 Dec	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
16 Dec	WINSFORD	Christmas Party at New Images CW7 2HG with Di, Cathy, Jeff & Bobbie.	6.45-8.15pm
16 Dec	RUNCORN	Spectrum Connect at The Halfway House WA7 5NR with Emma.	7-8.30pm
16 Dec	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
17 Dec	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	1-2pm
17 Dec	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4.30-6pm
18 Dec	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10-11.45am
18 Dec	WINSFORD	Christmas Party at UA Trampoline Park CW7 3RL with Carey Di & Bobbie	4.30-6.30pm
19 Dec	WARR'TON	Parents Meeting at Clock Tower Café The Gateway WA1 1SR with Steph.	10-11.30am
19 Dec	FRODSHAM	Parents & Adults Christmas Lunch at Manley Mere WA6 0PE with Jo & Staff	12-2pm
19 Dec	E'PORT	Christmas Party at New Creation CH65 4BW with Kat, Diane & Jacqui.	5-6.30pm
19 Dec	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Dan.	7-8.30pm
20 Dec	WIDNES	Christmas Party at Velocity Inflatable Park WA8 0GW with ChAPS Staff.	5-7.30pm
21 Dec	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	3-4pm
21 Dec	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	4.15-5.15pm
22 Dec	WARR'TON	Multi Sports at Lymm Leisure Ctr. WA13 0RB with Dan, Steph & Nick.	12.15-1.15pm
22 Dec	WARR'TON	Family Swim at Lymm Leisure Ctr. WA13 0RB with Dan, Steph & Nick.	1.30-2.30pm
23 Dec	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm

29 Dec	NORTHWICH	Relaxed Performance - Aladdin at The Grange Theatre CW8 1LU with Di.	11am-1pm
31 Dec	WINSFORD	Urban Air Trampoline Park CW7 3RL with Bobbie & Di.	2-4pm
2 Jan	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Kat & Diane.	5-6.30pm
2 Jan	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Kat & Lauren.	7-8.30pm
2 Jan	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Dan.	7-8.30pm
5 Jan	RUNCORN	Relaxed Performance of Snow White The Brindley WA7 1BG with Mel.	1-3pm

Extra activities (in bold) may incur a charge to help offset costs.

Contact details for staff ...

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

Admin 0344 850 8607 admin@cheshireautism.org.uk

Emma *for advice, signposting and support.*

Specialist Teacher 07462 868322 support@cheshireautism.org.uk

Emily *for activity queries, Eventbrite issues, IT and for all things Halton & Warrington.*

Warrington & Halton Team Coordinator 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 (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.

www.cheshireautism.org.uk

