



## Useful Services & Resources

### Emma Griffiths – Senior Autism Consultant

Offers a range of services which include:

- Sensory Assessments, for children and young people aged 3 -16 years old, using the latest Winnie Dunn Sensory Profile 2, which displays their strengths and weaknesses
- Advocacy: advice and support for parents throughout the difficult statutory process and in school meetings.
- Tutoring: one-to-one sessions for your child in the home, to help create purposeful routine or help to teach your child in the home environment in a way that best suits the needs of your child.

W:<https://www.nwautismandsendconsultancy.co.uk/about-us/>

### 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/>

### Sunshine Support

Sunshine Support provide independent information, advice and support to parents/carers and professionals of children and young people with special educational needs. They have also recently launched a new assessment centre where they will be able to deliver a wide range of Psychological assessments including Autistic Spectrum presentations and PDA.

You can find out more by visiting the website below:

W:<https://www.sunshine-support.org/>

## Local Events

**Cineworld Runcorn** are showing an autism friendly screening of Star Wars - The Rise of Skywalker on **Sunday 5<sup>th</sup> January 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:

W:<https://www.cineworld.co.uk/films/autism-friendly-screening-star-wars-rise-of-skywalker>

The **Information, Advice and Support Service** are running a **Transition to Adulthood** day on **Thursday 27<sup>th</sup> February 9.30am-2.30pm** at **Ellesmere Port Civic Hall, CH65 0AZ**. This is aimed at parents and carers of young people aged 13-25. There will be stalls from a variety of agencies, charities, schools and colleges in addition to workshops. Further details on how to book will be released soon or email [iasservice@cheshirewestandchester.gov.uk](mailto:iasservice@cheshirewestandchester.gov.uk)

**Snow Angels** run a 'Happy Mondays' Lunch Club combined with activities for older people with learning disabilities and/or autism. The club is run **every Monday from 11.00am to 2.00pm** at the **Greenbank Community Hub, Northwich**. Each Happy Monday's event costs just **£5 per guest**. For more information please email [emma@snowangels.org.uk](mailto:emma@snowangels.org.uk) or call **0300 666 6226**.

**Cheshire Ice Cream Farm** are hosting an autism friendly play session on **Sunday 28<sup>th</sup> January, 3.30-5.30pm**. Access to Daisy's Fun Factory, Honeycomb Canyon and The Loft will be totally exclusive to this session. The rest of the farm will be open to general visitors. There is no need to book just turn up to **Cheshire Ice Cream Farm, Drumlan Hall Farm, Newton Lane, Tattenhall, Chester CH3 9NE**. For more information please email [enquiries@theicecreamfarm.co.uk](mailto:enquiries@theicecreamfarm.co.uk)

## 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](http://www.confidenthearts.com).
- **Entwine Play Therapy - 1-1 sessions for children**  
<https://www.facebook.com/EntwineParentChildAttachment/>  
Contact Tara or Megan on [thetreehouseplaytherapy@gmail.com](mailto:thetreehouseplaytherapy@gmail.com) or [entwineattachment@gmail.com](mailto:entwineattachment@gmail.com)

## Activities for Adults

### ChAPS...

Our next **Adults Independence & Living Skills Course** will run in Warrington. The course will begin on **Tuesday 21<sup>st</sup> 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](mailto:warrington@cheshireautism.org.uk).

**Crafty Club Northwich** will run on **Monday 13<sup>th</sup> & 27<sup>th</sup> January** at our **Northwich Training Room 1-2.30pm**. This session is ran by the wonderful **Terri** and is open to both adults on the spectrum and parents.

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

- **Spectrum Connect Winsford** at New Images Winsford is on Monday 6<sup>th</sup> & 20<sup>th</sup> January 8.30-10pm with **Cathy & Di**.
- **Spectrum Connect Halton** are going **bowling!** This session is at Superbowl UK in Widnes on Monday 27<sup>th</sup> January 6.30-8pm with **Emma**.
- **Spectrum Connect Chester** is at The White Horse Pub, Chester Racecourse on Monday 27<sup>th</sup> January 12.30-2pm with **Claire**.

**Horse Sense** is for parents and adults on the spectrum. The next session will run on **Wednesday 8<sup>th</sup> January** 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](mailto: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 our **Northwich Training Room** on **Saturdays** for 8 weeks. This course will be for children aged 9-11yrs. Please register your interest [here](#) or you can contact **Carey** directly on [families@cheshireautism.org.uk](mailto:families@cheshireautism.org.uk).

