

## Information

**Information, Advice & Support Teams** offers free confidential and impartial information, advice and support to parents and carers of young people aged 0 - 25 who have Special Educational Needs or Disabilities (SEND) as well as the young people themselves. As a parent or carer you can search for the team that supports your area by using the link <https://www.sendirect.org.uk/providers/sendirect-listings/my-services/information-advice-support-services-network-iass-network/> or as person up to 25 years with needs for extra help with learning, use <https://cyp.iassnetwork.org.uk/in-your-area/>

**Stem4** is a teenage mental health charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage. Stem4 offers early detection through education in secondary schools and early digital intervention. Based on the requests made by many students, Clear Fear and Calm Harm are apps developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, mobile phone apps designed to help young people manage their mental wellbeing, they should be used to support and provide guidance but do not substitute the assessment and ongoing support of a mental health professional For more information visit <https://calmharm.co.uk/> and <https://www.clearfear.co.uk/>

**The Charlie Waller Memorial Trust** have a fantastic website where you can find resources to help you with mental health worries <https://www.cwmt.org.uk/freestuff>

**Autism Support Hub & Resource Library** which is run by The National Autistic Society CW Branch is now at **Maple Bungalow, Greenbank School, Greenbank Lane, Northwich, CW8 1LD**. They are also open **Wednesdays 10am-2pm** 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 [autismlibrarynas@gmail.com](mailto:autismlibrarynas@gmail.com) or call on 01606 783295.

**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. Yvonne will be attending some of our activities to speak to parents in April.

They also have a carer support groups:

**10-11.30am** on the **1<sup>st</sup> April**, at **Salvation Army Whitby Road Ellesmere Port CH65 6RS**

**10am-1pm** on the **18<sup>th</sup> April** at **Waterside House, Navigation Road Northwich CW8 1BE**

**10-12noon** on the **17<sup>th</sup> April** at **Novelty Bite Café, Winsford Library High Street Winsford CW7 2AS**

Any new attendees to groups 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** or call **Yvonne** on **07773 226174**

**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** 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.**

**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**.

**Ellesmere Port Autistic Spectrum Support** their next coffee morning will be **Tuesday 16 April** 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. For more information or to make contact with Tessa Ede search for EPASS on Facebook.

**Aspire Chester's Autistic Adult Support Group** now host two meetings per month. Their next meetings on **Wednesday 3<sup>rd</sup> April 11.30-1pm** at Storyhouse followed by a Q&A, **1-1.30pm**. Then the following meeting will be **Wednesday 17<sup>th</sup> April 1-3pm** at the Quaker Meeting House Union Walk Frodsham Street Chester CH1 3LF. They have also introduced planned trips out to local places of interest. For more information contact Jenny or Sandra via their Facebook group or email [aspirechester@gmail.com](mailto:aspirechester@gmail.com)

**Warrington Youth Club** run free **Buddy Up Family Film Nights**, twice per month at **Penketh Methodist Church Chapel Road Penketh Warrington WA5 2NB**. Next dates are the **5<sup>th</sup> April and the 26<sup>th</sup> April**. They also host **Buddy Up Gym Sessions** every Saturday at a cost of 50p per session for young people up to 25 at Junction Gym, 3a Buttermarket Street, Warrington WA1 2LY For more information contact [NuvvyS@warringtonyouthclub.co.uk](mailto:NuvvyS@warringtonyouthclub.co.uk) or call 07432 640939.

**Royal Exchange Theatre, St Ann's Square, Manchester M2 7DH** With the current buzz around accessing the arts this venue has a listing for relaxed performances you may be interested in. for more information visit: <https://www.royalexchange.co.uk/relaxed-performances>

**Runcorn Cineworld** have an Autism Friendly showing of **Dumbo** on **7 April** at 11am:

<https://www.dimensions-uk.org/get-involved/campaigns/autism-friendly-cinema-screenings/autism-friendly-screenings-cineworld/>

**Odeon Northwich Barons Quay** have an Autism Friendly showing of **Dumbo** on **1st April at 18:15pm** and **7th April at 10:15am**. To book, call **01606 818190**.

