

September 2024

# ChAPS Newsletter



## In this edition:

*\*A look back at August \*Fundraising News \*Outside ChAPS*

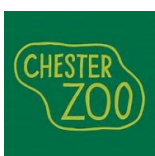
**Wow!** What a fantastic, busy summer we have had at ChAPS (check below for a look back at August). We hope everyone had a great break. As we move into September, we know that going back to work, school and routine can sometimes be a struggle (or a relief!). Please don't hesitate to reach out if you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

We have lots of exciting fundraising events happening over the next few months. More information can be found on page 2.



## A look back on August

We had a fantastic summer at **ChAPS** filled with activities and events. Our ChAPS Summer Timetable was filled with 43 activities, ranging from Sand Art to Mindfulness Movement to Escape Rooms, and even a trip to Gulliver's World! Our annual Pool Party at Marbury Park was a big hit with the members, with the water being very refreshing on a warm day!



We can't wait to finish our summer holiday activities with our first ChAPS family day out at Chester Zoo on Friday 30<sup>th</sup> August– it promises to be a great opportunity to meet up with friends old and new and see the amazing zoo animals.

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## Fundraising News

ChAPS are honoured to be the chosen charity at four upcoming fundraising events.

### Captains Charity Day at Hartford Golf Club

ChAPS have been selected as both the Ladies and the Men's chosen charity of the year. There are spaces still available for 3 or 4 person teams at the Captains Charity Day taking place on Saturday 31<sup>st</sup> August. The event is open to all, members plus guests are all welcome to play. For more information, please speak to Hartford Golf Club. It should be lots of fun! Thank you to Margaret and Paul for choosing ChAPS, we really appreciate your continued help and support.

### Vale Royal Carpet Cleaning Free Family Fun Day

Vale Royal Carpet Cleaning are hosting a free family fun day at Northwich Rugby Club (Moss Farm) on Sunday 1<sup>st</sup> September between 12pm –4pm. They have lots of local business coming along, as well as a Magician, Face Painting, Hair Braiding, Glitter Tattoos, Tombola, Bouncy Castle, Food Vans & much more! There will also be a BIG raffle with some amazing prizes up for grabs, all donated by generous local businesses. All money raised will be split between Mind and ChAPS. We would love to see as many members as possible at the event! Thank you to Vale Royal Carpet Cleaning for choosing ChAPS and for organising this great event!

### Cheshire Autism Football Club V. Jet2 TV All-Stars

After the success of last year's match against Jet2 TV All-Stars, Cheshire Autism Football Club take on the celebrities again on Sunday 1<sup>st</sup> September at Middlewich Town Football Club. Kick off is at 2pm, and entry is £7pp, under 11s free. The match was a highlight of last August at ChAPS, with ChAPS Staff members getting to meet Ashley Taylor, aka Darren Osbourne from Hollyoaks! The event promises to be another fun afternoon, with a half time performance by Impulse-dancers. Thank you to Cheshire Autism Football Club for their continued support—we look forward to cheering you on from the sidelines!



### Chester Annual Sponsored Walk

Chester Business Club Annual Sponsored Walk takes place this year on Sunday September 15<sup>th</sup>, 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 email Chloe on [chloe.carter@cheshireautism.org.uk](mailto:chloe.carter@cheshireautism.org.uk) - 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/1c7361a1>

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

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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.



### Theatre Porto 'Take Up' & 'Take-Off' Groups

Theatre Porto have spaces available at their target trial groups for Disabled and Neurodiverse Children and Young People starting in September. Both sessions are free of charge.

#### Take-Up (7-11 year olds)

Dates: Sundays 1.30-3pm: 8th Sept, 22nd Sept, 6th Oct, 20th Oct, 3rd Nov, 17th Nov

*A pilot run of 6 creative drama sessions for 7-11 years old's who experience disability or neurodivergence. We will play games, make up stories together and become lots of different characters and build on our drama and performance skills in a safe, encouraging space.*

To book a place please fill out this form: <https://forms.office.com/e/d34RGeKncb>

#### Take- Off (12-18 years old)

Dates: Sundays 3.30-5pm: 8th Sept, 22nd Sept, 6th Oct, 20th Oct, 3rd Nov, 17th Nov

*A pilot run of 6 creative drama sessions for 12-18 year old's who experience disability or neurodivergence. We will explore different drama and theatre techniques, come up with characters, stories and scenes as well as play games and build our confidence in a supportive, relaxed environment.*

To book a place please fill out this form: <https://forms.office.com/e/d34RGeKncb>

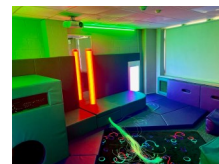
For more information, please email Natasha on [natasha@theatreporto.org](mailto:natasha@theatreporto.org) or call the office on 0151 357 2120

### Autism 'Passport'

A 'passport' designed to help young autistic people transitioning from education to work has been launched. Disability Advice and Welfare Network (Dawn) hopes the booklet will help more neurodivergent education leavers find employment. Click [here](#) for more details.