### 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](mailto: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.

## Home Education Sessions

December 2019 has seen the launch of a new provision for children who are home-educated. There were 2 sessions of Animal Therapy at Freedom Equine in December and January, and this will be rising to 4 sessions a month in February.

**Steph ChAPS** ran a successful Christmas crafts session in December, where several children made Christmas cards and sock gnomes.

In January we have **Animal Therapy** in Bridge Trafford, **Ice Skating** in Widnes and a **Craft Session** at our Runcorn training room both with **Steph**.

See the dates in the diary of events below and book using the links email that members will receive. Please contact **Emily** on [warrington@cheshireautism.org.uk](mailto:warrington@cheshireautism.org.uk) for more information, or if you have any questions or suggestions about these sessions.

*'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](mailto: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 21<sup>st</sup> January.**

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

## Counselling with ChAPS

**Lisa Cromar** is our in-house counsellor and will be overseeing the new counselling service that we are developing in the early part of 2020. This service will be available for autistic adults and parents who are ChAPS members. If you would like to see a counsellor, we will have some **free** sessions available, please contact **Carey** at [families@cheshireautism.org.uk](mailto:families@cheshireautism.org.uk) for more information.

**Amy Lockett** offers mobile person-centred-counselling for children age 11+ through to adults. Please contact her direct on [www.rainbowblossomcounselling.com](http://www.rainbowblossomcounselling.com)

**Jane Wainwright** has provided sessions for ChAPS at a subsidised rate for several years. If you would like to be contacted by Jane, please email **Carey**.

## 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!

For more details on the upcoming course dates please visit [www.cheshireautism.org.uk/news/events/](http://www.cheshireautism.org.uk/news/events/)

### 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:info@cheshireautism.org.uk). For more information please call Dave on **0151 420 9100**.

## Activity Updates!

- **PDA (Pathological Demand Avoidance) Talks**

If you are struggling with your child's reactions to everyday demands then our **PDA Talk with Emma** could help arm you with some useful strategies and understanding. **Emma** is mum to two autistic children, one with a PDA profile and has 15 years teaching experience with many challenging children. There will be a presentation, followed by time for discussion. Your child does not have to have PDA to attend, as the strategies are useful for parenting any child who avoids demands when anxious.

This course has previously been run in a few areas across Cheshire and has had excellent reviews from our parents who have been able to immediately implement useful strategies. After many requests, this month the talk will take place in the evening in **Chester** on the **Tuesday 28<sup>th</sup> January, 6-8pm**.

- **Meet the Professional**

Meet the Professional will take place on **Tuesday 21<sup>st</sup> January** with Adult Occupational Therapist Kerry Arnison at our **Northwich Training room 11am-12.30pm**. This session is an opportunity for both adults on the spectrum and parents to meet with Kerry and ask questions about how best to support their needs at home for accessing the community and the workplace.

- **The Best Gift is YOU**

We now have another 6 week course available to parents for booking starting on **Tuesday 28<sup>th</sup> January** at the **Northwich Business Centre CW9 5BF**. It is 2 hours **every Tuesday 10am-12pm** running until 3<sup>rd</sup> March where you can explore ways to reduce stress and anxiety while finding more calm, confidence and balance. The course combines CBT, NLP, Mindfulness and Self-help strategies.

- **Horse Sense Bridge Trafford**

Horse Sense will now run **every 2<sup>nd</sup> Wednesday of the month 10-11.45am**. ***The session is for both parents and adults on the spectrum.*** This activity consists of grooming, riding using a sensory saddle and communication with the horse. You are taught about horses and how to read their body language, including how to communicate back using your body language. This will lead into developing nonverbal communication with the horse so it can follow some basic instructions. These watching, understanding, learning, skills aim to improve communication skills.

- **Youth Club Chester**

After request from our families we are happy to announce that **Youth Club** in Chester will be returning to two sessions per month! The sessions will run **every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday** of the month at **The Venue, Lache Community Centre, Hawthorn Road, Chester CH4 8HX from 7-8.30pm.**

*A BIG thank you to our dedicated staff and volunteers for helping to make these sessions happen.*

**Lastly** we are super excited that our Sustainability Funding Project thanks to The National Lottery starts on 1 January for the next 5 years!

**This** will make a massive difference to our small charity and we are extremely grateful to be able to secure the future of ChAPS with this funding.

**More** Professional Training modules... our adult social care model Learning4Life ... and our eagerly awaited Campsite in years to come.