## Future Events

**Relaxed Concert: Meet the Orchestra! At the Liverpool Philharmonic Hall.** We have purchased tickets for the event on **Sunday 26<sup>th</sup> May 2019 at 2.30pm**. Alasdair Malloy, Michael Seal and the Royal Liverpool

Philharmonic Orchestra are hosting their first ever relaxed concert! The event is for age 6 - 12 years but all are welcome to this as it will be fun and accessible for all the family. For more information visit [https://www.liverpoolphil.com/whats-on/relaxed-concert-meet-the-orchestra?fbclid=IwAR3vmRq40rNsm5st2R9Qn5Rwfzpz-VjQsXhulKzgoB0x9OiRHyb5Zq1\\_0ss](https://www.liverpoolphil.com/whats-on/relaxed-concert-meet-the-orchestra?fbclid=IwAR3vmRq40rNsm5st2R9Qn5Rwfzpz-VjQsXhulKzgoB0x9OiRHyb5Zq1_0ss)

## 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 please register 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 and it is giving them the chance to socialise with parents of children on the spectrum. Why not come along to a session and give it a try? There is only one session in April in **Northwich** office 1pm- 2.30pm. **Monday 15<sup>th</sup> April.**

**Runcorn Crafty Club** has moved to every 3<sup>rd</sup> Tuesday of the month. 12.30-2pm. This will be **Tuesday April 16<sup>th</sup>**. Why not come along and give it a try?

**Spectrum Connect WINSFORD** will meet at New Images, Winsford on **Monday 1<sup>st</sup> April and 15<sup>th</sup> April**

**Spectrum Connect HALTON** will meet at The Halfway House, Runcorn on **Monday 22<sup>nd</sup> April 8-9.30pm.**

**New! Spectrum Connect CHESTER** has been re-vamped and will next meet on **Monday 29<sup>th</sup> April 12.30-2pm.** Meet **Claire** at Meltdown Café, Chester.

**Delamere Walk** with **Carey** on **Wednesday 24<sup>th</sup> April 11.45am-2pm.** You can book on via Eventbrite if you would like to join the walk.

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

**Northwich Training Room to 25<sup>th</sup> April 11.30am-12.30pm.**

## ChAPS News

**Meet the Professional event** with **Adult Occupational Therapist** Kerry Arnison has been moved to **Wednesday 17<sup>th</sup> April 11.30am-1pm** at **Northwich Training Room.** This 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.

**Parliamentary Review Gala** Jo and Joanne Thomas Chair of Trustees are going to The Houses of Parliament on 28 March for the Parliamentary Review Gala! This is a celebration of being invited to take part in the care sector booklet which 'highlights best practice' in charities and organisations nationally. It is designed as guidance for the Members of Parliament, House of Lords, Peers etc so they understand what is happening on the ground and will hopefully consider the needs of our autistic community. We are honoured to have been asked to take part this year.

**National Council for Voluntary Organisations** to mark their Centenary celebrations, Jo has been invited to a Reception hosted by Her Majesty The Queen at Windsor Castle on 2 April – super exciting, and again an honour to be invited.

### **Parent Training Programme with OSSME**

#### **Sessions at Runcorn:**

16 <sup>th</sup> April	Girls on the Autism Spectrum.
23 <sup>rd</sup> April	Sensory Processing
30 <sup>th</sup> April	Autism and Play Training
7 <sup>th</sup> May	Puberty / Sex Education Support.
14 <sup>th</sup> May	PDA - Pathological Demand Avoidance
21 <sup>st</sup> May	Anxieties and Stress Management Support.

#### **Sessions to start in our Northwich Office:**

1 <sup>st</sup> May	The 7 Senses that Autism can affect.
8 <sup>th</sup> May	Comic Strip Conversations and Social Story supports.
15 <sup>th</sup> May	Transitions to School, College, a New House, change of activity.
22 <sup>nd</sup> May	Girls on the Autism Spectrum.
29 <sup>th</sup> May	Sensory Processing
5 <sup>th</sup> June	Autism and Play Training
12 <sup>th</sup> June	Puberty / Sex Education Support.
19 <sup>th</sup> June	PDA - Pathological Demand Avoidance
26 <sup>th</sup> June	Anxieties and Stress Management Support

**Each training session will finish at 2.30pm. Sara will then answer any questions afterwards for those who are able to stay until 3pm.**

### **AUTISM AWAKENINGS ART EXHIBITION 2019**

As you are probably aware we have celebrated World Autism Awareness Day in April for the last two years with an Art Exhibition entitled **AWAKENINGS**. The Exhibition takes place on **Saturday 30<sup>th</sup> March** at **Northwich Business Centre** from **11am-4pm**. The Mayor of Northwich Cllr. Alison Gerrard will open the event and we are SO excited to show off our amazing artistes!

