

## ChAPS!

**Wow!** What a fantastic, busy summer we have had at **ChAPS**. We hope that everyone had a great break. As we move into September, we know that going back to work, school and routine can sometimes be a struggle (or a relief!). Please don't hesitate to reach out if you need a chat for further support or advice. You can find contact details for our Families Manager, **Carey** and our Support Worker, **Caron**, at the bottom of the newsletter.

Our closed Facebook group for members also contains lots of signposting and shared experiences from other parents. If you would like to post anonymously with any questions to other members, please message one of our team.

### *A look at August...*

We had a fantastic summer at **ChAPS** filled with activities and events. Our summer holiday activities included circus skills, sensory play sessions, water sports, raft building and climbing! Thank you to all those who came along, we hope you enjoyed the activities as much as we did.

New in August was Geek Retreat in Northwich which is suitable for all the family. Geek Retreat specialise in comics, trading card games, board games, video games and toys. We have had some great feedback from members; Geek Retreat provides an opportunity to connect over games and you are welcome to have a go at whichever you like! For the next available sessions, please see the Diary of Events.

Finally in August, **Natalie ChAPS** and **Emma ChAPS** attended the Passion for Power Classic Motor Show at Tatton Park. Sporting Bears Motor Club are donating all the proceeds from the event Cheshire Autism Practical Support. Sporting Bears Motor Club are a dedicated group of classic car and sports car enthusiasts who raise money for children's charities through their events. We are incredibly grateful to be their chosen charity. You can see more about their brilliant work on their Facebook page:

<https://www.facebook.com/SportingBears>



## *Chester Sponsored Walk*

**Our annual sponsored walk in Chester is on Sunday 18<sup>th</sup> September!**

We will start at 11am from Chester Racecourse; you can check in at reception from 10.20am. The route takes us 7 miles through Eccleston, The Duke of Westminster's estate and back along The Meadows – the scenery is beautiful. We also have pit stops along the 7-mile stroll with Mars bars, gin & tonic, bacon butties and orange Juice!

The last walk we participated in raised just over £1000 which was fantastic; we would love to top that this year! We really do have a great time and would love for as many of you as possible to join us.

If you would like to join us on the sponsored walk, please email **Emily ChAPS** on [operations@cheshireautism.org.uk](mailto:operations@cheshireautism.org.uk) to register your place.

Sponsors can be made through our GoFundMe link: <https://gofund.me/6bce146b>

## *Kidz to Adultz Exhibition - Manchester*

The Kidz to Adultz Exhibition is a free event which is dedicated to children and young people with disabilities and additional needs. The event is open to all, including parents, carers and all the professionals who support them.

**This year's North West event will be on Tuesday 1st November 2022, 9.30am - 4.30pm at Manchester Central Convention Centre.**

Whilst there, you can visit 150+ exhibitors who will be offering advice and information and try out equipment with advice from product specialists. There will be free seminars from expert speakers and information about local organisations who may be able to support you.

For more information and to register your free place, please see their website: <https://www.kidzexhibitions.co.uk/kidz-north/>

## *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 Sep	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara.	10am-4pm
1 Sep	NORTHWICH (P)	Parents of Teens Meet at The Ark Café CW8 1BE with Carol.	10am-12pm
1 Sep	E'PORT (C)	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
1 Sep	E'PORT (P)	Parents Meeting at The Community Hub CH65 9BD with Diane & Leona.	7.45-9.15pm
2 Sep	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm
3 Sep	NORTHWICH (A)(C)	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
5 Sep	CHESTER (C)	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
5 Sep	NORTHWICH (C)	Kidz Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.	5-6.30pm
5 Sep	ZOOM! (C)	Children's Mindfulness with Di MinDees.	7pm
5 Sep	ZOOM! (C)	Teen Chat - 12yrs+ with Di MinDees.	8pm
5 Sep	WINSFORD (A)	Spectrum Connect at The Hive CW7 3DA with Terri & Bobbie.	7.30-9pm
6 Sep	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm
6 Sep	NORTHWICH (A)(C)(P)	Geek Retreat at Barons Quay CW9 5FT with Nic.	6.30-8pm
6 Sep	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Bobbie.	7.30-8.15pm
7 Sep	B'TRAFFORD (C)	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane	10.30-11.15am
7 Sep	RUNCORN (A)	Adults Meet at the Old Police Station WA7 1DF with Emma & Hayley.	12-1.30pm
7 Sep	ZOOM! (A)	Adults Mental Health Support Group with Emma.	6-7pm
8 Sep	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Lauren.	10am-4pm
8 Sep	E'PORT (C)	Youth Club at The Community Hub CH65 9BD with Diane, Jacqui & Jess.	6-7.30pm
9 Sep	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Chelsey & Diane.	10am-4pm
10 Sep	E'PORT (C)	Multi Sports at E'Port Sports Village CH65 9LB with Johnnie.	3.30-4.30pm
10 Sep	E'PORT (A)(C)(P)	Family Swim at E'Port Sports Village CH65 9LB with Johnnie.	4.45-5.45pm
11 Sep	WIDNES (C)	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Hayley.	12.30-2.15pm
11 Sep	NORTHWICH (P)	Wellbeing Weekend at ChAPS Autism Ark CW8 1BE with Terri.	12.30-3.30pm
12 Sep	NORTHWICH (A)(P)	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm

