

April 2024

ChAPS Newsletter



Cheshire Autism
Practical Support

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ChAPS Fundraising Challenge

Our fundraising challenge is in full swing and we have already hit our first target of £1000! A massive thank you to Chloe and the Louise Carter School of Dance; Winnington Park Community Primary School; and Issy Evison.

We can't wait to share more information about the challenge in our May newsletter.

Remember our ChAPS Fundraiser events are taking place this week and next week. There are still spaces available—booking links can be found in the Activities for Families section!

We also have two amazing Easter hampers available to win. More details can be found below.

Or can you donate to our challenge? Our Go Fund Me Page is now live—to give a donation, please click here: <https://gofund.me/d1fc8c9a>



ChAPS Turns 14!!

On Sunday 31st March, it will be 14 years since ChAPS was set up.

We are so proud of what we have achieved over the last 14 years in supporting autistic people and their families ... and cannot wait to share with you our plans for the next year!

Thank you to every staff member, volunteer, trustee, patron and, most importantly, ChAPS Members, who have supported us in the 14 years.

We hope you will all join us wishing ChAPS a very happy 14th birthday!

Activity Photographs

We are extremely lucky to have booked Andrew, a professional photographer, to come take some up-to-date photos of our activities. Andrew will be visiting the following activities:

- Chester Youth Club on Monday 15th April
- Chester My Time on Saturday 20th April
- Animal Therapy on Sunday 21st April
- Crafty Club on Monday 22nd April

When booking onto these activities, please make sure to answer the question regarding photo consent. Andrew will only take pictures of those who have provided consent.

Do you want to win this amazing Easter Hamper?
Then why not participate in our Guess how many eggs are in the jar fundraiser or our Football Card fundraiser!
All proceeds will go towards Cheshire Autism Practical Support's 'Help ChAPS To Raise £5k in 10 days' fundraising challenge.

Prize includes: Cadbury's Chocolate Fingers egg, Smarties dinosaur egg, Celebrations/Terry's Chocolate Orange egg, Cadbury's Dairy Milk Buttons, Cadbury's Mini Eggs egg, Box of 5 crème eggs, Cadbury's Mini eggs and 2 easter goodie bags.

www.cheshireautism.org.uk
Tel: 0344 850 8607
Charity No. 1149624
Gambling License: 24/LOTTO/5

Either email chloe.carter@cheshireautism.org.uk to organise your guess or pop into the Ark Café, ChAPS Autism Ark, Northwich.

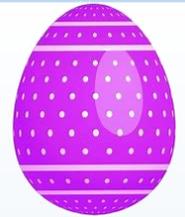
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Easter at Cheshire Autism Practical Support



ChAPS Easter Egg Hunt

Thursday 4th April, 1.30pm, 2pm or 2.30pm

Petty Pool, Sandiway, CW8 2DR



Chocolate Show Workshop at The Catalyst Museum

Monday 8th April, 1.30-3pm

Catalyst Museum Mersey Road, Widnes, WA8 0DF

An interactive show all about the science behind one of our favourite Easter treats– with lots of audience participation and maybe even a tasting opportunity! The show will start at 2pm. Members can visit the museum after the show.

Children will need to be supervised by a parent/carer during this event. Please register the names of ALL members attending.



Teen Event: Ghostbusters: Frozen Empire (ages 13-18)

Wednesday 10th April, 5.40-8.15pm

Vue Cinema, Cheshire Oaks, Ellesmere Port, CH65 9HD

As chosen by our teen members, a cinema trip to watch Ghostbusters: Frozen Empire at Vue Cinema Cheshire Oaks. This is not a relaxed screening so there will be trailers before the film.

Parents are not expected to stay during the film, however, please leave contact details to be contactable if needed.



Kung Fu Panda 4 Relaxed Screening

Thursday 11th April, 10am-12pm

Storyhouse, Hunter Street, Chester, CH1 2AR

Private hire of Chester Storyhouse cinema. This is a relaxed screening of Kung Fu Panda 4. The film will start promptly at 10am.

Children will need to be supervised by a parent/carer during this event. Please register the names of ALL members attending.

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Outside ChAPS

This part of the newsletter focusses on services external to ChAPS that we feel may be of interest to you.



The Ice Cream Farm SEN Sessions

The Ice Cream Farm host monthly SEN Sessions.

Autism Friendly sessions include:

- Reduced capacity
- Music and dryers turned off
- Ear defenders available on request
- Range of sensory toys available to purchase

The sessions are:

- Suitable for all ages
- Cost £2.50 per child

For more information or to book, visit [SEN Sessions - The Ice Cream Farm](#)

Disability Ice Skating

Disability Ice Skating

Running on the 1st Sunday of every month
12.30 - 1.15 pm

Contact Jo Gillmore
deesideiceskatingclub1974@gmail.com

Only **£7.00**
(1 Carer free)

Suitable for all impairments
Deeside Leisure Centre
Skating aids & qualified coach available
siblings and family welcome

www.aura.cymru

Book online at Eventbrite:
disability ice skating session

Open to girls and non-binary young people aged 13-18 with a diagnosis of autism or on the pathway to diagnosis.

NEW GROUP OPENING IN CHESTER

autistic girls network groups

Autistic Girls Network Groups

New Autistic Girls Network Group starting in Chester on 27th March for autistic girls and non-binary young people aged 13-18.