**World Autism Awareness Week** takes place each year from 1 April with World Autism Awareness Day on 2 April. This year we will be at **Cheshire Police HQ Winsford** to support our police officers and staff every day of the week; whether as parents or adults on the spectrum in their own right.

### ***What will you be doing to raise autism awareness this WAAW?***

#### **PROFESSIONAL CERTIFIED TRAINING**

We are delighted to confirm that we are now 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.

Bookings are now open for a 3 hour training at our Runcorn and Northwich Training Rooms.

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.

Here are the links to book on

<https://www.eventbrite.co.uk/e/professional-certified-training-introduction-to-autism-northwich-tickets-58864476233>

<https://www.eventbrite.co.uk/e/professional-certified-training-introduction-to-autism-runcorn-tickets-58784817973>

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

1 Apr	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire.	11am-1pm
1 Apr	CHESTER	Kidz Club at St.Oswald & St.Thomas Hall CH1 4AG with Claire, Sam & Kat.	4.30-6pm
1 Apr	WARR'TON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Tracey.	5-6pm
1 Apr	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	6.45-8.15pm
1 Apr	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
<b>2 Apr</b>	<b>E'PORT</b>	<b>Code a Drone at New Creation Centre CH65 1BW with Jacqui.</b>	<b>10.30-1pm</b>
2 Apr	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Tracey.	4.30-6pm
<b>3 Apr</b>	<b>RUNCORN</b>	<b>Ministry of Science at the Brindley WA7 with Emily &amp; Rach</b>	<b>12-3pm</b>
3 Apr	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Rach & Steph.	4-6pm
3 Apr	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-7pm
3 Apr	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Kat.	5.30-6.45pm
<b>3 Apr</b>	<b>NORTHWICH</b>	<b>Best Gift is You at Northwich Training Room with Tanja &amp; Lin.</b>	<b>6.30-8.30pm</b>
4 Apr	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
<b>4 Apr</b>	<b>CHESTER</b>	<b>Art Session at St Marys' Handbridge Centre CH4 7HL with Claire.</b>	<b>10-12noon</b>
4 Apr	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam, Jacqui & Jess.	5-6.30pm
4 Apr	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
4 Apr	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Claire & Leona.	7.30-9pm
6 Apr	E'PORT	Multi Sports at Ellesmere Port Sports Village CH65 9LB with Claire & Carey.	3-4pm

6 Apr	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire & Carey.	4.15-5.15pm
6 Apr	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
7 Apr	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Adam & Kizzy.	11.45am-1.15pm
8 Apr	CHESTER	Kidz Club at St.Oswald & St.Thomas Hall CH1 4AG with Claire, Sam & Kat.	4.30-6pm
8 Apr	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Julie.	5-6.30pm
8 Apr	BLAKEMERE	Family session at Playbarn CW8 2EB with Di & Bobbie.	5-7pm
8 Apr	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Cathy F & Denise.	6-6.45pm
<b>9 Apr</b>	<b>RUNCORN</b>	<b>Tubing at Runcorn Ski Centre WA7 6PT with Rach.</b>	<b>10am-12pm</b>
9 Apr	RUNCORN	Children's Yoga at Runcorn Training Room with Rach.	5.30-6.15pm
10 Apr	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
10 Apr	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Tasha & Jonny.	7-8.30pm
10 Apr	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Tracey.	7-8.30pm
10 Apr	NORTHWICH	Men's Meet-Up at The Clock Tower CW9 5NF with Jeff.	7.30-9pm
<b>11 Apr</b>	<b>DELAMERE</b>	<b>Low Ropes at Cheshire Outdoors CW8 2EB with Di &amp; Bobbie.</b>	<b>10.30-11.30am</b>
11 Apr	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
<b>12 Apr</b>	<b>WARR'TON</b>	<b>Holiday Club at Daresbury Village Hall WA4 4AJ with Julie &amp; Staff.</b>	<b>10am-4pm</b>
14 Apr	NORTHWICH	Grozone at Whalley Road CW9 5QA with Di & Nic.	11.30am-1.30pm
14 Apr	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Rach.	12.30-2.30pm
15 Apr	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
15 Apr	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
15 Apr	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Claire, Sam & Kat.	4.30-6pm
15 Apr	WARR'TON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Tracey.	5-6pm
15 Apr	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	6.45-8.15pm
15 Apr	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
16 Apr	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
<b>16 Apr</b>	<b>RUNCORN</b>	<b>Parent Training at Runcorn Training Room: Girls on the Spectrum</b>	<b>1-2.30/3pm</b>
16 Apr	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Tracey.	4.30-6pm

