



**Newsletter**

**June 2018**

## Information

**Bangor Design Conference** will be held on Thursday 7th June, 9.30am-3.30pm at Bangor University. This is an annual event to inspire and educate all present, with design and manufacturing as the core theme. The conference brings together several professionals and practitioners from leading companies to talk about what they do and how they do it. This year we have guest speakers such as Jude Pullen - Lego, BBC2 Big Live Fix, Dyson, Jan Hallermans - Frog Design, Sarah Leech & Becky Hayes-Kidd - Unilever and several more. Product Design course are hosting a Design conference and degree show. Olivia Kavanagh recently invited members to take part in evaluation of her product she designed. Thank you to those who participated. Olivia and other members of third year at Bangor University will be celebrating their work for the BSc Design course. Tickets for this event can be purchased at <https://shop.bangor.ac.uk/product-catalogue/ysgol-addysg-school-of-education/the-4thbangor-design-conference-2018-y-4edd-cynhadledd-dylunio-bangor-2018>

**NAS** are hosting **Anxiety in Young People at Primary School** on Thursday 21<sup>st</sup> June, 9.30am-2.30pm and **Anxiety in Young People at Secondary School** on Friday 22<sup>nd</sup> June, 9.30am-2.30pm, **both** delivered by the **Together Trust**. Both seminars are being held at St Johns Church Hall, Church Lane, Guilden Sutton CH3 7EW. The seminars will look at What Anxiety Is; Anxiety & Autism; Impact of Anxiety – short term and long term effects; Practical Example/Everyday Situation – At school and at home ; Strategies to help reduce anxiety levels ; time for discussion and questions. . To book onto the course visit <https://bookwhen.com/primary> and <https://bookwhen.com/secondary> and for information you can contact [cwacenquiries@nas.org.uk](mailto:cwacenquiries@nas.org.uk).

**“Picnic in the Park” at Grosvenor Park Chester** will be held on 23rd June as part of the Great Get Together weekend. It's part of a great weekend for Chester - with the Mid-Summer Watch, Chester Live and hopefully some other Great Get Together events. The Picnic is aiming to provide an opportunity for people of different world views to talk - a mixture of entertainment, activities and picnics - with a platform for organizations and individuals whose work helps tackle loneliness and social isolation. This website will offer some further information. <https://www.chester.humanist.org.uk/picnic-in-the-park>, you may also want to contact [GGTChester@gmail.com](mailto:GGTChester@gmail.com) or call 07817 364277.

**The Lowry** have a relaxed performance of **War Horse** coming on Thursday 28th June at 2pm. Tickets are available to book over the phone on 0161 876 2183. For more information please visit <https://www.thelowry.com/events/war-horse>.

**Wellbeing Enterprises** are launching a new support service for children and young people across **Runcorn & Widnes**. They are launching their expanded three year service ‘**Inspire**’, which will support children and young people from the age of 10 to 18 in Halton who are experiencing mild to moderate mental health challenges. The service will support 500 individuals to build confidence, learn life skills and build positive connections through our specialist one to one support and fun, free, accessible courses and activities. The

'Inspire' service is accepting now so if you would like to speak to one of their Community Wellbeing Officers about the service or to make a one to one appointment please call **01928 589 799**.

**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 child or young person's mental health. The advice line runs from 5-10pm (Mon-Fri) and 12 – 8pm (Sat and Sun). You can call the Advice Line on **01244 397644**.

**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](mailto: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 IASService, 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.

**Cheshire Centre for Independent Living** are hosting **Creative Arts and Drama Group**; supported by Children In Need, 8-14 years on Tuesdays 4.00-6.00pm at St Michaels Church Hall, Devon Road, Kingsway, Chester - for further details to register for this group you can contact [office@cheshirecil.org](mailto:office@cheshirecil.org) or Mel on 01606 331853.

