

## ChAPS!

In June at **ChAPS**, we have lots to look forward to! Starting on Wednesday 1<sup>st</sup> June, we will be hosting a fun day at The Ark for members and their families. The fun day will mark Her Majesty the Queen's Platinum Jubilee and we will have lots of activities to enjoy. There will be Jubilee crafts, a bouncy castle, face painting, stalls and delicious afternoon tea boxes available. To attend the fun day, please ensure all attendees have places booked via Eventbrite.

As well as the fun day, we have also been very lucky to receive a donation of circus tickets from Circus Starr again this year. Circus Starr deliver inclusive performances for children with disabilities and their families. We would like to thank them for their continued support and fantastic shows on behalf of **ChAPS** and our members.

You can see more about the work Circus Starr do on their website: <https://www.circus-starr.org.uk/>

### A look at May...

You may remember that Nathan Pardoe, Mayor of Winsford and his deputy, Joanne Moorcroft planned to do a skydive in March, with donations going to Mid Cheshire Foodbank and ChAPS. After taking to the skies, Nathan and Joanne invited **Natalie ChAPS** to accept a cheque on behalf of **ChAPS** for £1000. We are incredibly grateful for the donation which will go towards the work we do to support to our members.

Also in May, **Emma ChAPS** visited Buckingham Palace for a garden party in recognition of the fantastic work she has done for **ChAPS**. Emma shared lots of photos of her day and even spotted some royalty!

Finally, we received a donation of primroses from Northwich Town Council, organised by Alison at Transition Northwich. Transition Northwich are a community group of local people who aim to create a better, greener future for Northwich.

The donated plants were ex bedding plants that would have otherwise gone to waste. Thanks to Transition Northwich, the plants will now have a place in our garden at The Ark. With help from our Northwich **Learning 4 Life** group and volunteer gardeners, our garden is in full bloom!



## ***ChAPS and Papyrus Prevention of Young Suicide – Working Together***

Following on from Mental Health Awareness week in May, **ChAPS** will now be working collaboratively with Papyrus to support our members. Papyrus, another UK charity, aims to prevent suicide whilst promoting positive mental health and emotional wellbeing in young people.

You can see more about the incredible work Papyrus do on their website via the link below. There are a range of resources to support anyone who may need help; you can reach out for support for yourself, if you are worried about someone else or if you are a professional.

<https://www.papyrus-uk.org/>

A representative from Papyrus will be joining the Adults Mental Health Zoom on 22<sup>nd</sup> June alongside **Emma ChAPS** for a Q&A session and to give information to our adult members. We are also working towards a drop-in session at The Ark where members will be able to speak with an advisor from Papyrus for support and advice. Details of the drop-in session will be released as soon as a date is secured.

## ***Carers Week at ChAPS – 6<sup>th</sup>-12<sup>th</sup> June***

From 6<sup>th</sup>-12<sup>th</sup> June it is Carers Week which celebrates unpaid carers.

On Thursday 9<sup>th</sup> June, **Carey ChAPS** will be running a coffee morning for carers at The Ark Café from 10am. There is tea, coffee and cake on offer for all attendees!

**Throughout Carers Week there will be a number of other activities that carers can attend:**

- Making Mindfulness & Meditation a Habit in Runcorn - 6<sup>th</sup> June - 7.15-9.15pm
- Parent & Carer Walk from The Ark, Northwich - 8<sup>th</sup> June - 1-3pm
- Parent & Carer Evening Walk from The Ark, Northwich - 8<sup>th</sup> June - 6.30-8pm
- Wellbeing Weekend at The Ark, Northwich - 12<sup>th</sup> June - 12.30-3.30pm

**Members can access these activities using their booking links email.**

## ***Diary of Events – Key***

**(A) - For Adult members**

**(C) – For children (please see the Eventbrite to check if siblings are included!)**

**(P) – For parents and carers**

If you have any suggestions for our **ChAPS** newsletter or ideas about how we can make it easier to understand, please email [office@cheshireautism.org.uk](mailto:office@cheshireautism.org.uk)