### Connecting to help

The Autism Services Directory is a fantastic resource which connects individuals, parents and professionals to sources of support, help and information in their local area. Useful information and guidance on assessment and diagnosis. [Autism Services Directory](#)



### ChAPS Sensory Room

Remember our Sensory Room is available for private hire, please contact us at [info@cheshireautism.org.uk](mailto:info@cheshireautism.org.uk) for details.

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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 15<sup>th</sup> September, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 4<sup>th</sup> September, 10.30-11.15am at Freedom Equine, CH2 4JT

### **CHESTER:**

Kids Club (7-11 years old)

- Monday 9<sup>th</sup> September, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 23<sup>rd</sup> September, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 16<sup>th</sup> September, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

### **ELLESMERE PORT:**

Kids Club (7-11 years old)

- Tuesday 17<sup>th</sup> September, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

- Thursday 12<sup>th</sup> September, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 26<sup>th</sup> September, 6-7.30pm at Theatre Porto, CH65 6QY

## **NORTHWICH:**

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

- Monday 16<sup>th</sup> September, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

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

- Monday 9<sup>th</sup> September, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 23<sup>rd</sup> September, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

## **WARRINGTON:**

### Climbing Club (7-17 years old)

- Wednesday 11<sup>th</sup> September, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 25<sup>th</sup> September, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

## **WIDNES:**

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

- Sunday 8<sup>th</sup> 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)

### **CHESTER:**

Film: Beetlejuice Beetlejuice (12A)

- Monday 16<sup>th</sup> September, 6-8pm at Chester Storyhouse, CH1 2AR

### **ELLESMERE PORT:**

Multi Sports

- Saturday 14<sup>th</sup> September, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 28<sup>th</sup> September, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

Swim Session

- Saturday 14<sup>th</sup> September, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 28<sup>th</sup> September, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

### **NORTHWICH:**

Swim Session

- Saturday 7<sup>th</sup> September, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

Wild Tots (0-13 years old)

- Tuesday 3<sup>rd</sup> September, 5-6pm at Wild Tots, CW9 5DD

### **RUNCORN:**

Swim Session

- Saturday 21<sup>st</sup> September, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

### **WINSFORD:**

Urban Air Trampoline Park

- Wednesday 25<sup>th</sup> September 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:**

#### My Time

- Saturday 21<sup>st</sup> September, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

#### Parents' Meet

- Wednesday 25<sup>th</sup> September, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

#### Yoga with Laura

- Monday 2<sup>nd</sup> September, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

### **ELLESMERE PORT:**

#### Parents' Meet

- Thursday 12<sup>th</sup> September, 7.45-9pm at Theatre Porto, CH65 6QY

### **KNUTSFORD:**

#### Parents' of Adults Meet

- Friday 27<sup>th</sup> September, 11am-1pm, at Kilton Inn, WA16 0PZ

### **NORTHWICH:**

#### Crafty Club

- Friday 6<sup>th</sup> September, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 16<sup>th</sup> September, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Mindfulness Movement

- Thursday 19<sup>th</sup> September, 7-8pm at ChAPS Autism Ark, CW8 1BE

#### My Time

- Saturday 14<sup>th</sup> September, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

## Parents' Meet

- Tuesday 24<sup>th</sup> September, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

## Parents' and Adults' Walk at Delamere Forest

- Friday 13<sup>th</sup> September, 11.45am-1pm at Delamere Forest, CW8 2HZ

## Yoga for Adults

- Friday 27<sup>th</sup> September, 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 6<sup>th</sup> September, 10-11.30am at ChAPS Autism Ark, CW8 1BE
- Monday 16<sup>th</sup> September, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

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

- Friday 13<sup>th</sup> September, 11.45am-1pm at Delamere Forest, CW8 2HZ

#### Spectrum Connect Northwich

- Monday 2<sup>nd</sup> September, 7-8.30pm at ChAPS Autism Ark, Northwich, CW8 1BE
- Monday 16<sup>th</sup> September, 7-8.30pm at ChAPS Autism Ark, CW8 1BE

#### Yoga for Adults

- Friday 27<sup>th</sup> September, 1.45-2.45pm at ChAPS Autism Ark, CW8 1BE

### RUNCORN:

#### Adults' Meet Runcorn

- Wednesday 4<sup>th</sup> September, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 18<sup>th</sup> September, 12-1.30pm at Old Police Station, WA7 1DF

### WARRINGTON:

#### Adults' Meet Warrington

- Wednesday 11<sup>th</sup> September, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 25<sup>th</sup> September, 12-1.30pm at Saint Paul's Church, WA5 2RX

## **ONLINE SESSIONS:**

### Adult Mental Health Support Group

- Wednesday 4<sup>th</sup> September, 5.45-6.45pm
- Wednesday 11<sup>th</sup> September, 5.45-6.45pm
- Wednesday 18<sup>th</sup> September, 5.45-6.45pm
- Wednesday 25<sup>th</sup> September, 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/ 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

Carey - Lead Adult Activity Worker

T: 07462 887815



Chloe - Activities and Fundraising Manager

For Activities, Room Bookings at The Ark and Fundraising

T: 07491 001360



Graham - Head of Service

For Safeguarding, Strategic Planning, Governance, Funding and Operational Management



**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.