

November 2023

# ChAPS Newsletter



## In this edition:

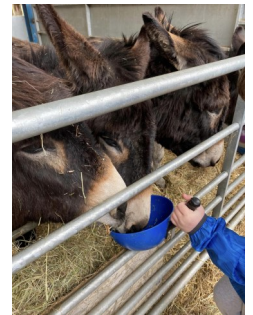
*\* Activity Spotlight \* Fundraising Update \* Monthly Trade \* Christmas at ChAPS \* Outside ChAPS*

### Activity Spotlight

Each month, we will be putting a spotlight on one of our activities. This month is **Animal Therapy**.

Animal Therapy is a sensory approach to animal interaction for children on the autism spectrum aged 4 and upwards. This session COULD include horse riding, grooming, small animal handling, goat petting and more! All sessions take place at Freedom Equine Centre in Bridge Trafford - more information about Freedom Equine can be found [here](#). We have two sessions available to our members: our Home Education Animal Therapy on the 1<sup>st</sup> Wednesday of the month, and Animal Therapy on the 3<sup>rd</sup> Sunday of the month. Each session is 45 minutes long and can have up to 4 participants.

Animal Therapy is definitely a firm favourite with our members! More details on how to book are on the first page of the Activity Links.



### Fundraising Update

On Thursday 28<sup>th</sup> September, our Business Manager, Natalie, was invited to speak at a Ladies' Lunch event at Hartford Golf Club as part of the Lady Captain's sponsorship events.

We are delighted and honoured to have been chosen as Sarah's charity this year. This event gave us the opportunity to talk about autism and all the fantastic work that ChAPS does, as well as an opportunity for Natalie to learn something about golf!

Thank you to Sarah and all the ladies that attended, raising a further £250 for ChAPS (to add to the amazing £1800 already raised). We are exceptionally grateful for Sarah's continued support of ChAPS.

### November Activity Update

From November, Yoga for Adults will be changing to a Friday afternoon. This month's session will take place on Friday 24<sup>th</sup> November between 1.45-2.45pm.

Due to a swimming gala event at Ellesmere Port Sports Village, the times of our Multi Sports and Swim session on Saturday 11<sup>th</sup> November have changed. Multi Sports will run from 2.30-3.30pm, with the Swim session following after at 3.45-4.45pm.



### Monthly Trade

Each month, we are asking for assistance with a task. We have lots of amazing Christmas activities planned, and we would appreciate your help with the following: Christmas Cracker donations and donations for our Tombola.

Do you have items you could donate to us? Please email [info@cheshireautism.org.uk](mailto:info@cheshireautism.org.uk) if you can help, or drop off any items at ChAPS Autism Ark before Friday 1<sup>st</sup> December.

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## Christmas is coming to ChAPS!

Booking details soon, but save these dates!

### Breakfast with Santa

Saturday 2<sup>nd</sup> December  
10am-12pm

### Christmas Party at Zippy's Playworld

Monday 4<sup>th</sup> December 4pm-6pm

### Family Christmas Craft Evening

Thursday 7<sup>th</sup> December, 6pm-8pm

### Festive Afternoon Tea

Friday 8<sup>th</sup> December, 12noon-1.30pm

### Adult Get Together

Monday 11<sup>th</sup> December, 7pm-8.30pm

### Urban Air Christmas Party

Wednesday 13<sup>th</sup> December  
4.30pm-6.30pm



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## Outside ChAPS



### Firework Displays

With Bonfire Night just around the corner, we know that many autistic people find the evening unpredictable, unsettling and distressing. We thought it would be useful to share a few tips from the National Autistic Society on how to make the night more enjoyable.

- **Have a plan and stick to it:** make sure that you talk to your family, or the people you live with, about bonfire night so that everyone knows what to expect, even if you're not planning on celebrating yourself.
- **Make sure plenty of food and treats are available and keep warm!**
- **Use a set of headphones or ear defenders and be mindful of noise, or find a quiet place to go to if the noise gets overwhelming.**
- **Give a safety speech:** some people's dislike about fireworks may come from anxiety or fear of being hurt. Reassure them that you are obeying safety rules.
- **Put on the TV:** try playing music, a favourite TV show, a computer game or you could even watch an online firework display.
- **Set an example:** try to stay calm, relaxed and have fun!

