

## ChAPS Update!

We are really excited to tell you that we have been working extremely hard over the past 18 months on a **ChAPS** app! This app will give members access to membership subs payments, activities bookings and cancellations, waitlists, your own member's profile, reminder notifications and much more! Members will receive an email shortly where they will get information on registering for the app and a timeline of progression for the next few months.

We are now funded by West Cheshire CCG to provide parent training in Chester & Ellesmere Port which is fantastic. To access this, you will need to be registered with a West Cheshire doctors' surgery and your child needs to be recently diagnosed or on the pathway for diagnosis. You can register for the training [here](#)

October half term will see a range of activities from Geek Retreat to Animal Handling to a No Mask Halloween Party at The Ark! Lots of fun to be had. Please ensure you read all the Eventbrite information before booking your place on these activities.

**The Ark Café** has started delivering its first cooking course to adults with ASC. So far, they have made spaghetti bolognese and sweet and sour chicken is next! Yum! Huge thank you to **Kim & Josh** for all their hard work delivering this course.

October marks one whole year at **ChAPS Autism Ark**. With a flood dampening our centre in the first few months of securing it, we never expected to be where we are today. Delivering counselling sessions, therapies, running a café, hosting training bookings and sessions, running Learning4Life, having all our office staff working together, renting a room to Leighton midwives and most of all, seeing our supportive members using **The Ark** for all we intended it to be - a safe space for you to seek support, relax and spend time with your family. We're so grateful and we're continuing to work very hard to deliver the best we can.

On the 26<sup>th</sup> September we completed our Annual Sponsored Walk with 36 walkers and 7 dogs! We raised over £1100 which is incredible - thank you so much for all your donations, and to all the walkers for talking part. It was a fantastic day, and the weather was definitely on our side! Photos of the happy walkers below!



THANK YOU!



## ***Other Services...***

**Kidz to Adultz North** is a free exhibition for carers, parents, professionals and all those who support children and young adults with disabilities and additional needs. The new venue is the ACC Liverpool, Kings Dock, Liverpool Waterfront, Liverpool, Merseyside, L3 4FP. It will run on Wednesday 17 November 2021.

Reserve your ticket [here](#).

**Transition to Adulthood** free virtual information event on 5<sup>th</sup> & 6<sup>th</sup> October 2021, 9.15am – 2.30pm. This event aims to support parents and carers of young people with SEN &/or disabilities aged 13 to 25 as they move towards becoming an adult.

To book a place click [here](#)

## ***ChAPS Adults***

- ◆ **Mondays** 12:00noon – 1:00pm Mental Health Awareness with **Emma**
- ◆ **Fridays** 6:00pm – 8:00pm Special Interest/ Social Chat with **Jennie**
- ◆ **Every 4<sup>th</sup> Monday of the Month** Spectrum Connect Halton with **Rach**
- ◆ **Every 2<sup>nd</sup> Wednesday of the Month** Spectrum Connect Chester with **Diane**
- ◆ **Every 1<sup>st</sup> Monday of the Month** Spectrum Connect Winsford with **Jennie & Bobbie**
- ◆ **Every 3<sup>rd</sup> Monday of the Month** Spectrum Connect Northwich with **Jennie & Bobbie**

## **ChAPS Bespoke Services**

### ***ChAPS Adult Daytime Provision***

**Learning4Life** is our **bespoke** daytime provision for adults to learn social skills, as well as other life skills and develop friendships and build trust with others.

We are providing support with day-to-day activities, in a facilitated environment, for 6 hours a week for our members at the rate of £75 per day, in line with social care Direct Payments. We have expanded this provision into Warrington on a Friday and Halton on a Tuesday which is funded by NHS Halton and Warrington CCGs.

Spaces are currently available at our Northwich group, details are:

**L4L Northwich: Mondays 9.30am-12.30pm & Thursdays 10am-4pm**

**Address: ChAPS Autism Ark, Yarwoods Arm, Northwich CW8 1BE.**

For more information, please email **Carey** on [families@cheshireautism.org.uk](mailto:families@cheshireautism.org.uk)

## ***ChAPS Mental Health Therapies***

Our new Mental Health Therapy is a 1:1 therapeutic service that we have specifically developed for adults with autism.

We see first-hand that a lot of our autistic adults are struggling with their mental health and recognise that due to the pandemic they are more socially isolated, so their anxiety and poor coping skills are having a detrimental effect on their lives.

The number of sessions can be tailored to the individual, taking into consideration recommendations from the referring professional, but we would expect commissioners to recognise that a minimum of 10 sessions will be needed to effect real change. This can be self-funded (at a discounted rate for **ChAPS** members) or funded through the NHS if you have a consultant able to procure the funding for you.

