

Information

Information, Advice & Support Teams offers free confidential and impartial information, advice and support to parents and carers of young people aged 0 - 25 who have Special Educational Needs or Disabilities (SEND) as well as young people themselves. As a parent or carer you can search for the team that supports your area by using the link <https://www.sendirect.org.uk/providers/sendirect-listings/my-services/information-advice-support-services-network-ias-network/> or as person up to 25 years with needs for extra help with learning use <https://cyp.iasnetwork.org.uk/in-your-area/>

Cheshire's Information, Advice and Support Service (IASS) will be hosting a free information day 'Transition to Adulthood' at **Ellesmere Port Civic Hall, Civic Way, Ellesmere Port, CH65 0AZ** on the **6th February 2019 9.15am-2.30pm**. This day aims to support parents and carers of young people with Special Educational Needs &/or Disabilities aged 13 to 25 to think about the journey towards becoming an adult. This will include a variety of workshops and speakers during the day with access to the marketplace of stands from a wide range of services. You can book using this link www.bookwhen.com/ias-service or for further information, contact the IASS on Tel: 0300 123 7001 or Email: iaservice@cheshirewestandchester.gov.uk

CWac Parent Carer Forum have their next meeting on **Wednesday 13th February, 9.45am-2pm** at **Chester Rugby Club Hare Lane Littleton Chester CH3 7DB**. If you would like to attend the forum but have not had an invite from PCF please contact their Secretary for details about this and joining their mailing list secretary.pcf.cwac@gmail.com and attending the event.

CWac Autism Service will be running 'Building a Young Person's Transition Toolkit' for parents, carers and professionals on **Wednesday 13th February 10am-2pm** at **Wyvern House, The Drummer, Winsford, CW7 1AH**. This will include a keynote introduction and workshops for parents run by Autism Service Teachers. Workshops to include, 'Supporting organization & Independence, Familiarizing Yourself with the Autism Service Transition pack' and 'Developing Strategies to address emotional well-being and the communication needs of the young person'. **ChAPS** will be with other providers and agencies in the marketplace. Email autismteam@cheshirewestandchester.gov.uk

Autism Support Hub & Resource Library which is run by The National Autistic Society CW Branch is now at **Maple Bungalow, Greenbank School, Greenbank Lane, Northwich, CW8 1LD**. They have a launch event on **27th February 9.30-3.30pm** with some fantastic speakers, lunch and refreshments. Voluntary donations are £10 to attend. To book go to <https://naslaunchtickets.eventbrite.co.uk> They are also open **Wednesdays 10am-6pm** during term time and have a range of resources as well as books to borrow. Parent membership costs £10 annually. For more information email Amanda or Karen on autismlibrarynas@gmail.com or call on 01606 783295.

Making Space is part of the new Cheshire West Carer Support Service. They are providing needs-led support to people caring for a friend or loved one with mental health difficulties, a learning disability or autism. They have a carer support group **every 3rd Thursday of the month 10am-1pm** at **Waterside House, Navigation Road, Northwich, CW8 1BE**. Any new attendees would be warmly welcomed. They have now also extended their support to U16s and can support parents whose children are transitioning to high school, or who are in mainstream and need support. For booking and more information on what services Making Space provide for carers, please contact their office on **01606 606694**.

Urban Air Trampoline Park in Winsford are offering 1:1 Rebound Sessions. For more information visit their website <http://www.uacheshire.co.uk/rebound-therapy> or contact **Nicola Finn** on **01606 212690** or email info@uacheshire.co.uk Cheshire East families can receive this therapy free. Please note **any U6's must** be supported on trampolines by an **adult**.

Tanja Sharpe – Confident Hearts Online Counselling, Coaching & Therapy programs for parents and carers of young people with extra-ordinary needs. Please see the website for more details www.confidenthearts.com. Tanja's email is courses@confidenthearts.com. Thanks very much Tanja – highly recommended by **ChAPS**.

Entwine Play Therapy offer 1-1 sessions for children. There is a possibility to use funding from social care, adoption payments and the like for this. Costs are £45 per session and there is a minimum booking requirement of 5 sessions. If you require further details view <https://www.facebook.com/EntwineParentChildAttachment/or> contact Tara or Megan on thetreehouseplaytherapy@gmail.com or entwineattachment@gmail.com - highly recommended by **ChAPS**.

Ellesmere Port Autistic Spectrum Support their next coffee morning will be **Tuesday 21 February** at the New Creation Centre CH65 4BW from 9.30–11.30am. The entrance to the centre is from the car park at the rear. For more information or to make contact with Tessa Ede search for EPASS on Facebook.