12 Sep	NORTHWICH (C)	Youth Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.	5-6.30pm
13 Sep	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm
13 Sep	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Bobbie.	7.30-8.15pm
14 Sep	CHESTER (P)	Parent & Carers Walk & Talk at Countess Country Park CH2 1UL with Diane.	10am-12pm
14 Sep	WARR'TON (A)	Adults Meet at The Old School WA1 3AJ with Emma & Hayley.	12-1.30pm
14 Sep	ZOOM! (A)	Adults Mental Health Support Group with Emma.	6-7pm
14 Sep	WARR'TON (C)	Climbing Club at North West Face Climbing Centre WA27NE with Lauren.	6.30-7.30pm
15 Sep	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sarah.	10am-4pm
15 Sep	E'PORT (C)	Kidz Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
16 Sep	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Chelsey & Diane.	10am-4pm
16 Sep	NORTHWICH (P)	Parents & Carers Walk and Talk from ChAPS Autism Ark CW8 1BE with Caron.	10am-12pm
17 Sep	CHESTER (P)	Wellbeing Weekend at St Mary's Handbridge CH4 7HL with Diane.	10am-1pm
17 Sep	RUNCORN (A)(C)(P)	Family Swim at Beechwood Comm. Centre WA7 3HB with Hayley.	5.30-6.30pm
18 Sep	CHESTER (A)(C)(P)	<b>Sponsored Walk at Chester Racecourse CH1 2LY.</b>	10.20am
18 Sep	B'TRAFFORD (C)	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	12.30-4.15pm
19 Sep	CHESTER (C)	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
19 Sep	NORTHWICH (C)	Kidz Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.	5-6.30pm
19 Sep	ZOOM! (C)	Children's Mindfulness with Di MinDees.	7pm
19 Sep	NORTHWICH (A)	Spectrum Connect at ChAPS Autism Ark CW8 1BE with Terri & Bobbie.	7-8.30pm
19 Sep	ZOOM! (C)	Teen Chat - 12yrs+ with Di MinDees.	8pm
20 Sep	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm
20 Sep	NORTHWICH (A)(C)(P)	Geek Retreat at Barons Quay CW9 5FT with Nic.	6.30-8pm
20 Sep	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Bobbie.	7.30-8.15pm
21 Sep	RUNCORN (A)	Adults Meet at the Old Police Station WA7 1DF with Emma & Hayley.	12-1.30pm
21 Sep	ZOOM! (A)	Adults Mental Health Support Group with Emma.	6-7pm
21 Sep	CHESTER (A)(P)	Boxer Boogie at Elton Community Centre CH2 4PU with Diane & Ginette.	7.15-8.15pm
22 Sep	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sarah.	10am-4pm

22 Sep	E'PORT (C)	Youth Club at The Community Hub CH65 9BD with Diane, Jacqui & Jess.	6-7.30pm
22 Sep	RUNCORN (A)(P)	Boxer Boogie at the Old Police Station WA7 1DF with Hayley & Ginette.	7.30-8.30pm
23 Sep	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Chelsey & Diane.	10am-4pm
23 Sep	KNUTSFORD (P)	Parents of Adults at the Kilton Inn WA16 0PZ with Carey.	11am-1pm
24 Sep	E'PORT (C)	Multi Sports at E'Port Sports Village CH65 9LB with Simon.	4.30-5.30pm
24 Sep	E'PORT (A)(C)(P)	Family Swim at E'Port Sports Village CH65 9LB.	5.45-6.45pm
25 Sep	RUNCORN (P)	Wellbeing Weekend at the Old Police Station WA7 1DF with Hayley.	10am-1pm
26 Sep	NORTHWICH (A)(P)	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
26 Sep	CHESTER (C)	Kidz Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
26 Sep	NORTHWICH (C)	Youth Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.	5-6.30pm
26 Sep	ZOOM! (C)	Children's Chat with Di MinDees.	7pm
26 Sep	ZOOM! (C)	Teen Mindfulness – 12yrs+ with Di MinDees.	8pm
27 Sep	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Carey & Diane.	10am-4pm
27 Sep	NORTHWICH (A)(P)	Yoga for Adults at ChAPS Autism Ark CW8 1BE with Carey.	1-2pm
27 Sep	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Bobbie.	7.30-8.15pm
27 Sep	NORTHWICH (P)	Parents Meeting at ChAPS Autism Ark CW8 1BE with Terri & Leona.	8-9.15pm
28 Sep	CHESTER (P)	Parents Meeting at Lache Comm. Centre CH4 8HX with Diane & Leona.	10am-12pm
28 Sep	WARR'TON (A)	Adults Meet at The Old School WA1 3AJ with Hayley & Emma.	12-1.30pm
28 Sep	WINSFORD (C)	Urban Air Trampoline Park CW7 3RL with Carey, Bobbie & Nic.	4.30-6.30pm
28 Sep	ZOOM! (A)	Adults Mental Health Support Group with Emma.	6-8pm
28 Sep	WARR'TON (C)	Climbing Club at North West Face Climbing Centre WA27NE with Lauren.	6.30-7.30pm
29 Sep	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sarah.	10am-4pm
30 Sep	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Diane.	10am-4pm
30 Sep	DELAMERE (A)(P)	Parents & Adults Walk at Delamere Forest CW8 2HZ with Carey.	12-2pm

## Need More Help or Information?

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

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

T: 0344 850 8607

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

# [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.