The Ice Cream Farm, in Chester, are having a low noise firework evening on Saturday 4<sup>th</sup> November. Entry is from anytime after 2pm. Tickets include two play tickets for any attractions of your choice and entry to the firework finale at approximately 6pm. For more information or to book, please click [here](#).

### Skills for Life "Multiply" Coffee Morning

Thursday 2<sup>nd</sup> November, 9.30-11.30am in The Loft Room at ChAPS Autism Ark

Are you interested in learning about budgeting and money skills in a friendly and relaxed environment? Then join Weaver Vale for their free coffee morning as they introduce their Multiply budgeting course.

The course focuses on helping people to manage their savings by re-thinking how they spend money and setting themselves a budget. Each week will be tailored to the needs of the group. This course is open to anyone and is free.

To reserve your place please contact Chloe at [chloe.carter@cheshireautism.org.uk](mailto:chloe.carter@cheshireautism.org.uk) or just turn up on the day.

### NHS England launch Autism Central online support

Autism Central is a new, free education programme which aims to build knowledge and understanding of autism, and empower families to advocate for autistic people to ensure they get the right care and support. The website has information on topics such as diagnosis, employment and mental health. For more information or to access the site, please click [here](#).

### Weighted Blankets for sale!



We have 5 homemade weighted blankets on sale at the Ark Café for £25 each. A huge thank you to Lynn Mackay for generously making these blankets.

For more information about them, please email us at [info@cheshireautism.org.uk](mailto:info@cheshireautism.org.uk)

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# Activity Links



All bookings will open on Tuesday 24<sup>th</sup> October 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 19<sup>th</sup> November, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 1<sup>st</sup> November, 10.30-11.15am at Freedom Equine, CH2 4JT

### CHESTER:

Kids Club (7-11 years old)

- Monday 13<sup>th</sup> November, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 27<sup>th</sup> November, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 6<sup>th</sup> November, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 20<sup>th</sup> November, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

## **ELLESMERE PORT:**

### Kids Club (7-11 years old)

- Tuesday 7<sup>th</sup> November, 5.30-7pm at Theatre Porto, CH65 6QY
- Tuesday 21<sup>st</sup> November, 5.30-7pm at Theatre Porto, CH65 6QY

### Youth Club (11-17 years old)

- Thursday 9<sup>th</sup> November, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 23<sup>rd</sup> November, 6-7.30pm at Theatre Porto, CH65 6QY

## **NORTHWICH:**

### Kids Club (7-11 years old)

- Monday 6<sup>th</sup> November, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 20<sup>th</sup> November, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

### Youth Club (11-17 years old)

- Monday 13<sup>th</sup> November, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 27<sup>th</sup> November, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

## **WARRINGTON:**

### Climbing Club (7-18 years old)

- Wednesday 8<sup>th</sup> November, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 22<sup>nd</sup> November, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

## **WIDNES:**

### Anti-Gravity Yoga (6-18 years old)

- Sunday 12<sup>th</sup> November, 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:**

#### Multi-Sports

- Saturday 11<sup>th</sup> November, 2.30-3.30pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 25<sup>th</sup> November, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

#### Swim Session

- Saturday 11<sup>th</sup> November, 3.45-4.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 25<sup>th</sup> November, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

### **NORTHWICH:**

#### RSPCA Family Session

- Sunday 26<sup>th</sup> November, 11am-1pm at ChAPS Autism Ark, CW8 1BE

#### Swim Session

- Saturday 4<sup>th</sup> November, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

### **RUNCORN:**

#### Swim Session

- Saturday 18<sup>th</sup> November, 5.30-6.30pm at Beechwood Community Centre, WA7 2PZ

