

May 2025



# ChAPS Newsletter

## In this edition:

*\*A look back at April \*New Head of Service \*Holding the Space Mindfulness Course \*Outside of ChAPS*

## A look back at April...

We had a very busy April at ChAPS, including our Easter Egg Hunt at Petty Pool Vocational College. On Friday 11<sup>th</sup> April, we hosted our annual easter egg hunt, with over 100 children signing up. We had a great time in the sunshine searching for the letters to make the words 'easter egg' to collect our prizes.

Thank you to Tesco, Sainsburys, Train with Dave, Sarajayne and friends, and Meg for the kind donation of easter eggs.



We also hosted our Easter Bingo on Tuesday 15th April, where we drew the winners of the Easter Raffle. Congratulations to Tracy and Andrea, who won the raffle prizes. And, thank you to everyone who attended the easter bingo.

In April, your generous donations, alongside our Easter Egg Hunt fundraiser and Easter Bingo, raised £809.57 for ChAPS. We are extremely grateful for your support.

## New Head of Service

At the end of March, Graham Hunter decided to step away from his role as Head of Service to pursue a lifelong career as a minister. Graham has been an asset to ChAPS, and we would like to thank him for his contributions, and wish him all the best as he embarks on this new chapter.

We are pleased to announce the appointment of Emma Worrall as our new Head of Service. Emma brings a wealth of experience from the education sector, particularly in supporting disadvantage groups.

Please join us in welcoming Emma to the team, who is looking forward to visiting our activities soon and meeting our members.

## Holding the Space Mindfulness Course

After the success of our last Holding the Space Mindfulness course in Chester and Northwich, we are excited to announce another set of courses starting in April.

The course is called 'Holding the Space' and will be delivered by Lee from Broad-Minded. The course will have a focus on self-awareness, having a positive mindset and really being in the present moment to move forward, whilst feeling empowered and at peace.

These courses are open to any parent carer living within Chester and Cheshire West.

This course will be delivered in Northwich (starting on Tuesday 22nd April at 6.30pm) and Chester (starting on Thursday 24th April at 1pm). To book on, please go to the parent/carers section in the activities below.

May 2025



# ChAPS Newsletter

## Outside ChAPS

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

### 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! ChAPS will be delivering a Q&A session at 1.30pm in the Back Bar Area.

Come say hello to our amazing staff members and volunteers.

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



### Could you fundraise for ChAPS?

As a charity, we rely on fundraising and generous community support to continue our vital work. Your fundraising efforts can directly impact the lives of autistic individuals and their families, providing them with the support they deserve.

Could you fundraise for ChAPS? Are you a member of a local group; of a school; or Girl Guiding or Scouting group, and looking to fundraise for a local charity? Then we would love to hear from you!

For more information, please email [info@cheshireautism.org.uk](mailto:info@cheshireautism.org.uk)



### Save the Date—Topsy Turvy 25!

Topsy Turvy at Theatre Porto is back, turning things delightfully upside down, filling Whitby Park in Ellesmere Port with joy, imagination and unforgettable experiences for children, young people, families— and anyone who’s ever been young.

Expect more fun. More smiles. More great stuff for Ellesmere Port. From live performances to puppetry, outdoor circus to DJ sets, creative workshops and interactive installations—Topsy Turvy 25 will be a celebration of creativity and community like no other.

Friday 8th—Sunday 10th August 2025 at Whitby Park, Ellesmere Port. Most events are free, with ticketed and Pay What You Like indoor options to help keep it accessible for everyone.

For more information, please click [here](#).

### Petty Pool Vocational College Open Day



May 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 18<sup>th</sup> May, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4– 18 years old)

- Wednesday 7<sup>th</sup> May, 10.30-11.15am at Freedom Equine, CH2 4JT

### **CHESTER:**

Kids Club (7-11 years old)

- Monday 12<sup>th</sup> May, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 19<sup>th</sup> May, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

### **ELLESMERE PORT:**

Kids Club (7-11 years old)

- Tuesday 20<sup>th</sup> May, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

- Thursday 8<sup>th</sup> May, 6-7.30pm at Theatre Porto, CH65 6QY

## **NORTHWICH:**

Kids Club (7-11 years old)

- Monday 19<sup>th</sup> May, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 12<sup>th</sup> May, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