**Cheshire Phoenix Wheelchair Basketball Club** has a junior team that train at Ellesmere Port Sports Village on Saturdays at 5pm. This is open to all disabilities and is for able bodied children too. If you are interested in more information contact Anna Jackson on 07711 356541 or email [phoenixwbc@cheshirephoenix.com](mailto:phoenixwbc@cheshirephoenix.com)

**Abbey Respite Centre** is a new state-of-the-art Respite 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 and Chester Council. It offers residential and day care for people with special educational and behavioural needs, including autism and challenging behaviour. 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.specialneedsarc.co.uk](http://www.specialneedsarc.co.uk).

**Cheshire Fire & Rescue Service and Princes Trust** runs free 12 week courses to 16-25 year olds who are not in education, employment or training . This aims to offer opportunity for young adults to develop skills to achieve their utmost potential, so that future employers can recognize abilities and achievements. Qualifications are gained during the course. For further details visit [www.cheshirefire.gov.uk](http://www.cheshirefire.gov.uk) or email [jennie.pye@cheshirefire.gov.uk](mailto:jennie.pye@cheshirefire.gov.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](mailto: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](mailto: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 2nd June 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 just £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](http://www.confidenthearts.com). Tanja's email is [courses@confidenthearts.com](mailto: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](mailto:thetreehouseplaytherapy@gmail.com) or [entwineattachment@gmail.com](mailto: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, times and venues, please check out the following website [www.cheshireandwarringtoncarers.org](http://www.cheshireandwarringtoncarers.org)

**NAS Warrington** will be hosting **Autism in Women & Girls** on Thursday 14th June at Wellbeing Suite Woolston Hub Hall Road Woolston WA1 4PN. To book <https://www.eventbrite.com/e/parent-workshop-on-autism-in-women-and-girls-tickets-45980083668>. Donation of £5 is recommended. You can 07879 434565 or email the branch for more information [NASWarrington@nas.org.uk](mailto:NASWarrington@nas.org.uk)

**NAS Warrington** hold a monthly Friday Club suitable for age **14-18**, next held on 22nd June, 6-8pm at Woolston Sensory Centre, Hall Rd, Warrington WA1 4PN and a **Yoga** session on the 8<sup>th</sup> June 6-7pm at the same venue. They also run a meeting for parents at the Seven Woods Pub, Westbrook Crescent, Warrington WA5 8TE. For booking and further information on events please email [NASWarrington@nas.org.uk](mailto:NASWarrington@nas.org.uk) or call the branch 07879 434565.

**Ellesmere Port Autistic Spectrum Support** their next coffee morning will be Tuesday 19<sup>th</sup> June 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 the Tessa Ede or Emma Walsh, search for EPASS on Facebook.

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

**Heathbox CIC** have just started hosting free children's outdoor yoga sessions on Saturday 3.30-4.30pm for children age 4-7 years at Westminster Community Centre in Ellesmere Port. For booking contact [seona@healthboxcis.com](mailto: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](mailto:autismlibrary@rosebank.cheshire.sch.uk) or call on 01606 783295.

**Aspies for Warrington** have a new website [www.wands.biz](http://www.wands.biz) and meet on Fridays 6-9pm at Fairfield & Howley Neighbourhood Project, Warrington WA1 3AJ. For more details contact Mike Hewitt on [maspie59@gmail.com](mailto:maspie59@gmail.com)

**Will Consult You** is a family business providing advice and guidance on creation of **Wills, Trusts, Lasting Power of Attorney and Funeral Plans**. They understand that life with a child with additional needs is complicated enough without the cost of planning for the future. They can provide relaxed and ethical advice for **ChAPS** families by means of a free legal review in the comfort of your home. If you decide to put measures in place to safeguard your families' future you will be provided with a fixed fee. They aim to make a difficult subject simple, easy, and relaxed so that you have one less thing to worry about. James Hughes recently did a short presentation to our Northwich parents meeting and can be contacted by email on [james@willconsultyou.co.uk](mailto:james@willconsultyou.co.uk) or 01829 309103.