### **WINSFORD:**

#### Urban Air Trampoline Park

- Wednesday 22<sup>nd</sup> November at Urban Air Trampoline Park, CW7 3RL
  - 4.30pm– 5.30pm (under 10 years old)
  - 5.30pm– 6.30pm (11-18 years old)

## Activities for Parents/Carers

(Activities listed in alphabetical order by location/town)

### **CHESTER:**

#### Chester Wellbeing Weekend

- Saturday 18<sup>th</sup> November, 10am-1pm at St Mary's Handbridge Centre, CH4 7HL

#### Holding the Space Mindfulness Course

- Continuing Wednesday 6<sup>th</sup>—Wednesday 22<sup>nd</sup> November , 7-9pm at Queens Park High School, CH4 7AE

#### Parents' Meet

- Wednesday 22<sup>nd</sup> November, 10am-12pm at Lache Community Centre, CH4 8HX

### **ELLESMERE PORT:**

#### Parents' Meet

- Thursday 9<sup>th</sup> November, 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 26<sup>th</sup> November, 3.30-4.30pm at Martial Arts Centre, Widnes, WA8 0GZ

#### Parents' Meet

- Wednesday 29<sup>th</sup> November, 7-8.30pm at Old Police Station, WA7 1DF

### **KNUTSFORD:**

#### Parents of Adults Meet

- Friday 24<sup>th</sup> November, 11am-1pm, at Kilton Inn, WA16 0PZ

## **NORTHWICH:**

### **Crafty Club**

- Monday 13<sup>th</sup> November, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 27<sup>th</sup> November, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

### **Holding the Space Mindfulness Course**

- Continuing Monday 6<sup>th</sup> – Monday 20<sup>th</sup> November, 7-9pm at ChAPS Autism Ark, CW8 1BE

### **Northwich Wellbeing Weekend**

- Sunday 5<sup>th</sup> November, 11am-2pm at ChAPS Autism Ark, CW8 1BE

### **Parents' Meet**

- Tuesday 28<sup>th</sup> November, 8-9.15pm at ChAPS Autism Ark, CW8 1BE

### **Parents and Adults Walk at Delamere Forest**

- Friday 10<sup>th</sup> November, 12-1pm at Delamere Forest, CW8 2HZ

### **Yoga for Adults**

- Friday 24<sup>th</sup> November, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE



## Activities for Autistic Adults

(Activities listed in alphabetical order by location/town)

### NORTHWICH:

#### Crafty Club

- Monday 13<sup>th</sup> November, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 27<sup>th</sup> November, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Spectrum Connect Northwich

- Monday 20<sup>th</sup> November, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

#### Yoga for Adults

- Tuesday 28<sup>th</sup> November, 12.45-1.45pm at ChAPS Autism Ark, CW8 1BE

### RUNCORN:

#### Adults Meet Runcorn

- Wednesday 1<sup>st</sup> November, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 15<sup>th</sup> November, 12-1.30pm at Old Police Station, WA7 1DF

### WARRINGTON:

#### Adults Meet Warrington

- Wednesday 8<sup>th</sup> November, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 22<sup>nd</sup> November, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 29<sup>th</sup> November, 12-1.30pm at Saint Paul's Church, WA5 2RX

### WINSFORD:

#### Spectrum Connect Winsford

- Monday 6<sup>th</sup> November, 7.30-9pm at Red Lion, CW7 3AA

## **ONLINE SESSIONS:**

### Adult Mental Health Support Group

- Wednesday 1<sup>st</sup> November, 5.45-6.45pm
- Wednesday 8<sup>th</sup> November, 5.45-6.45pm
- Wednesday 15<sup>th</sup> November, 5.45-6.45pm
- Wednesday 22<sup>nd</sup> November, 5.45-6.45pm
- Wednesday 29<sup>th</sup> November, 5.45-6.45pm

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# Need More Help?



To make initial contact with staff, please use [info@cheshireautism.org.uk](mailto: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.

