

July 2023

ChAPS Newsletter



In this edition:

** Activities Update * Fundraising News *Monthly Trade * Outside ChAPS*

Activities Update

We are extremely excited to announce the return of Family Swim! Thank you for your patience and cooperation during the last month. Due to prior commitments at the Swimming venue's, the dates of Northwich Family Swim and Runcorn Family Swim have changed, please see below for the dates.

Unfortunately, due to the significant decrease in attendance at Geek Retreat, we are having to reduce the sessions to once a month. This will now run on the 1st Tuesday of the month. Geek Retreat specialise in comics, trading card games, board games, video games and toys, and is suitable for all the family.

We are currently in the process of finalising our Summer Holiday Activities, so look out for news coming soon! One of the activities we are planning is a Relaxed Film Screening, and we would love to have your input. To fill out a quick form about what film you would like us to show, please click [here](#).

Finally, we are pleased to announce that we have been recommissioned to offer autism parent training programmes again in Northwich, Winsford, Crewe, Middlewich, Chester and Ellesmere Port. More information will be provided soon on the courses, however please click [here](#) to register your interest in attending the course.

Fundraising News

On Saturday 5th August, one of our members, Lillian, is aiming to complete 1000 taekwondo kicks in 1 hour to raise money for ChAPS. Lillian said "sometimes I feel stressed and sad but when I go to kids club it makes me happy and I feel safe". Lillian has currently smashed her target of £200, and we are extremely thankful for her hard work! To read more about Lillian's challenge or to donate, please click [here](#).

Also, a reminder that our annual sponsored walk will take place on Sunday 17th September, setting off from Chester Racecourse at 11am. To sign up, please click [here](#).



Monthly Trade

Each month, we will be hoping for assistance with a task in exchange for some advertising space in the newsletter. This month we are asking for someone with knowledge of ponds. Our pond plants at the centre in Northwich have become overgrown and overcrowded. Do you know someone who knows how to look after ponds and could come and speak to us about it? If you do, please email info@cheshireautism.org.uk—we really hope to hear from you!

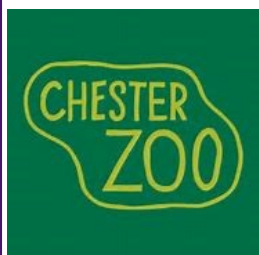
July 2023

ChAPS Newsletter



Outside ChAPS

As the summer holidays are fast approaching, we have included information about popular activities that we feel may be of interest to you.



Chester Zoo

Chester Zoo offer lots of multi-sensory experiences, for example Daily animal talks with the Zoo Rangers, or Sensory Bags, that help improve focus and relaxation. To find the best areas for multi-sensory experiences, download their [Sensory Trail](#).

To help prepare for your visit, Chester Zoo have recently released a Social Stories Guide, titled *What to expect from your visit*. This guide is a collection of pictures of the venue, staff and sign language that will help you enjoy the best experience. To access the Chester Zoo's Social Stories Guide, click [here](#).

Junior Summer Splash Pass

During summer, all Brio Leisure Centres, including Northgate Arena, Northwich Memorial Court, Ellesmere Port Sports Village and Winsford Lifestyle Centre, will be offering a Junior Summer Swim Pass. This pass offers unlimited casual swimming for juniors (under 18 years old) from Friday 21st July to Sunday 3rd September. The pass will cost £20 per person and is available to purchase from any Brio Leisure Centre or online from 7th July. For more information, click [here](#).

Gravity Active Entertainment



Gravity Active Entertainment are a Trampoline park based in Warrington Town centre. Each Sunday and Monday between 6-7pm, they run a SEN session. The SEN sessions provide a calm environment to enjoy the activities, with music and disco lighting turned off. Tickets are £6 and use code COMPCARER at the checkout for 1x free carer with every SEN session. For more information, or to book tickets, please click [here](#).

Relaxed Screenings

Relaxed film screenings have been designed to be friendlier to people who need cognitive and sensory adjustments. Adjustments are made to reduce stress and sensory input, such as low lighting and sound, and freedom to move. They are for anyone who feels they can benefit from the adjustments. All are welcome and no proof of diagnosis is needed. At least once a month, major cinemas, such as ODEON and Vue, show popular films in an autism-friendly environment. For more general information about relaxed film screenings, click [here](#). To see more specific information about Autism Relaxed Screenings at your local cinema, please visit their website and use the filter button to find 'Autism Friendly' events.

Here are a few of the Autism Relaxed Screening films to be shown in our area during July:

- The Flash (12A) at Cineworld Runcorn on Sunday 2nd July at 11am.
- Spider-Man: Across the Spider Verse (PG) at Chester Storyhouse on Sunday 9th July at 10.30am.
- Vue Cheshire Oaks host an autism friendly screening on the last Sunday of the month at 10.30am.

July 2023

Activity Links



All bookings will open on Wednesday 28th June at 10am.

Bookings for each event will close at 5pm the day before the activity is due to take place.

