

April 2025



ChAPS Newsletter

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15 Years of ChAPS

We have officially kicked off our celebratory year and our 15 Years of ChAPS Fundraiser! We are so proud of what we have achieved over the last 15 years in supporting autistic people and their families, and cannot wait to spend the year celebrating with you all!

To kick start our year, we have three amazing activities lined up. Firstly, our **Easter Egg Hunt** at Petty Pool College is back for a third year! Taking place on Friday 11th April, the hunt is open to anyone who would like to participate. On completion of the trail, all children participants will receive an easter egg or dietary requirement prize bag.

We are also excited to announce the return of **Easter Bingo** on Tuesday 15th April at ChAPS Autism Ark. After the great success of last year, we couldn't wait to offer this again. Open to anyone who would like to join, books will be available to buy on the evening at £2 per book or £10 for 6 books.

Finally, we have a **Needle Felting Easter Craft Event** for parents and adults on Wednesday 16th April at Theatre Porto. More information will be shared soon about how to book on!

Thank you to every staff member, volunteer, trustee, patron, and most importantly, ChAPS members, who have supported us in the 15 years.

No Limits 2025

We are thrilled to be joining Disability Positive at their No Limits event on Saturday 26th April. Disability Positive want to empower disabled people to live an independent life with No Limits. The event will have stalls with information and advice, disabled entrepreneurs, speakers and entertainment, including us! Come say hello to our amazing staff members and volunteers.

The event starts at 12noon at Brio Leisure Centre, Northwich. For more information, please click [here](#).

The poster is purple with yellow and red stars. It features the ChAPS logo at the top. The main text reads 'ChAPS RAFFLE' in white on a yellow banner. Below that, it says '£1 PER STRIP' and 'Enter by April.14—Drawing on April. 15.2025'. Prizes are listed: 'Blue Strip—2 x Galaxy Truffle Egg and £10 Amazon Gift Voucher' and 'Orange Strip—2x Thorntons Chocolate Bunny & Bunny Soft Toy'. Ticket availability is mentioned at ChAPS Autism Ark & Ark Café, CW8 1BE, and online at <https://buytickets.at/cheshireautismpracticalsupportltd/1631864>. A QR code is present. Contact information includes www.cheshireautism.org.uk, Tel: 0344 850 8607, Charity No. 1149624, and Gambling License: 24/LOTTO/5.

ChAPS Easter Raffle

Fancy winning two Galaxy Truffle Easter Eggs or two Thorntons Chocolate Bunnies for Easter?

ChAPS are holding an easter raffle, tickets are on sale now until 14th April 2025.

We have two prizes on offer: for the blue strip we have 2 Galaxy Truffle Easter Eggs and a £10 amazon voucher; and for the orange strip we have 2 Thorntons Chocolate Bunnies & a Bunny soft toy.

All proceeds go to Cheshire Autism Practical Support.

Tickets are £1 per strip and can be bought in person at ChAPS Autism Ark and the Ark Café, or can be purchased online using the link (a photo of your raffle tickets will be sent via email upon order).

<https://buytickets.at/cheshireautismpracticalsupportltd/1631864>

Raffle to be drawn on Tuesday 15th April 2025.

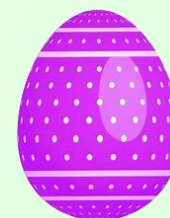
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Easter at Cheshire Autism Practical Support



Booking links can be found in the Activities for Kids & Families section!

Tubing at Runcorn Ski Centre

Tuesday 8th April,
10.30-11.30am
& 11.30-12.30pm

At Runcorn Ski Centre

Ages 6-18, including siblings!

One of ChAPS's favourite activities... Tubing at Runcorn Ski Centre. The session is outdoors and requires physical activity. Legs must be covered and full covering footwear to be worn. This session is suitable for children aged 6yrs+. Any children younger can only take part if going down the slope in a double ring with an adult.

Parents/carers will be expected to supervise their children and ensure they are taking part safely and listening to all instructions.

Circus Skills Workshop

Wednesday 9th April,
1.30-2.30pm

At Queens Park High School,
Chester

All ages welcome, including siblings!

Parents must stay during the session and are responsible for their child/ren. The circus skills workshop for families will offer a mix of juggling, hula hoops, flower sticks, Diablo, circus games and more! This 60 minute workshop will be suitable for complete beginners and Amy at Hula Hula Fun will work with the families and support them with developing their skills.

Easter Egg Hunt

Friday 11th April

Anytime between 12pm-4pm

At Petty Pool College, Sandiway

All ages welcome, including siblings and friends & family!

Our Easter Egg Hunt at Petty Pool is back! Before you set off, you'll receive a trail sheet and pencil to help you with your adventure. On completion of the trail, all children participants will receive either a chocolate egg or a dietary requirements prize bag.

The price is £2 per child. This session is open to the whole family and friends.

Lego Yoga

Wednesday 16th April
4-5pm

At ChAPS Autism Ark,
Northwich

All ages welcome, including siblings!

Led by Donna, Lego Yoga is a fantastic mix of mindfulness and lego!