The groups are neuro-affirmative spaces, where autistic children and young people can be themselves and be accepted as they are. They do lots of craft, cooking, and outdoor activities.

The group is based at SPACE in Chester.

For more information or to register, visit

[Face to Face Groups - Autistic Girls Network](#)

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Activity Links



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 21st April, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 3rd April, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Dance Movers with Nikki

*This session is open to any parent carer and child over the age of 14.

- Thursday 11th April, 11am-12pm at St Mary's Handbridge Centre, CH4 7HL

Kids Club (7-11 years old)

- Monday 8th April, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 22nd April, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 15th April, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 29th April, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Tuesday 2nd April, 6-7.30pm at Theatre Porto, CH65 6QY
- Tuesday 16th April, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (11-17 years old)

- Thursday 11th April, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 25th April, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Kids Club (7-11 years old)

- Monday 15th April, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 29th April, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 8th April, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 22nd April, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 10th April, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 24th April, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 14th April, 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)

CHESTER:

Kung Fu Panda 4 Relaxed Screening

- Thursday 11th April, 10am-12pm at Storyhouse, Hunter Street, CH1 2AR

ELLESMERE PORT:

Multi Sports

- Saturday 13th April, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 27th April, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

Swim Session

- Saturday 13th April, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 27th April, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

Teen Event: Ghostbusters: Frozen Empire (13-18 years old)

- Wednesday 10th April, 5.40-8.15pm at Vue Cinema, 12 Coliseum Way, Cheshire Oaks, CH65 9HD

NORTHWICH:

ChAPS Easter Craft Evening- *fully booked!*

- Tuesday 26th March, 5.30-7pm at ChAPS Autism Ark, CW8 1BE

ChAPS Easter Egg Hunt— *booking open, access code Challenge*

- Thursday 4th April, 1.30pm, 2pm, or 2.30pm at Petty Pool, Sandiway, CW8 2DR

Easter Bingo—*booking open, access code Challenge*

- Thursday 28th March, 6.30-8.30pm at ChAPS Autism Ark, CW8 1BE

Swim Session—*booking open from Tuesday 26th March*

- Saturday 6th April, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

RUNCORN:

Swim Session

- Saturday 20th April, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

WIDNES

Chocolate Show at Catalyst Museum

- Monday 8th April, 1.30-3pm at Catalyst Museum, Mersey Road, WA8 0DF

WINSFORD:

Urban Air Trampoline Park

- Wednesday 24th April at Urban Air Trampoline Park, CW7 3RL
5-6pm (under 10 years old)

6-7pm (11-18 years old)

Activities for Parents/Carers

(Activities listed in alphabetical order by location/town)

CHESTER:

Holding the Space Mindfulness Course

- Starting on Thursday 14th March, 12.30-2.30pm at St Mary's Handbridge Centre, CH4 7HL
*Dates of sessions: Thursday 14th March, Thursday 21st March, Thursday 28th March, **Thursday 18th April, Thursday 25th April, Thursday 2nd May***

Dance Movers with Nikki

*This session is open to any parent carer and child over the age of 14.

- Thursday 11th April, 11am-12pm at St Mary's Handbridge Centre, CH4 7HL

My Time

- Saturday 20th April, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 24th April, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

Yoga with Laura

- Monday 29th April, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Parents' Meet

- Thursday 11th April, 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 28th April, 3.30-4.30pm at Martial Arts Centre, Widnes, WA8 0GZ

KNUTSFORD:

Parents' of Adults Meet

- Friday 26th April, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Friday 5th April, 10-11.30am at ChAPS Autism Ark, CW8 1BE—*booking open from Tuesday 26th March*
- Monday 22nd April, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Holding the Space Mindfulness Course

- Starting on Monday 11th March, 7-9pm at ChAPS Autism Ark, CW8 1BE
*Dates of Sessions: Monday 11th March, Monday 18th March, Monday 25th March, **Monday 15th April, Monday 22nd April, Monday 29th April***

Mindfulness Movement with Lee

- Wednesday 17th April, 7-8pm at ChAPS Autism Ark, CW8 1BE

My Time

- Saturday 13th April, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 23rd April, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 19th April, 11.45am-1pm at Delamere Forest, CW8 2HZ

Yoga for Adults

- Friday 26th April, 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

- Friday 5th April, 10-11.30am at ChAPS Autism Ark, CW8 1BE—*booking open from Tuesday 26th March*
- Monday 22nd April, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Easter Bingo

- Thursday 28th March, 6.30-8.30pm at ChAPS Autism Ark, CW8 1BE

Parents' and Adults' Walk at Delamere Forest

- Friday 19th April, 11.45am-1pm at Delamere Forest, CW8 2HZ

Spectrum Connect Northwich

- Monday 15th April, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Friday 26th April, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

- Wednesday 3rd April, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 17th April, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults' Meet Warrington

- Wednesday 10th April, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 24th April, 12-1.30pm at Saint Paul's Church, WA5 2RX

WINSFORD:

Spectrum Connect Winsford

- Monday 8th April, 7.30-9pm at Red Lion, CW7 3AA

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 3rd April, 5.45-6.45pm
- Wednesday 10th April, 5.45-6.45pm
- Wednesday 17th April, 5.45-6.45pm
- Wednesday 24th April, 5.45-6.45pm

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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/ Jo - 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



Caron - Support Worker

For Advice, Signposting & Support

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



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.