Aspire Chester's Autistic Adult Support Group now host two meetings per month. Their next meetings are **Wednesday 6th February 11.30-1pm** at Storyhouse and **Wednesday 20th February 1-3pm** at the Quaker Meeting House Union Walk Frodsham Street Chester CH1 3LF. They have also introduced trips out to local places of interest. For more information contact Jenny or Sandra via their Facebook group or email aspirechester@gmail.com

Future Events

Meet the Professional event

We will be hosting another drop in with **Adult Occupational Therapist** Kerry Arnison on **Wednesday 13th March 11.30am-2pm** at our **Northwich Training Room**. This is an opportunity for both adults on the spectrum and parents to meet and ask questions about how best to support their needs at home for accessing the community and the workplace.

Space for Autism The Space Centre 15-17 Mill Lane Macclesfield SK11 7NN are hosting an **Autism Sleep Clinic** workshop with **Together Trust** running over 3 weeks on the **5th, 12th and 19th March 10-12.30pm**. To book contact tffadmin@togethertrust.org.uk or call 0161 286 4201.

Activities for Adults on the Spectrum

Adult Independence and Living Skills Part 1 training is designed to help adults with autism to become more independent and give them essential living skills. This fantastic training is delivered by OSSME – Autism Initiatives. If you are interested in attending the next course starts please register here <https://www.eventbrite.co.uk/e/independence-living-skills-for-adults-on-the-autism-spectrum-tickets-30158677416>

Crafty Club run by **Terri** is being well supported by many of our adults group and is giving them a chance to socialise with parents of children on the spectrum. Why not come along to a session on the 2nd and 4th

Mondays of the month in **Northwich** office 1pm- 2.30pm. There are many lovely creations being produced in these sessions - thank you **Terri**. Sessions in Feb and March will be producing art work for the **Art Exhibition**.

Runcorn Crafty Club has moved to every 3rd Tuesday of the month. 12.30-2pm. The change was a great success in January and we are hoping this continues.

ModRoc & More – Arty sessions run by Ali Rose for adults and parents to produce some pieces for the Art Exhibition. These sessions have been popular the last two years, so please book early! **Tuesdays February 12th and 26th, and March 5th. 12.30-2.30pm.**

Spectrum Connect WINSFORD will meet at New Images, Winsford on **Monday 4th February** 8.30-10pm.

Spectrum Connect WINSFORD will also meet on **Monday 18th February** at our Northwich Training Room for a quiz night. 8.30-10pm. *All are welcome!*

Spectrum Connect HALTON will meet at The Halfway House, Runcorn on **Monday 25th February** 8-9.30pm.

New! Spectrum Connect CHESTER has been re-vamped and will now meet at Meltdown Café CH4 7BU every 2nd Monday on the month with **Claire**. **12.30-2pm**. The next session will run on **Monday 25th February**.

Has having a child diagnosed made you question whether you too are on the spectrum?

Would you like to learn about the diagnosis pathway for adults?

Have you started the process or recently received a diagnosis and would like to meet other adults in the same position? **If yes to any of the above then please come along and join Claire and the group for an informal chat.**

Delamere Walk with **Carey** on **Thursday 7th March** (No walk in February) **11.30am-2pm**. You can book on via Eventbrite at the beginning of March if you would like to join the walk.

Yoga session for Parents and Adults on the Spectrum join us for a lovely relaxing session!

We have a session at our **Northwich Training Room** at **11.30am-12.30pm** on **28th February**.

ChAPS News

Supporting the Wellbeing & Mental Health of Autistic Children and Young People Training with Jo Billington from The Charlie Waller Memorial Trust

We repeated this course in the **Runcorn Training Room** on the **22nd & 23rd January 2019**. Jo Billington, a Doctoral Researcher in the Centre for Autism at the University of Reading who is also parent to two autistic boys. This workshop was fantastic. If you missed it, please visit their website where you can locate their resources <https://www.cwmt.org.uk/freestuff>

NEW! We have listened to your comments are happy to announce that we have introduced another **Animal Therapy** session. This will run at **11.30am** every **3rd Sunday of the month**. We will continue to take bookings for the usual three sessions, and move children off the waitlist onto this extra session. Please add your child to the waitlist. *Staff will endeavour to ensure everyone can have a place on a rotational basis.*

NEW! Youth Club Warrington for young people age 11-17 at Daresbury Community Hall Chester Road WA4 4AJ is up and running 7-8.30pm on the 2nd and 4th Wednesday of each month.