**Care Quality Commission (CQC)** wants to hear from people as part of its 'Tell us you care' project. The aim is to help the CQC work with services to improve support for people with autism, in hospitals dentist, GP Practices and the like. If you have any experiences, good or bad, you can do this by following the link on their website <http://www.cqc.org.uk/share-your-experience-finder>

## Carers Week

At **ChAPS** we will be celebrating Carers Week with some additional activities. The first is a **Carers Lunch** on Tuesday 12<sup>th</sup> June at our Northwich Training Room. There will be some relaxing sessions and a buffet lunch. The second activity is a **Relaxed Painting Session** on Thursday 14<sup>th</sup> June hosted by Art In Chester at Chloe's Studio on the Barrowmore Estate Great Barrow. This will feature outdoor painting session suitable for all abilities and afternoon tea. Further details available on Eventbrite booking!

## Future Events

**Cheshire West & Chester NAS** AGM will be held on Thursday 5th July at Dee Banks School, Dee Banks, Chester CH3 5UX Chester from 7-9pm. Andrew Edwards will be a guest speaker promoting his books. Andrew visited **ChAPS** earlier this year and is a great inspiration to us all!

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

## Book and DVD Suggestions

**Andrew Edwards**, who recently came to visit us has a new book 'A Vision of Exercise' which may be of interest. Sam has purchased and donated a copy of it for the library so it is available for loan and review!

**Tanya Kharina** 'Alfie's Way' is a book written for children. This book is inspired by her own son with journey and is a way of inspiring children to embrace other children's differences.

**Henry Normal** 'A Normal Family: Everyday adventures with our autistic Son' have recently been added to our lending library. Has anyone loaned this yet?

## Activities for Adults on the Spectrum

**Adult Independence and Living Skills Part 2** will start on Friday 15<sup>th</sup> June, running 1-3pm. 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](mailto: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 1<sup>st</sup> and 3<sup>rd</sup> Mondays in Runcorn office 12.30pm- 2pm, and 2<sup>nd</sup> and 4<sup>th</sup> 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 4<sup>th</sup> and Monday 18<sup>th</sup> June** 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 25<sup>th</sup> June 8-9.30pm**.

**NEW! Spectrum Connect CHESTER** at **Chillout@ Meltdown Café** in Handbridge. A meeting for adults on the spectrum in Chester. It will begin on **Thursday 14<sup>th</sup> June 7-9pm** at the café venue with **Claire**.

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

**Runcorn Office** on **Monday 18<sup>th</sup> June** 6.15pm-7.15pm and **Northwich Training Room** on **Thursday 28<sup>th</sup> June** 11.30am-12.30pm.

**Chester Group** for Adults **ASPIRE** will be meeting Wednesday 6<sup>th</sup> June, 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](mailto: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.

## 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** will feature at the **Halton Youth Club** on 2<sup>nd</sup> and 4<sup>th</sup> Thursday 7-9pm at The Acorn Club, Runcorn, WA7 5EX.

**NEW! Lego Therapy Club** will be starting in Northwich on Thursday 7th June. This will be an intensive session for a small group of children age 10+. Each child will be initially offered six sessions. The sessions will run 1st and 3rd Thursdays in Northwich in our Training room 5-6.30 pm. You can use the car park. **Cathy** is also going to lead these sessions. Please email **Carey** on [families@cheshireautism.org.uk](mailto:families@cheshireautism.org.uk) if your child would like to be considered.

**ChAPS Ellesmere Port Youth Club** has welcomed **Kat** as a new member of staff in May. The next club date is on the 14th June. This will feature a visit from the University of Liverpool (Leahurst) Animal Hospital team. A radiologist and veterinary nurse will be offering a talk on what they do at the hospital with visuals such as x-rays and bones with the possibility of a visit from a four legged friend. Clwyd Green of Green of Hearts has also kindly offered to visit the venue to speak with any parents who are interested in Reiki, Crystal Therapy, Aromatherapy, date to be confirmed.