## Diary of Events

1 June	NORTHWICH (A)(C)(P)	Jubilee Fun Day at ChAPS Autism Ark CW8 1BE with ChAPS Staff.	11am-3.30pm
1 June	B'TRAFFORD (C)	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane	2.30-3.15pm
4 June	CROFT (A)(C)(P)	Circus Starr at The Oaks Culcheth WA3 6BN with ChAPS Staff.	1.30pm & 4pm
6 June	CHESTER (C)	Youth Club at St Mary's Handbridge CH4 7HL with Diane & Jessica	4.30-6pm
6 June	NORTHWICH (C)	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Amanda.	5-6.30pm
6 June	RUNCORN (P)	Making Mindfulness & Meditation a Habit at The Old Police Station WA7 1DF.	7.15-9.15pm
6 June	WINSFORD (A)	Spectrum Connect at The Hive CW7 3DA with Jennie & Bobbie.	7.30-9pm
7 June	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
7 June	NORTHWICH (A)(C)(P)	Private Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
7 June	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
8 June	WARR'TON (A)	Adults Meet at R'Teacup Café at The Old School WA1 3AJ with Emma.	12-1.30pm
8 June	NORTHWICH (P)	Parents & Carers Walk & Talk from ChAPS Autism Ark CW8 1BE with Carey	1-3pm
8 June	ZOOM! (A)	Adults Mental Health Support Group with Emma.	6-7pm
8 June	WARR'TON (C)	Climbing Club at North West Face Climbing Centre WA27NE with Lauren	6.30-7.30pm
8 June	NORTHWICH (P)	Parents & Carers Walk & Talk from ChAPS Autism Ark CW8 1BE with Carey	6.30-8pm
9 June	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Lindsey.	10am-4pm
9 June	NORTHWICH (P)	Carers Coffee Morning at ChAPS Autism Ark CW8 1BE with Carey.	10-11.30am
9 June	E'PORT (C)	Youth Club at The Community Hub CH65 9BD with Diane, Jacqui & Jess.	6-7.30pm
9 June	E'PORT (P)	Parents Meeting at The Community Hub CH65 9BD with Diane.	7.45-9.15pm
10 June	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
10 June	ZOOM! (A)	Adults Special Interest / Social with Jennie.	6-8pm
10 June	ZOOM! (C)	Children's Mindfulness with Di MinDees.	6.30pm
10 June	ZOOM! (C)	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
11 June	E'PORT (C)	Multi Sports at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	3.30-4.30pm
11 June	E'PORT (A)(C)(P)	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.45-5.45pm

12 June	NORTHWICH (P)	Wellbeing Weekend - Stretch, Restore and Relaxation at ChAPS Autism Ark CW8 1BE with Lindsey.	12.30-3.30pm
12 June	WIDNES (C)	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ.	12.30-2.15pm
13 June	NORTHWICH (A)(P)	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
13 June	CHESTER (C)	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
13 June	NORTHWICH (C)	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Lindsey.	5-6.30pm
13 June	RUNCORN (P)	Making Mindfulness & Meditation a Habit at The Old Police Station WA7 1DF.	7.15-9.15pm
14 June	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
14 June	NORTHWICH (A)(C)(P)	Private Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
14 June	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
15 June	CHESTER (P)	Parent & Carers Walk & Talk at Countess Country Park CH2 1UL with Diane.	10am-12pm
15 June	RUNCORN (A)	Adults Meet at the Old Police Station WA7 1DF with Emma.	12-1.30pm
15 June	ZOOM! (A)	Adults Mental Health Support Group with Emma.	6-7pm
16 June	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara, Carey & Lindsey.	10am-4pm
16 June	E'PORT (C)	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
17 June	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
17 June	KNUTSFORD (P)	Parents of Adults at the Kilton Inn WA16 0PZ with Carey.	11am-1pm
17 June	ZOOM! (A)	Adults Special Interest / Social with Jennie.	6-8pm
17 June	ZOOM! (C)	Children's Chat with Di MinDees.	6.30pm
17 June	ZOOM! (C)	Teen Mindfulness – 12yrs+ with Di MinDees.	7.30pm
18 June	CHESTER (P)	Wellbeing Weekend - Stretch, Restore and Relaxation at St Mary's Handbridge CH4 7HL with Diane.	10am-1pm
18 June	RUNCORN (A)(C)(P)	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel.	5.30-6.30pm
19 June	B'TRAFFORD (C)	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	12.30-4.15pm
20 June	CHESTER (C)	Youth Club at St Mary's Handbridge CH4 7HL with Cady & Jessica	4.30-6pm
20 June	NORTHWICH (C)	Kidz Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Amanda.	5-6.30pm
20 June	NORTHWICH (A)	<b>Spectrum Connect at ChAPS Autism Ark CW8 1BE with Jennie &amp; Bobbie.</b>	7-8.30pm
20 June	RUNCORN (P)	Making Mindfulness & Meditation a Habit at The Old Police Station WA7 1DF.	7.15-9.15pm

