

September 2023



ChAPS Newsletter

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Wow! What a fantastic, busy summer we have had at ChAPS (check out page 3 for a look back at August). We hope everyone had a great break. As we move into September, we know that going back to work, school and routine can sometimes be a struggle (or a relief!). Please don't hesitate to reach out if you need a chat for further support or advice. Contact details for our Families Manager, Carey, at the bottom of the newsletter.

We have lots of exciting activities planned for over the next few months, including **Chester Annual Sponsored Walk** and our first **Wine Tasting Fundraising** evening. More information can be found on page 2.

Activities Update

After the success of our summer activities, we will be using **Ticket Tailor** to book all activities. Access code is provided at the top of the activity links page. If you have any issues, please email info@cheshireautism.org.uk

Due to ongoing room booking disruptions at **Theatre Porto**, we have taken the decision to move **Ellesmere Port Kids' Club** to a Tuesday evening. Kids Club will now run on the 1st and 3rd Tuesday of the month between 5.30-7pm. We hope that this change will minimise any disruptions to both clubs. **Youth Club** will continue on a Thursday evening between 6-7.30pm.

Also, because of the change to Ellesmere Port Kids Club, there will be a change to the **Parents' Meet** at Ellesmere Port, with this now running on the 2nd Thursday of the month between 7.45 –9pm.

Unfortunately, **Geek Retreat** in Northwich have closed down. We will, therefore, be no longer able to hold any sessions at their venue.

Spectrum Connect Winsford will now be held at the Red Lion pub in Winsford.

Finally, we are pleased to announce we have been granted another 3 months of funding for our Chester and Northwich **carer breaks**, extending the Wellbeing Weekends until December.

Monthly Trade

Each month, we are asking for assistance with a task in exchange for some advertising space in the newsletter. This month we need some help in the garden at The Ark! Tasks include: outside tap installation, mending the shed roof and helping us source some complete compost bins. We would also appreciate if any of our local members could offer us some space in their green bin for our garden waste. Do you have the ability to help us with any of the following? Please email info@cheshireautism.org.uk if you can help!

Comic Con @ Live!

Join Live at their Comic Con event! An indoor event held on Saturday 14th October from 10am-4pm at Live!, New Scene Centre, Limewood Close, Upton, Chester, CH2 2HH.

Some of the activities will include screenings of Marvel films, a Catwalk, Mastermind, Gaming, Fancy dress, Face Painting, Marvel Characters along with food and stalls selling goods all related to Comic Con.

To find out more information email andrea@livecheshire.org.uk or to book tickets, click [here](#). (just look for the date, then Comic Con, add your details and book your place). Places are limited.

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Chester Annual Sponsored Walk



Chester Business Club Annual Sponsored Walk takes place this year on Sunday September 17th, leaving Chester Racecourse at 11am and meandering through the beautiful countryside near to Chester. There are some refuelling pit stops along the way and at the end you will receive a certificate of completion as well as a well earned gin and tonic!

This is always a great fundraiser for ChAPS - we already have over 20 people (and dogs!) signed up to walk, but would love more to come! If you, or any of your friends would like to join the walk, please click [here](#) to sign up to the Eventbrite page - the more the merrier so feel free to invite friends and family too as this is a really lovely day out.

If you would like to sponsor our walkers, here's the link: <https://gofund.me/22ffacab>

Let's make this a huge success for the charity!

Wine Tasting Fundraiser

Come and join us at the ChAPS Autism Ark for a fundraising wine tasting evening on Thursday September 14th at 7pm.

Hosted by Chester Beer and Wine, the evening will give you the opportunity to sample a number of different wines, discover more about them and chat about them with our expert. We will also be serving a light cheese board to accompany the wines.

There will be the opportunity to purchase further glasses of your favourite wine on the night or even buy a bottle to take home.

To book your ticket at just £15 per head, please follow this link:

<https://buytickets.at/cheshireautismpracticalsupportltd/990735>

Wine Tasting Fundraiser
in association with
Chester Beer & Wine

Thursday 14th September, 7pm
At ChAPS Autism Ark,
Yarwoods Arm, Navigation
Road, Northwich, CW8 1BE
Tickets £15 per head

Come and join us at the ChAPS Autism Ark for a fundraising wine tasting evening.

Hosted by Chester Beer and Wine, the evening will give you the opportunity to sample a number of different wines, discover more about them and chat about them with our expert. We will also be serving a light cheese board to accompany the wines.

There will be an opportunity to purchase further glasses of your favourite wine on the night or even buy a bottle to take home.

To book tickets, please scan the QR code:

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A look back on August

We had a fantastic summer at **ChAPS** filled with activities and events. On Tuesday 25th July, we were visited by the iBOX Van for our Teen Night at the Ark. The children enjoyed playing their favourite games, before decorating and consuming their pizzas! And on Tuesday 1st August, over 45 children went wild at Delamere WildShore Aqua Park. Fun was also had at Zippy's Playworld in Chester on Monday 7th August, as well as for the 87 members who enjoyed a fairly wet but adventurous day at Gulliver's World on Tuesday 22nd August! Thank you to all those who came along, we hope you enjoyed the activities as much as we did.