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

**Summer Holiday Club** is in the planning stages and will be running from 25<sup>th</sup> July through to the 22<sup>nd</sup> August each Wednesday. Please contact Carey to express an interest. This will feature drama workshops, sports and visits from Chester Zoo Rangers as well as other fun activities planned by our wonderful staff team.

**Camping in Wales** on 28<sup>th</sup> August has had a massive response with 80 families booking on. **Carey** and **Jo** visited The Forge in Corwen and we loved the site. Unfortunately it is fairly small and hilly without any disabled access or facilities, no electricity either! So we are still considering options. Our first **ChAPS** holiday!

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 now for 18 months funded by BIG Lottery. 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!!**

Adam Kirkpatrick, who has worked with **ChAPS** before running the earliest Intensive Social Skills classes back in 2013/14 is coming back to the **ChAPS** family and will be running the courses in September – Welcome back Adam!

**NEW! Parent Training** will be offered on Wednesday evenings commencing the 13<sup>th</sup> June 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. This will cover use of visual aids, promoting routines for independence skills, access to activities, managing anxiety and dealing with demand avoidance.

**PLEASE NOTE: There are a few date changes due to the Bank Holidays.**

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

<b>1 June</b>	<b>LYMM</b>	<b>Safety workshop at Safety Central WA13 OTE with Di &amp; Emily.</b>	<b>9.30-4.00pm</b>
<b>2 June</b>	<b>NORTHWICH</b>	<b>Mindfulness for Children at Northwich Training Room with Tanja.</b>	<b>1-2pm</b>
2 June	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
3 June	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Di & Kizzy.	10.30-12noon
4 June	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Nat.	11am-1pm
4 June	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rachael.	12.30-2pm
4 June	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina & Kat.	5.15-6.45pm
4 June	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.	7-8.30pm
4 June	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Cathy & Di.	8.30-10pm
<b>5 June</b>	<b>NORTHWICH</b>	<b>Swimming Lessons at Greenbank School with Jeff.</b>	<b>4-5pm</b>



5 June	WIDNES	Freacking Awesome at Salisbury Street Widnes WA8 6AZ with Rachael.	5.30-7pm
6 June	NORTHWICH	Circus Skills at Barnton Life Church CW8 4HP with Naomi & Di.	4.30-5.30pm
6 June	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Claire.	5.30-6.45pm
7 June	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Di.	9.30-10.30am
7 June	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam, Jacqui & Zara.	5-6.30pm
<b>7 June</b>	<b>NORTHWICH</b>	<b>Lego Therapy Club at Northwich Training Room with Cathy F.</b>	<b>5-6.30pm</b>
7 June	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
7 June	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Nat & Leona.	7-9pm
<b>8 June</b>	<b>MARBURY</b>	<b>Walk at Marbury Park with Carey.</b>	<b>11.45 – 1pm</b>
<b>8 June</b>	<b>CHESTER</b>	<b>ChAPS &amp; ChAppettes night out in Chester with Jo.</b>	<b>7.30-10pm</b>
9 June	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
9 June	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
9 June	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
10 June	WIDNES	Anti-Gravity Yoga for kids at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
11 June	RUNCORN	Parent & Toddler Meeting at our Runcorn Office with Rachael & Leona.	10-12pm
11 June	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
11 June	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-7pm
11 June	BLACON	Kidz Club at Ash Grove Day Nursery CH1 5NF with Sam J, Tina & Kat.	6.15-7.45pm
<b>12 June</b>	<b>NORTHWICH</b>	<b>Carers Week Lunch at Northwich Training T Room with Carey, Leona &amp; Tanja.</b>	<b>10.30-1.30pm</b>
<b>13 June</b>	<b>NORTHWICH</b>	<b>Parent Training Session 1 at Northwich Training Room with Sarah &amp; Carey.</b>	<b>7-9pm</b>
<b>13 June</b>	<b>CHESTER</b>	<b>Youth Club at Lache Comm Centre CH4 8HX with Claire Nat, &amp; Jonny.</b>	<b>7 – 8.30pm</b>
14 June	FRODSHAM	Coffee and Chat at Gleave's Garden Centre with Carol.	9.30-10.30am
<b>14 June</b>	<b>G. BARROW</b>	<b>Carers Week Art Session at Art in Chester Studio CH3 with Chloe &amp; Sam F.</b>	<b>11-1pm</b>
14 June	E'PORT	Youth Club at New Creation Centre CH65 4BW with Kat & Zara.	6.30-8pm
14 June	HANDBRIDGE	Spectrum Connect at Meltdown Café, CH4 7BU with Claire.	7-9pm
14 June	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-9pm
<b>15 June</b>	<b>NORTHWICH</b>	<b>Adults Independence and Living Skills PART 2 with Sara &amp; Carey.</b>	<b>2 -3.30pm</b>