<b>17 Apr</b>	<b>NORTHWICH</b>	<b>Meet the Professional – Kerry Arnison at our Northwich Training Room.</b>	<b>11.30am-1pm</b>
17 Apr	CHESTER	Family Session at Fun4All Sealand Ind Est CH1 4NT with Toni, Claire & Kat	4-6pm
17 Apr	WIDNES	Family Session at Crazy Club WA8 0TA with Mel, Rach & Emily.	5-7pm
<b>18 Apr</b>	<b>WARR'TON</b>	<b>Animal interaction at Walton Gardens WA4 6SN with Rach.</b>	<b>10.30-11.30am</b>
18 Apr	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
<b>18 Apr</b>	<b>WARR'TON</b>	<b>Animal interaction at Walton Gardens WA4 6SN with Tracey.</b>	<b>1-2pm</b>
18 Apr	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Jacqui, Sam & Jess.	5-6.30pm
18 Apr	CHESTER	Family Pilates at Lache Comm Centre CH4 8HX with Claire.	6.30-7.15pm
18 Apr	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
20 Apr	RUNCORN	Multi Sports at Beechwood Comm. Centre WA7 3HB with Rach & Mel.	4.15-5.15pm
22 Apr	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
22 Apr	RUNCORN	Spectrum Connect at The Halfway House WA7 5NR with Rach.	8-9.30pm
<b>23 Apr</b>	<b>RUNCORN</b>	<b>Parent Training at Runcorn Training Room: Sensory Processing</b>	<b>1-2.30/3pm</b>
24 Apr	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10-11.45am
24 Apr	DELAMERE	Walk for adults at Delamere Forest CW8 2HZ with Carey.	11.30am-2pm
24 Apr	WINSFORD	Family Session at Urban Air Trampoline Park CW7 3RL with Di & Bobbie.	4.30-6.30pm
24 Apr	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
24 Apr	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Tasha & Jonny.	7-8.30pm
24 Apr	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Tracey.	7-8.30pm
25 Apr	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
25 Apr	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
27 Apr	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
27 Apr	E'PORT	Family Swim at E'mere Port Sports Village CH65 9LB with Claire & Bobbie.	4.15-5.15pm
28 Apr	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-12.30pm
28 Apr	NORTHWICH	Grozone at Whalley Road CW9 5QA with Di & Nic.	11.30am-1.30pm
28 Apr	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Sam.	2-4pm
28 Apr	WARR'TON	Multi Sports at Lymm Leisure Centre WA13 0RB with Julie & Lauren.	12.15-1.15pm

28 Apr	WIDNES	Anti-Gravity Yoga for adults at Martial Arts Centre WA8 0QZ with Mel.	12.30-1.30pm
28 Apr	WARR'TON	Family Swim at Lymm Leisure Centre WA13 0RB with Julie & Lauren.	1.30-2.30pm
29 Apr	CHESTER	Spectrum Connect at White Horse Pub CH1 2LY with Claire.	12.30-2pm
29 Apr	CHESTER	Kidz Club at St.Oswald & St. Thomas Hall CH1 4AG with Claire, Sam & Kat.	4.30-6pm
30 Apr	RUNCORN	<b>Parent Training at Runcorn Training Room: Autism and Play Training</b>	<b>1-2.30/3pm</b>
30 Apr	CREWE	Parents meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm

### Contact details for staff ...

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

Admin 0344 850 8607 admin@ or sam@cheshireautism.org.uk

**Emily** *for advice, signposting and support, Eventbrite issues, any activity queries, IT.*

Support 07462 868322 support@cheshireautism.org.uk

**Julie** *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 (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)