We still have a few spaces left for our Circus Skill sessions next Tuesday in Runcorn, and we are really looking forward to our annual Pool Party at Marbury Park on Wednesday 30th August. If you are coming to the Pool Party, remember change for the hot dogs and burgers!

One of our members, Lillian, completed 1000 taekwondo kicks in 1 hour to raise money for ChAPS on Saturday 5th August. Everyone at ChAPS has been completely in awe of Lillian's efforts. She absolutely smashed her target, raising £790. Well done Lillian on such a fantastic achievement!

On Sunday 20th August, our Families Manager, Carey, and Business Manger, Natalie, had a great afternoon watching Cheshire Autism Football Club vs Jet2 All Stars! Thank you so much to everyone that came and supported us, to all the players on both sides and to Witton Albion FC for hosting us. And a special thank you to Cheshire Autism Football Club for organising the match and the incredible work they do in supporting us. They raised over £2000 for ChAPS, and have already started planning for next year's match to be even bigger! Carey and Natalie even managed to get a photo with Ashley Taylor, aka Darren Osbourne from Hollyoaks!



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Activity Links



All bookings will open on Friday 25th August 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 17th September, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 6th September, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Kids Club (7-11 years old)

- Monday 11th September, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 25th September, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 4th September, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 18th September, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Tuesday 5th September, 5.30-7pm at Theatre Porto, CH65 6QY
- Tuesday 19th September, 5.30-7pm at Theatre Porto, CH65 6QY

Youth Club (11-17 years old)

- Thursday 14th September, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 28th September, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

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

*For more information, please email chloe.carter@cheshireautism.org.uk

- Wednesday 6th September, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN
- Wednesday 13th September, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN
- Wednesday 20th September, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN
- Wednesday 27th September, 5.30-6.30pm at New Era Community Boxing, Unit 7b, CW9 5JN

Kids Club (7-11 years old)

- Monday 4th September, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 18th September, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 11th September, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 25th September, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-18 years old)

- Wednesday 13th September, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 27th September, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 10th September, 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 9th September, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 23rd September, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

Multi-Sports

- Saturday 23rd September, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

NORTHWICH:

Family Swim

- Saturday 2nd September, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

RSPCA Family Session

- Sunday 24th September, 11am-1pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Family Swim

- Saturday 16th September, 5.30-6.30pm at Beechwood Community Centre, WA7 SPZ

Circus Skills Workshop

- Tuesday 29th August, 1.10-2pm or 2-2.50pm, at Ormiston Academy, Runcorn, WA7 13B

WINSFORD:

Urban Air Trampoline Park

- Wednesday 27th September 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 16th September, 10am-1pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 27th September, 10am-12pm at Lache Community Centre, CH4 8HX

Walk & Talk with Coffee and Cake

- Thursday 21st September, 1.30-3pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Parents' Meet

- Thursday 14th September, 7.45-9pm 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 24th September, 3.30-4.30pm at Martial Arts Centre, Widnes, WA8 0GZ

Go Ape Treetop Challenge

- Wednesday 13th September, 9.45am-2pm at Go Ape Delamere, Northwich, CW8 2JD
- Sunday 22nd October, 9am-1pm at Go Ape Delamere, Northwich, CW8 2JD

Parents' Meet

- Wednesday 27th September, 7-8.30pm at Old Police Station, WA7 1DF

KNUTSFORD:

Parents of Adults Meet

- Friday 29th September, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Monday 11th September, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 25th September, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Northwich Wellbeing Weekend

- Sunday 10th September, 11am-2pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 26th September, 8-9.15pm at ChAPS Autism Ark, CW8 1BE

Parents and Adults Walk at Delamere Forest

- Friday 8th September, 12-1pm at Delamere Forest, CW8 2HZ

Walk & Talk with Coffee and Cake

- Friday 15th September, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Tuesday 12th September, 12.45-1.45pm at ChAPS Autism Ark, CW8 1BE
- Tuesday 26th September, 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 11th September, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 25th September, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Spectrum Connect Northwich

- Monday 18th September, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Tuesday 12th September, 12.45-1.45pm at ChAPS Autism Ark, CW8 1BE
- Tuesday 26th September, 12.45-1.45pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults Meet Runcorn

- Wednesday 6th September, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 20th September, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults Meet Warrington

- Wednesday 13th September, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 27th September, 12-1.30pm at Saint Paul's Church, WA5 2RX

WINSFORD:

Spectrum Connect Winsford

- Monday 7th August, 7.30-9pm at Red Lion, CW7 3AA

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 6th September, 6-7pm
- Wednesday 13th September, 6-7pm
- Wednesday 20th September, 6-7pm
- Wednesday 27th September, 6-7pm

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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 - Admin Staff

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

T: 03448508607



Lisa - Admin Staff, Café & Support Worker

For Advice, Signposting and Support, Café and everything else admin

T: 03448508607



Chloe - Activities and Fundraising Coordinator

For Activities, Room Bookings at The Ark and Fundraising

T: 07491 001360



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.