16 June	WIDNES	Roller Disco at Ormiston Chadwick Academy WA8 7HU with Mel & Rach.	5-5.50pm
17 June	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-11.30am
17 June	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Sam J & Claire.	2-4pm
17 June	WIDNES	Anti-Gravity Yoga for parents at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
18 June	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
18 June	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rachael.	12.30-2pm
18 June	CHESTER	Kidz Club at St. Oswald & St. Thomas Hall CH1 4AG with Sam J, Tina, Kat & Jonny.	4.30-6.00pm
18 June	RUNCORN	Yoga for Adults at Runcorn Training Room with Rachael.	6.15-7.15pm
18 June	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Di & Bobbie.	7 – 8.30pm
18 June	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
19 June	WIDNES	Freaking Awesome at Salisbury Street Widnes WA8 6AZ with Rachael.	5.30-7pm
20 June	BLACON	Family session at Fun 4 All Sealand Ind Est CH1 4NT with Toni & Claire.	4-6pm
20 June	WIDNES	Family Session at Velocity WA8 0GW with Mel & Rachael.	6-7pm
<b>20 June</b>	<b>NORTHWICH</b>	<b>Parent Training Session 2 at Northwich Training Room with Sarah &amp; Carey.</b>	<b>7-9pm</b>
21 June	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
21 June	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam, Jacqui & Zara.	5-6.30pm
21 June	NORTHWICH	Lego Therapy Club at Northwich Training Room with Cathy F.	5-630pm
21 June	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach and Claire.	6.15-7.30pm
23 June	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
23 June	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire.	3-4pm
23 June	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
25 June	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
25 June	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Denise & Cathy F.	5-6.15pm
25 June	BLACON	Kidz Club at Ash Grove Day Nursery CH1 5NF with Sam J, Tina & Kat.	6.15-7.45pm
25 June	NORTHWICH	Parents Meeting at Northwich Training Room with Di & Leona.	7-9pm
25 June	RUNCORN	Spectrum Connect Adults Social at The Halfway House WA7 5NR with Rach.	8-9.30pm
26 June	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm

27 June	B'TRAFFORD	Horse Sense for Parents & Adults at Bridgefields CH2 4JT with Claire.	10am-12noon
27 June	WINSFORD	Urban Air Trampolining Winsford CW7 3RL with Carey, Di & Bobbie.	4.30-6.30pm
27 June	CHESTER	Youth Club at Lache Comm. Centre CH4 8HX with Claire Nat, & Jonny.	7 - 8.30pm
<b>27 June</b>	<b>NORTHWICH</b>	<b>Parent Training Session 3 at Northwich Training Room with Sarah &amp; Carey.</b>	<b>7-9pm</b>
28 June	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
28 June	E'PORT	Youth Club at New Creation Centre CH65 4BW with Tessa & Zara.	6.30-8pm
28 June	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7 - 9pm

### 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.

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