**Here's to a very bright New Year and decade!!**

**Diary Events**

**Please book them in your diary!**

**(Bold are the extra activities)**

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
4 Jan	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
<b>5 Jan</b>	<b>RUNCORN</b>	<b>Snow White &amp; the Seven Dwarfs at The Brindley WA7 1BG with Mel.</b>	<b>12.45-3pm</b>
6 Jan	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire.	10am-12pm
6 Jan	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
6 Jan	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy, Jeff & Bobbie.	6.45-8.15pm
6 Jan	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
7 Jan	WIDNES	Home Ed Ice Skating at Silver Blades Ice Rink WA8 0TA with Steph.	10am-12pm
7 Jan	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4.30-6pm
8 Jan	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10-11.45am
8 Jan	CHESTER	Family Session at Fun4All CH1 4NT with Toni, Claire & Diane.	4-6pm

8 Jan	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-5.50pm
8 Jan	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Kat, Diane & Lauren.	7-8.30pm
8 Jan	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Sarah.	7-8.30pm
9 Jan	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
9 Jan	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
<b>9 Jan</b>	<b>NORTHWICH</b>	<b>Learning4Life at our Northwich Training Room with Emma &amp; Cathy.</b>	<b>10am-4pm</b>
9 Jan	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui, Diane & Jess.	6-7.30pm
9 Jan	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui, Diane & Jess.	6-7.30pm
9 Jan	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Steph.	6.15-7.30pm
11 Jan	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	3-4pm
11 Jan	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	4.15-5.15pm
12 Jan	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Steph.	12.30-2.30pm
13 Jan	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm
13 Jan	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
13 Jan	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-6.30pm
13 Jan	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Steph & Dan.	5-6.30pm
15 Jan	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	10am-12pm
15 Jan	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4-6pm
16 Jan	WARR'TON	Parents Meeting at The Clock Tower Café WA1 1SR with Steph.	10-11.30am
16 Jan	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
16 Jan	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Kat & Diane.	5-6.30pm
16 Jan	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Dan.	7-8.30pm
18 Jan	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel & Emma.	5.30-6.30pm
19 Jan	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	10.30-3.30pm
20 Jan	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
20 Jan	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
20 Jan	WINSFORD	Youth Club at New Images CW7 2HG with Di, Claire, Jeff & Bobbie.	6.45-8.15pm

20 Jan	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
<b>21 Jan</b>	<b>NORTHWICH</b>	<b>Meet the Professional - Kerry Arnison at our Northwich Training Room.</b>	<b>11am -12.30pm</b>
21 Jan	RUNCORN	Home Ed Crafts Club at Runcorn Training Room with Steph.	11am-12.30pm
<b>21 Jan</b>	<b>WARR'TON</b>	<b>Adults Independence and Living Skills at The Gateway WA1 1SR with Dan.</b>	<b>2-3.30pm</b>
21 Jan	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4.30-6pm
22 Jan	WINSFORD	Urban Air Trampoline Park CW7 3RL with Carey, Di & Bobbie.	4.30-6.30pm
22 Jan	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Kat, Diane & Lauren.	7-8.30pm
22 Jan	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Sarah.	7-8.30pm
23 Jan	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui, Diane & Jess.	6-7.30pm
23 Jan	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Steph.	6.15-7.30pm
25 Jan	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	3-4pm
25 Jan	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	4.15-5.15pm
26 Jan	WARR'TON	Multi Sports at Lymm Leisure Ctr. WA13 0RB with Dan, Steph & Nick.	12.15-1.15pm
26 Jan	WARR'TON	Family Swim at Lymm Leisure Ctr. WA13 0RB with Dan, Steph & Nick.	1.30-2.30pm
27 Jan	CHESTER	Spectrum Connect at White Horse Pub CH1 2LY with Claire.	12.30-2pm
27 Jan	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm
27 Jan	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
27 Jan	WIDNES	Spectrum Connect Bowling at Superbowl UK WA8 0TA with Emma.	6.30-8pm
27 Jan	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
<b>28 Jan</b>	<b>NORTHWICH</b>	<b>Best Gift is YOU at our Northwich Training Room with Tanja.</b>	<b>10am-12pm</b>
28 Jan	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	1-2pm
<b>28 Jan</b>	<b>WARR'TON</b>	<b>Adults Independence and Living Skills at The Gateway WA1 1SR with Dan.</b>	<b>2-3.30pm</b>
<b>28 Jan</b>	<b>CHESTER</b>	<b>PDA Talk at St Mary's Handbridge Centre CH4 7HL with Emma.</b>	<b>6-8pm</b>
28 Jan	CREWE	Parents Meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm
30 Jan	DELAMERE	Family Walk at Delamere Forest CW8 2HZ with Carey.	11.30am-2pm
1 Feb	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm

*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](http://www.cheshireautism.org.uk)