Activities for Autistic Children

These activities are for autistic children only

(Activities listed in alphabetical order by location/town)

BRIDGE TRAFFORD:

Animal Therapy (4-18 years old)

- Sunday 16th July, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 5th July, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Kids Club (7-11 years old)

- Monday 10th July, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 24th July, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 3rd July, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 17th July, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Thursday 6th July, 5.45-7.15pm at Theatre Porto, CH65 6QY
- Thursday 20th July, 5.45-7.15pm at Theatre Porto, CH65 6QY

Youth Club (11-17 years old)

- Thursday 13th July, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 27th July, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Boxing Sessions at New Era Community Boxing (10-17 years old)

- Wednesday 5th July, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN
- Wednesday 12th July, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN
- No session on Wednesday 19th July.
- Wednesday 26th July, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN

Kids Club (7-11 years old)

- Monday 3rd July, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 17th July, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 10th July, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 24th July, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-18 years old)

- Wednesday 12th July, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 26th July, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 9th July, 12.30-1.15pm or 1.30-2.15pm at Martial Arts Centre, WA8 0GZ

Activities for Families

These activities are for the whole family, including siblings.

(Activities listed in alphabetical order by location/town)

ELLESMERE PORT:

Family Swim

- Saturday 8th July, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 22nd July, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

Multi-Sports

- Saturday 8th July, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 22nd July, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

NORTHWICH:

Geek Retreat

- Tuesday 4th July, 6.30-8pm at Geek Retreat, Barons Quay, Northwich, CW9 5FT

Family Swim

- Saturday 8th July, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

RSPCA Family Session

- Sunday 23rd July, 11am-1pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Family Swim

- Saturday 22nd July, 5.30-6.30pm at Beechwood Community Centre, WA7 SPZ

WINSFORD:

Urban Air Trampoline Park

- Wednesday 26th July at Urban Air Trampoline Park, CW7 3RL
 - 4.30pm (under 10 years old)
 - 5.30pm (11-18 years old)

Activities for Parents/Carers

(Activities listed in alphabetical order by location/town)

CHESTER:

Chester Wellbeing Weekend

- Saturday 15th July, 10am-1pm at St Mary's Handbridge Centre, CH4 7HL
- Saturday 29th July, 10am-1pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 19th July, 10am-12pm at Lache Community Centre, CH4 8HX

Walk & Talk with Coffee and Cake

- Wednesday 12th July, 10-11.30am at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Parents' Meet

- Thursday 6th July, 7.30-9pm at Theatre Porto, CH65 6QY

HALTON:

*These activities have been funded by Halton Borough Council and are open to all parent carers who live within the Borough of Halton.

Anti-Gravity Yoga Adults

- Sunday 30th July, 3.30-4.30pm at Martial Arts Centre, Widnes, WA8 0GZ

Go Ape Treetop Challenge

- Sunday 9th July, 10am-3pm at Go Ape Delamere, Northwich, CW8 2JD

Parents' Meet

- Wednesday 12th July, 10.30am-12.30pm at Old Police Station, WA7 1DF

KNUTSFORD:

Parents of Adults Meet

- Friday 28th July, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Monday 10th July, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 24th July, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Northwich Wellbeing Weekend

- Sunday 2nd July, 11am-2pm at ChAPS Autism Ark, CW8 1BE
- Sunday 16th July, 11am-2pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 25th July, 8-9.15pm at ChAPS Autism Ark, CW8 1BE

Parents and Adults Walk at Delamere Forest

- Friday 14th July, 12-1pm at Delamere Forest, CW8 2HZ

RockBox

- Tuesday 18th July, 7-8pm at ChAPS Autism Ark, CW8 1BE

Walk & Talk with Coffee and Cake

- Tuesday 11th July, 10-11.30am at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Tuesday 18th July, 12.45-1.45pm at ChAPS Autism Ark, CW8 1BE

Activities for Autistic Adults

(Activities listed in alphabetical order by location/town)

NORTHWICH:

Crafty Club

- Monday 10th July, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 24th July, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Geek Retreat

- Tuesday 4th July, 6.30-8pm at Geek Retreat, Barons Quay, Northwich, CW9 5FT

Parents and Adults Walk at Delamere Forest

- Friday 14th July, 12-1pm at Delamere Forest, CW8 2HZ

RockBox

- Tuesday 18th July, 7-8pm at ChAPS Autism Ark, CW8 1BE

Spectrum Connect Northwich

- Monday 17th July, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Tuesday 25th July, 12.45-1.45pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults Meet Runcorn

- Wednesday 5th July, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 19th July, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults Meet Warrington

- Wednesday 12th July, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 26th July, 12-1.30pm at Saint Paul's Church, WA5 2RX

WINSFORD:

Spectrum Connect Winsford

- Monday 3rd July, 7.30-9pm at The Hive, CW7 3DA

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 5th July, 6-7pm
- Wednesday 12th July, 6-7pm
- Wednesday 19th July, 6-7pm
- Wednesday 26th July, 6-7pm

July 2023

Need More Help?

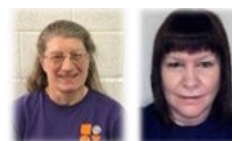


To make initial contact with staff, please use info@cheshireautism.org.uk and your email will be forwarded to the relevant person.

Ruth/Lisa - Admin Staff

For Attention Cards, Gift Aid, Child Registration Forms and everything else admin

T: 03448508607



Chloe - Activities and Fundraising Coordinator

For Activities, Room Bookings at The Ark and Fundraising

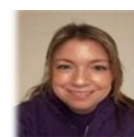
T: 07491 001360



Emma - Specialist Teacher

For Mental Health Therapy, Adult Sessions, Support & Training

T: 07462 868322



Caron - Support Worker

For Advice, Signposting & Support

Carey - Families Manager

For Counselling, Learning4Life, Swimming, Intensive Group Sessions & Support

T: 07462 887815



Natalie - Business Manager

For Recruitment, Finance, GDPR, Safeguarding, Health & Safety & Marketing

T: 07476 280356



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.