## **WARRINGTON:**

Climbing Club (7-17 years old)

- Wednesday 14<sup>th</sup> May, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 28<sup>th</sup> May, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

## **WIDNES:**

Anti-Gravity Yoga (6-18 years old)

- Sunday 11<sup>th</sup> May, 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)

### **ELLESMERE PORT:**

#### Multi Sports

- Saturday 10<sup>th</sup> May, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 24<sup>th</sup> May, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

#### Swim Session

- Saturday 10<sup>th</sup> May, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 24<sup>th</sup> May, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

### **NORTHWICH:**

#### Swim Session

- Saturday 3<sup>rd</sup> May, 4-5pm at Memorial Court Northwich, CW9 5QJ

### **RUNCORN:**

#### Swim Session

- Saturday 17<sup>th</sup> May, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

### **WINSFORD:**

#### Urban Air Trampoline Park

- Tuesday 13<sup>th</sup> May at Urban Air Trampoline Park, CW7 3RL  
5-6pm (under 10 years old)  
  
6-7pm (11-18 years old)
- Wednesday 28<sup>th</sup> May 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 24<sup>th</sup> April—Thursday 22<sup>nd</sup> May, 1-3.30pm at St Mary's Handbridge Centre, CH4 7HL

#### My Time (Yoga and Dance Movers)

- Saturday 17<sup>th</sup> May, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

#### Parents' Meet

- Wednesday 21<sup>st</sup> May, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

#### Yoga with Laura

- Monday 12<sup>th</sup> May, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

### **ELLESMERE PORT:**

#### Parents' Meet

- Thursday 8<sup>th</sup> May, 7.45-9pm at Theatre Porto, CH65 6QY

### **KNUTSFORD:**

#### Parents' of Adults Meet

- Friday 30<sup>th</sup> May, 11am-1pm, at Kilton Inn, WA16 0PZ

### **NORTHWICH:**

#### Crafty Club

- Friday 2<sup>nd</sup> May, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 19<sup>th</sup> May, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

## Holding the Space Mindfulness Course

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

## Mindfulness Movement

- Wednesday 21<sup>st</sup> May, 7-8pm at ChAPS Autism Ark, CW8 1BE

## My Time (Wreath Making)

- Saturday 17<sup>th</sup> May, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

## Parents' & Adults Walk Delamere Forest

- Friday 9<sup>th</sup> May, 11.45am-1pm at Delamere Forest, CW8 2HZ

## Parents' Meet

- Tuesday 27<sup>th</sup> May, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

## Yoga for Adults

- Thursday 22<sup>nd</sup> May 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 1<sup>st</sup> May, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Crafty Club

- Friday 2<sup>nd</sup> May, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 19<sup>th</sup> May, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Cooking

- Thursday 8<sup>th</sup> May, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Parents' & Adults Walk Delamere Forest

- Friday 9<sup>th</sup> May, 11.45am-1pm at Delamere Forest, CW8 2HZ

#### Spectrum Connect Northwich

- Monday 19<sup>th</sup> May, 7-8.30pm at ChAPS Autism Ark, Northwich, CW8 1BE

#### Walk with coffee & cake

- Thursday 15<sup>th</sup> May, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Yoga for Adults

- Thursday 22<sup>nd</sup> May, 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE

### **RUNCORN:**

#### Adults' Meet Runcorn

- Wednesday 7<sup>th</sup> May, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 21<sup>st</sup> May, 12-1.30pm at Old Police Station, WA7 1DF

## **WARRINGTON:**

### Adults' Meet Warrington

- Wednesday 14<sup>th</sup> May, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 28<sup>th</sup> May, 12-1.30pm at Saint Paul's Church, WA5 2RX

## **ONLINE SESSIONS:**

### Adult Mental Health Support Group

*If you are interested in joining the sessions, please email [aj.jackson@cheshireautism.org.uk](mailto:aj.jackson@cheshireautism.org.uk)*

- Wednesday 7<sup>th</sup> May, 6-7pm
- Wednesday 14<sup>th</sup> May, 6-7pm
- Wednesday 21<sup>st</sup> May, 6-7pm
- Wednesday 28<sup>th</sup> May, 6-7pm

May 2025

# 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 - 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



Emma - 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.