If you have any queries, please don't hesitate to get in touch with **Emma** on [therapies@cheshireautism.org.uk](mailto:therapies@cheshireautism.org.uk)

## ***Bespoke Training***

We're now ready to resume our bespoke and professional training. We are delighted that we are an accredited provider through the Open Awards Excellence scheme - this enables us to ensure that the training that we deliver is truly first rate.

We are proud to have 2 trainers, all of whom "live" autism daily; this lived experience, together with their academic knowledge, puts them in an excellent position to deliver our training programmes.

**Tom Makin-Bell** delivers our accredited "Introduction to Autism" course. As the name suggests, this 3-hour interactive workshop will both improve your awareness of autism and improve your problem-solving abilities when working with autistic people.

**Emma Eager** delivers our accredited "Introduction to PDA" (Pathological Demand Avoidance) course. This programme will help professionals who work with children that have extreme reactions to every day demands; completing the course will arm you with useful strategies and a greater understanding of PDA.

**Emma** also offers a range of specialist courses that include masking, sleep, puberty and more!

If your organisation would like to book one of our training sessions, please contact our Business Manager, **Natalie Catterall** on [business@cheshireautism.org.uk](mailto:business@cheshireautism.org.uk) for further information.

## **School Assembly Training**

We have really missed visiting schools to deliver our Autism assemblies. Prior to the lockdown, these were incredibly well received by both staff and children, and we are really looking forward to being able to rekindle our excellent relationship with schools across Cheshire. If your school would like to book in an assembly, please contact our Business Manager, **Natalie Catterall** on [business@cheshireautism.org.uk](mailto:business@cheshireautism.org.uk)

## Diary of Events

1 Oct	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach & Emma.	10am-4pm
1 Oct	B'TRAFFORD	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane	11-11.45am
1 Oct	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
2 Oct	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.15pm
4 Oct	ZOOM!	Adults Mental Health Support Group with Emma.	12pm
4 Oct	NORTHWICH	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Seb.	5-6.30pm
4 Oct	ZOOM!	Children's Mindfulness with Di MinDees.	6.30pm
4 Oct	ZOOM!	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
4 Oct	NORTHWICH	Spectrum Connect at The Hive CW7 3DA with Jennie & Bobbie.	7.30-9pm
5 Oct	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
5 Oct	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
5 Oct	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jo.	7.30-8.15pm
7 Oct	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
7 Oct	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
7 Oct	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
7 Oct	E'PORT	Parents Meeting at The Community Hub CH65 9BD with Diane & Leona.	7.30-8.45pm
8 Oct	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach.	10am-4pm
8 Oct	NORTHWICH	Afternoon Tea at The Ark Café CW8 1BE.	12-3pm
8 Oct	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
9 Oct	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.15-5.15pm
9 Oct	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	5.30-6.30pm
10 Oct	WIDNES	Anti-Grav Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel.	12.30-2.15pm
11 Oct	NORTHWICH	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
11 Oct	ZOOM!	Adults Mental Health Support Group with Emma.	12pm
11 Oct	CHESTER	Kidz Club Chester at St Mary's CH4 7HL with Diane, Jennie & Jessica.	4.30-6pm
11 Oct	ZOOM!	Children's Chat with Di MinDees.	6.30pm

11 Oct	ZOOM!	Teen Mindfulness - 12yrs+ with Di MinDees.	7.30pm
12 Oct	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
12 Oct	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
12 Oct	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jo.	7.30-8.15pm
13 Oct	NORTHWICH	Parents Walk & Talk from ChAPS Autism Ark CW8 1BE with Carey.	10am-12pm
13 Oct	CHESTER	Spectrum Connect at St Mary's Handbridge Centre CH4 7HL with Diane.	1-3pm
14 Oct	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
14 Oct	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
15 Oct	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach.	10am-4pm
15 Oct	KNUTSFORD	Parents of Adults Meeting at The Rose & Crown WA16 6DT with Carey.	11am-1pm
15 Oct	NORTHWICH	Afternoon Tea at The Ark Café CW8 1BE.	12-3pm
15 Oct	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
16 Oct	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm
17 Oct	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	12.30-4.15pm
18 Oct	ZOOM!	Adults Mental Health Support Group with Emma.	12pm
18 Oct	NORTHWICH	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Seb.	5-6.30pm
18 Oct	ZOOM!	Children's Mindfulness with Di MinDees.	6.30pm
18 Oct	ZOOM!	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
18 Oct	WINSFORD	Spectrum Connect at ChAPS Autism Ark CW8 1BE with Jennie & Bobbie.	7.30-9pm
19 Oct	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
19 Oct	NORTHWICH	Yoga for Adults at ChAPS Autism Ark CW8 1BE with Sarah & Carey.	1-2pm
19 Oct	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
19 Oct	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jo.	7.30-8.15pm
20 Oct	NORTHWICH	Parents Walk & Talk from ChAPS Autism Ark CW8 1BE with Carey.	12.30-2.30pm
20 Oct	CHESTER	Parents Meeting at St Mary's Handbridge Centre CH4 7HL with Diane.	1-3pm
21 Oct	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
21 Oct	E'PORT	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm

21 Oct	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
22 Oct	WINSFORD	Parents Meeting at The Hive CW7 3DA with Carey.	9.30-10.30am
22 Oct	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach.	10am-4pm
22 Oct	NORTHWICH	Parents & Adults Walk at Delamere Forest CW8 2JD with Carey.	12-2pm
22 Oct	NORTHWICH	Afternoon Tea at The Ark Café CW8 1BE.	12-3pm
22 Oct	ZOOM!	Adults Special Interest / Social with Jennie.	6-8pm
23 Oct	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.45-5.45pm
25 Oct	NORTHWICH	Geek Retreat at Unit 7 Barons Quay CW9 5FT with Jennie & Nic.	10-12pm
25 Oct	NORTHWICH	Halloween Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
25 Oct	ZOOM!	Adults Mental Health Support Group with Emma.	12pm
25 Oct	CHESTER	Kidz Club Chester at St Mary's CH4 7HL with Diane, Jennie & Jessica.	4.30-6pm
25 Oct	WIDNES	Spectrum Connect at Cookhouse Pub & Carvery WA8 7ER with Rach.	6-7.30pm
25 Oct	ZOOM!	Children's Chat with Di MinDees.	6.30pm
25 Oct	ZOOM!	Teen Mindfulness - 12yrs+ with Di MinDees.	7.30pm
26 Oct	RUNCORN	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
26 Oct	E'PORT	Reptiles off Roadin at St Thomas & All Saints Church CH65 6UW with Jennie	11am-1.15pm
26 Oct	NORTHWICH	Family Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
26 Oct	NORTHWICH	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jo.	7.30-8.15pm
26 Oct	NORTHWICH	Parents Meeting at ChAPS Autism Ark CW8 1BE with Jennie & Leona.	7.30-9pm
27 Oct	CHESTER	Wizz Kidz Saltney at Sabre House CH4 8SN with Diane.	4-6pm
27 Oct	WINSFORD	Urban Air Trampoline Park CW7 3RL with Carey.	4.30-6.30pm
28 Oct	NORTHWICH	Learning4Life at ChAPS Autism Ark CW8 1BE.	10am-4pm
28 Oct	RUNCORN	Safari Phil at The Old Police Station WA7 1DF with Rach.	10.30am - 1.15pm
28 Oct	E'PORT	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
28 Oct	RUNCORN	Parents Meeting at The Acorn Club WA7 5EX with Rach & Leona.	7-8.30pm
29 Oct	WARR'TON	Learning4Life at The Old School WA1 3AJ with Rach.	10am-4pm
29 Oct	NORTHWICH	Afternoon Tea at The Ark Café CW8 1BE.	12-3pm

29 Oct	NORTHWICH	No Mask Halloween Party at ChAPS Autism Ark CW8 1BE with ChAPS Staff.	6-7.30pm
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*If you require any ZOOM ID's please contact **Emily Chaps**.*

## Need More Help or Information?

**Ruth/Lucy, Admin Staff** - For Attention Cards, Gift Aid, Child Registration Forms & everything else Admin

E: [admin@cheshireautism.org.uk](mailto:admin@cheshireautism.org.uk)

E: [office@cheshireautism.org.uk](mailto:office@cheshireautism.org.uk)

T: 0344 850 8607

**Rach/Cathy, Support Staff** - For Advice, Support & Activities covered throughout the week/weekend

M: 07309 692786

E: [support@cheshireautism.org.uk](mailto:support@cheshireautism.org.uk)

**Emma, Specialist Teacher** - For Mental Health Therapy, Learning4Life, Adult Sessions & Training

E: [therapies@cheshireautism.org.uk](mailto:therapies@cheshireautism.org.uk)

M: 07462 868322

**Emily, Operations Manager** - For Activities, Venues, Eventbrite, IT & ChAPS Autism Ark Enquiries/ Bookings

E: [operations@cheshireautism.org.uk](mailto:operations@cheshireautism.org.uk)

M: 07491 001360

**Carey, Families Manager** - For Intensive Group Sessions, The Club, Counselling, Learning4Life & Support

E: [families@cheshireautism.org.uk](mailto:families@cheshireautism.org.uk)

M: 07462 887815

**Natalie, Business Manager** - For Recruitment, Finance, GDPR, Safeguarding, & any fundraising ideas!

E: [business@cheshireautism.org.uk](mailto:business@cheshireautism.org.uk)

M: 07476 280356

**Jo, Managing Director** - For anything else!

E: [jo@cheshireautism.org.uk](mailto:jo@cheshireautism.org.uk)

**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 thank you.

# [www.cheshireautism.org.uk](http://www.cheshireautism.org.uk)

