

March 2025



ChAPS Newsletter

In this edition:

**15 Years of ChAPS*



15 Years of ChAPS

On Monday 31st March it will be ChAPS's 15th birthday! We are so excited for our big birthday celebrations. After the success of last years 'Help ChAPS to raise £5k in 10 days', we are proposing a new challenge to celebrate 15 years of ChAPS! We would love as many local clubs, schools, colleges, community groups, businesses and most importantly our amazing members to help with our challenge.

Could you walk 15 miles over a week? Could your school hold a dress down day? Could you complete a 15 hour silence? Or do you have a big birthday coming up and would like to fundraise? All contributions, no matter the size will make a big difference to our 'ChAPS totaliser'.

We also want to spread autism awareness in our local communities. We would love to visit as many schools as possible over the next year to deliver autism awareness and support. If you think your school would be interested in collaborating with us, we would love to hear from them!

As part of our celebrations, we would love to hear from you! We want to know what ChAPS means to you. Answers can be provided by email or if willing, organise a video at ChAPS Autism Ark.

If you have any ideas on any fundraising events or celebratory events, please email chloe.carter@cheshireautism.org.uk—we look forward to hearing from you!

Keep a look out for details about our birthday events coming over the next few weeks!

March 2025

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 16th March, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4– 18 years old)

- Wednesday 5th March, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Kids Club (7-11 years old)

- Monday 10th March, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 24th March, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 3rd March, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 17th March, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Tuesday 18th March, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

- Thursday 13th March, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Kids Club (7-11 years old)

- Monday 3rd March, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 17th March, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 10th March, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 24th March, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 12th March, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 26th March, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 9th March, 12.30-1.15pm 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:

Mufasa: The Lion King Relaxed Screening

- Monday 10th March, 6-8pm at Chester Storyhouse, CH1 2AR

ELLESMERE PORT:

Swim Session

- Saturday 8th March, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 22nd March, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

NORTHWICH:

Swim Session (booking open now)

- Saturday 1st March, 4.30-5.30pm at Memorial Court Northwich, CW9 5QJ

RUNCORN:

Swim Session

- Saturday 15th March, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

WINSFORD:

Urban Air Trampoline Park

- Tuesday 11th March at Urban Air Trampoline Park, CW7 3RL
5-6pm (under 10 years old)

6-7pm (11-18 years old)
- Wednesday 26th March 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 (Flamenco dancing with The Deva Flamenco)

- Saturday 15th March, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 26th March, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

Yoga with Laura

- Monday 10th March, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Parents' Meet

- Thursday 13th March, 7.45-9pm at Theatre Porto, CH65 6QY

HALTON (for Halton families only):

Yoga

- Sunday 16th March, 10.30-11.30am at The Old Police Station, WA7 1DF

Go Ape Treetop Challenge

- Sunday 23rd March, 10am-2.30pm at Go Ape Delamere, CW8 2JD

Parents' Meet

- Thursday 13th March, 12-1.30pm at The Old Police Station, WA7 1DF
- Thursday 27th March, 12-1.30pm at The Old Police Station, WA7 1DF

KNUTSFORD:

Parents' of Adults Meet

- Friday 28th March, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Friday 7th March, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 17th March, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

My Time (Dance Movers and Tai Chi)

- Saturday 8th March, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

Parents' & Adults Walk Delamere Forest

- Friday 7th March, 11.45am-1pm at Delamere Forest, CW8 2HZ

Parents' Meet

- Tuesday 25th March, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Thursday 27th March, 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE

Activities for Autistic Adults

(Activities listed in alphabetical order by location/town)

NORTHWICH:

Adults' Meet Northwich

- Thursday 6th March, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Crafty Club

- Friday 7th March, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 17th March, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Cooking

- Thursday 13th March, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Parents' & Adults Walk Delamere Forest

- Friday 7th March, 11.45am-1pm at Delamere Forest, CW8 2HZ

Spectrum Connect Northwich

- Monday 17th March, 7-8.30pm at ChAPS Autism Ark, Northwich, CW8 1BE

Walk (subject to weather) with coffee & cake

- Thursday 20th March, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Thursday 27th March, 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

- Wednesday 5th March, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 19th March, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults' Meet Warrington

- Wednesday 12th March, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 26th March, 12-1.30pm at Saint Paul's Church, WA5 2RX

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 5th March, 5.45-6.45pm
- Wednesday 12th March, 5.45-6.45pm
- Wednesday 19th March, 5.45-6.45pm
- Wednesday 26th March, 5.45-6.45pm

March 2025



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 - Business Support

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

T: 03448508607



Lisa - Business Support & Support Advisor

For Advice, Signposting and Support, Halton & Warrington Post-diagnostic support, Café and everything else admin



Caron - Support Advisor

For Advice, Signposting & Support

Chloe - Activities and Fundraising Manager

For Activities, Room Bookings at The Ark, Fundraising and Strategic Leader

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.