NEW! Kidz Club Warrington for young people age 7-11 at Warrington Centre WA1 4PN will be up and running from the 5th February 5-6.30pm and is running on the 1st and 3rd Wednesday of each month.

Kidz / Drama Club Chester will not run this month on the 4th February due to staff training.

Parent Training Programme with OSSME will be in our Runcorn Office starting on **5th February 1pm-3pm**.

5th February The 7 Senses that Autism can affect.
12th February Comic Strip Conversations and Social Story supports.
26th February Transitions to School, College, a New House, change of activity.
12th March Girls on the Autism Spectrum.
19th March Sensory Processing
26th March Autism and Play Training
16th April Puberty / Sex Education Support.
23rd April PDA - Pathological Demand Avoidance
30th April Anxieties and Stress Management Support.

Each training session will finish at 2.30pm. Sara will then answer any questions afterwards for those who are able to stay until 3pm.

AUTISM AWAKENINGS ART EXHIBITION 2019

As you are probably aware we have celebrated World Autism Awareness Day in April for the last two years with an Art Exhibition entitled **AWAKENINGS**. We're hoping this year is going to be BIGGER and BETTER! The Exhibition will take place on **Saturday 30th March** at **Northwich Business Centre. 11am-4pm**

We would like to showcase as many of our member's fantastic art pieces as possible with information on what their autism or autism diagnosis means to them. Our **Youth** and **Kidz Clubs, Parents Crafty Clubs** and **Spectrum Connect** will have specific sessions for creating your masterpiece.

We would love to see many of our children and young people attending where we have the specific art sessions – **we really want to show off as much diversity as we can!**

We have Art sessions be taking place on the following dates:

Winsford Youth Club will have an art session with **Terri** on **Monday 4th February** and an extra session on **Monday 18th February** (AT NORTHWICH BUSINESS CENTRE) to complete art works.

Tuesday 12th February 10.30-11.30am Ceramic Paint Session at The Crafty Paint Pod with **Rachael**.

Wednesday 13th February 1-3pm Children's Aztec / Mosaics Art at Runcorn Training Room with Gill Jones.

Thursday 21st February 1-3pm **SIBLING SESSION** at Northwich Training Room with Gill Jones.

ModRoc & More – Arty sessions run by Ali Rose for adults and parents to produce some pieces for the **Art Exhibition**. These sessions have been popular the last two years, so please book early! **Tuesdays February 12th and 26th, and March 5th. 12.30-2.30pm.**

All **Chester & Kidz & Youth Club** Sessions in February & March will offer opportunity for children to work with **Claire** to complete pieces for the exhibition.

Halton Kidz Club will be producing 3D Art on a canvas at both clubs in February.

Halton Youth Club will be creating Papier Mache heads to build up self-portraits at both session in February.

If any of our members wish to produce something at home or any classes they attend please contact **Carey** on families@cheshireautism.org.uk and she can send you further information.

This is our biggest and main public event of the year and we want to showcase all the fabulous talent we have within **ChAPS** as well as give a voice to our members to share with the local community.

Let's hope we can produce the best display yet.

Diary Events **Please book them in your diary!** (Bold are the extra activities)

2 Feb	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
3 Feb	WINSFORD	Gym with Games at Winsford Academy CW7 2BT with Simon, Jeff & Kizzy.	11.45-1.15pm
4 Feb	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire.	11am-1pm
4 Feb	WARR'TON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Rach.	5-6pm
4 Feb	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy & Bobbie.	6.45-8.15pm
4 Feb	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
5 Feb	RUNCORN	OSSME Parent Training at Runcorn Training Room with Sara & Rach.	1-3pm
5 Feb	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Tracey.	5-6.30pm
6 Feb	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Julie & Rach.	4-6pm
6 Feb	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	5-6pm
6 Feb	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Kerry & Claire.	5.30-6.45pm
7 Feb	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
7 Feb	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Sam, Jacqui & Jess.	5-6.30pm
7 Feb	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
7 Feb	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Claire & Leona.	7.30-9pm
8 Feb	WARR'TON	Parents Meeting at Walton Lea Project WA4 6TB with Julie.	10-12noon
9 Feb	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
9 Feb	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
10 Feb	NORTHWICH	Grozone at Whalley Road CW9 5QA with Di & Nicola.	11am-1pm
10 Feb	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Rach.	2-4pm
11 Feb	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
11 Feb	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
11 Feb	CHESTER	Kidz Club at St.Oswald & St.Thomas Hall CH1 4AG with Claire, Sam & Kat.	4.30-6pm