21 June	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
21 June	NORTHWICH (A)(C)(P)	Private Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm
21 June	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
22 June	CHESTER (P)	Parents Meeting at Lache Comm. Centre CH4 8HX with Diane & Leona.	10am-12pm
22 June	WARR'TON (A)	Adults Meet at R'Teacup Café at The Old School WA1 3AJ with Emma.	12-1.30pm
22 June	WINSFORD (C)	Urban Air Trampoline Park CW7 3RL with Lindsey & Nic.	4.30-6.30pm
22 June	ZOOM! (A)	Adults Mental Health Support Group with Emma.	6-8pm
22 June	WARR'TON (C)	Climbing Club at North West Face Climbing Centre WA27NE with Lauren.	6.30-7.30pm
23 June	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara, Carey & Lindsey.	10am-4pm
23 June	E'PORT (C)	Youth Club at The Community Hub CH65 9BD with Jacqui, Diane & Jess.	6-7.30pm
24 June	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Rach & Diane.	10am-4pm
24 June	DELAMERE (A)(P)	Parents & Adults Walk at Delamere Forest CW8 2JD with Carey	12-2pm
24 June	ZOOM! (A)	Adults Special Interest / Social with Jennie.	6-8pm
24 June	ZOOM! (C)	Children's Mindfulness with Di MinDees.	6.30pm
24 June	ZOOM! (C)	Teen Chat - 12yrs+ with Di MinDees.	7.30pm
25 June	E'PORT (C)	Multi Sports at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	3.30-4.30pm
25 June	E'PORT (A)(C)(P)	Family Swim at E'Port Sports Village CH65 9LB with Jennie & Johnnie.	4.45-5.45pm
26 June	RUNCORN (P)	Wellbeing Weekend - Stretch, Restore and Relaxation at the Old Police Station WA7 1DF with Rach.	10am-1pm
27 June	NORTHWICH (A)(P)	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
27 June	CHESTER (C)	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
27 June	NORTHWICH (C)	Youth Club at ChAPS Autism Ark CW8 1BE with Jennie, Bobbie & Lindsey.	5-6.30pm
27 June	ZOOM! (C)	Children's Chat with Di MinDees.	6.30pm
27 June	ZOOM! (C)	Teen Mindfulness – 12yrs+ with Di MinDees.	7.30pm
28 June	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Rach & Diane.	10am-4pm
28 June	NORTHWICH (A)(P)	Yoga for Adults at ChAPS Autism Ark CW8 1BE with Carey.	1-2pm
28 June	NORTHWICH (A)(C)(P)	Private Sensory Sessions at ChAPS Autism Ark CW8 1BE with Jennie.	5-7pm

28 June	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Jennie.	7.30-8.15pm
28 June	NORTHWICH (P)	Parents Meeting at ChAPS Autism Ark CW8 1BE with Jennie.	8-9.15pm
29 June	NORTHWICH (P)	Parents & Carers Walk & Talk from ChAPS Autism Ark CW8 1BE with Carey	10.30am-12pm
29 June	ZOOM! (A)	Adults Mental Health Support Group with Emma.	6-7pm
30 June	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara, Carey & Lindsey.	10am-4pm

## 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, 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)

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