Please book one ticket per family and add family names in the extra information part.

Easter Bingo

Tuesday 15th April
6-8pm

At ChAPS Autism Ark,
Northwich

All ages welcome, including siblings and friends & family!

Come join us for our Easter Bingo—expect lots of bingo calls and some easter inspired prizes!

Books will be available on the evening at £2 per book or £10 for 6 books.

Food and drinks will be available to buy from the Ark Café on the evening.

Teen Event: Bowling and Mini Golf

Tuesday 22nd April
5.30-7pm

At Discobowl Warrington

Ages 13-18

Join us for our Teen Event at Discobowl Warrington for one game of bowling and one game of mini golf.

Parents are not expected to stay during the session, however please leave emergency contact details. Any parents who are staying during the session and would like to play, will need to pay an additional charge of £6.

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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 27th April, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4– 18 years old)

- Wednesday 2nd April, 10.30-11.15am at Freedom Equine, CH2 4JT

CHESTER:

Kids Club (7-11 years old)

- Monday 14th April, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 28th April, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

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

ELLESMERE PORT:

Kids Club (7-11 years old)

- Tuesday 15th April, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

- Thursday 10th April, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Kids Club (7-11 years old)

- Monday 7th April, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 14th April, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 28th April, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 9th April, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 23rd April, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

Teen Event: Bowling and Mini Golf (13-18 years old)

- Tuesday 22nd April, 5.30-7pm at Discobowl Warrington, WA1 1QE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 13th April, 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:

Circus Skills

- Wednesday 9th April, 1.30-2.30pm at Queen Park High School, CH4

Snow White Relaxed Screening

- Monday 14th April, 5.30-7.30pm at Chester Storyhouse, CH1 2AR

ELLESMERE PORT:

Multi Sports

- Saturday 26th April, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

Swim Session

- Saturday 12th April, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 26th April, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

NORTHWICH:

Easter Bingo

- Tuesday 15th April, 6-8pm at ChAPS Autism Ark, CW8 1BE

Easter Egg Hunt

- Friday 11th April, anytime between 12pm-4pm at Petty Pool College, Sandiway, CW8 2DR

Lego Yoga

- Wednesday 16th April, 4-5pm at ChAPS Autism Ark, CW8 1BE

Swim Session

- Saturday 5th April, 4-5pm at Memorial Court Northwich, CW9 5QJ

RUNCORN:

Swim Session

- Saturday 19th April, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

Tubing at Runcorn Ski

- Tuesday 8th April at Runcorn Ski Centre, WA7 6PT
10.30-11.30am

11.30am-12.30pm

WINSFORD:

Urban Air Trampoline Park

- Tuesday 8th April at Urban Air Trampoline Park, CW7 3RL
5-6pm (under 10 years old)

6-7pm (11-18 years old)
- Wednesday 23rd 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

- Thursday 24th April—Thursday 22nd May, 1-3.30pm at St Mary's Handbridge Centre, CH4 7HL

Mindfulness Movement

- Friday 25th April, 1-2pm at St Mary's Handbridge Centre, CH4 7HL

My Time (Fitness and Stretch session with Dave)

- Saturday 12th April, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 23rd April, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

Yoga with Laura

- Monday 28th April, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Parents' Meet

- Thursday 10th April, 7.45-9pm at Theatre Porto, CH65 6QY

HALTON (for Halton families only):

Go Ape Treetop Challenge

- Sunday 6th April, 10am-2.30pm at Go Ape Delamere, CW8 2JD

KNUTSFORD:

Parents' of Adults Meet

- Friday 25th April, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Friday 4th April, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 28th April, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Holding the Space Mindfulness Course

- Tuesday 22nd April—Tuesday 20th May, 6.30-9pm at ChAPS Autism Ark, CW8 1BE

My Time (Fitness and Stretch session with Dave)

- Saturday 5th April, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

Parents' & Adults Walk Delamere Forest

- Friday 11th April, 11.45am-1pm at Delamere Forest, CW8 2HZ

Parents' Meet

- Tuesday 22nd April, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Thursday 24th April, 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 3rd April, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Crafty Club

- Friday 4th April, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 28th April, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Cooking (Lemon Cupcakes)

- Thursday 10th April, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Parents' & Adults Walk Delamere Forest

- Friday 11th April, 11.45am-1pm at Delamere Forest, CW8 2HZ

Spectrum Connect Northwich

- Monday 14th April, 7-8.30pm at ChAPS Autism Ark, Northwich, CW8 1BE

Walk (subject to weather) with coffee & cake

- Thursday 17th April, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Thursday 24th April, 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

- Wednesday 2nd April, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 16th April, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 30th April, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults' Meet Warrington

- Wednesday 9th April, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 23rd April, 12-1.30pm at Saint Paul's Church, WA5 2RX

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 2nd April, 5.45-6.45pm
- Wednesday 9th April, 5.45-6.45pm
- Wednesday 16th April, 5.45-6.45pm
- Wednesday 23rd April, 5.45-6.45pm
- Wednesday 30th 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 - 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.