11 Feb	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Julie.	5-6.30pm
11 Feb	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-7pm
12 Feb	WIDNES	Painting session at The Crafty Paint Pod WA8 6AX with Rach.	10.30-11.30am
12 Feb	N'RTHWICH	Adult Art Project at our Northwich Training Room with Ali Rose.	12.30-2.30pm
12 Feb	RUNCORN	OSSME Parent Training at Runcorn Training Room with Sara & Emily.	1-3pm
13 Feb	WARR'TON	Climbing at North West Face WA2 7NE with Emily & Rach.	10.45-12noon
13 Feb	RUNCORN	Children's Aztec / Mosaics Art at Runcorn Training Room with Gill Jones	1-3pm
13 Feb	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
13 Feb	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Tasha & Jonny.	7-8.30pm
13 Feb	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Tracey.	7-8.30pm
13 Feb	NORTHWICH	Men's Meet-Up at The Clock Tower CW9 5NF with Jeff.	7.30-9pm
14 Feb	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
14 Feb	WARR'TON	Animal Interaction at Walton Hall & Gardens Zoo WA4 6SN with Rach.	10.30-11.30am
14 Feb	CHESTER	Family Pilates at Lache Comm Centre CH4 8HX with Claire.	6.30-7.15pm
14 Feb	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm
17 Feb	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-12.30pm
17 Feb	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Sam.	2-4pm
17 Feb	WIDNES	Anti-Gravity Yoga for adults at Martial Arts Centre WA8 0QZ with Mel.	3-4pm
18 Feb	BLAKEMERE	Group session at Cheshire Falconry CW8 2EB with Emily & Rach.	11-12noon
18 Feb	CHESTER	Kidz Club at St.Oswald & St.Thomas Hall CH1 4AG with Claire, Sam & Kat.	4.30-6pm
18 Feb	WARR'TON	Street Dance at StagePro Academy WA1 1HU with Ashleigh & Rach.	5-6pm
18 Feb	NORTHWICH	Winsford YC – Art Session at Northwich Training Room with Di & Terri.	6-8pm
18 Feb	NORTHWICH	Spectrum Connect Quiz night at Northwich Training Room with Di	8.30-10pm
19 Feb	RUNCORN	Crafty Club at our Runcorn Office with Terri & Rach.	12.30-2pm
19 Feb	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Tracey.	5-6.30pm
20 Feb	CHESTER	Family Session at Fun4All Sealand Ind Est CH1 4NT with Toni, Claire&Kat	4-6pm
20 Feb	WIDNES	Ice Skating at the Dinky Rink WA8 0TA with Rach, Mel & Emily.	5-7pm

21 Feb	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
21 Feb	WARR'TON	Climbing at North West Face WA2 7NE with Julie & Rach.	10.45-12noon
21 Feb	NORTHWICH	Siblings Art Project at Northwich Training Room with Gill Jones.	1-3pm
21 Feb	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Jacqui, Sam & Jess.	5-6.30pm
21 Feb	RUNCORN	Kidz Club Halton at The Acorn Club WA7 5EX with Mel & Rach.	6.15-7.30pm
22 Feb	WINSFORD	Gardening at Over Allotments Winsford CW7 2ED with Di & Cathy.	10am-12noon
23 Feb	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Rd WA16 9RU with Terri.	2-3pm
23 Feb	E'PORT	Family Swim at Ellesmere Port Sports Village CH65 9LB with Claire.	4.15-5.15pm
24 Feb	WARR'TON	Multi Sports at Lymm Leisure Centre WA13 0RB with Julie & Lauren.	12.15-1.15pm
24 Feb	W'RINGTON	Family Swim at Lymm Leisure Centre WA13 0RB with Julie & Lauren.	1.30-2.30pm
25 Feb	HANDBRIDGE	Spectrum Connect at Meltdown Café CH4 7BU with Claire.	12.30-2pm
25 Feb	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Carey.	1-2.30pm
25 Feb	CHESTER	Kidz Club at St.Oswald & St.Thomas Hall CH1 4AG with Claire, Sam & Kat.	4.30-6pm
25 Feb	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Denise & Cathy F.	6-6.45pm
25 Feb	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
25 Feb	RUNCORN	Spectrum Connect at The Halfway House WA7 5NR with Rach.	8-9.30pm
26 Feb	N'RTHWICH	Adult Art Project at our Northwich Training Room with Ali Rose.	12.30-2.30pm
26 Feb	RUNCORN	OSSME Parent Training at Runcorn Training Room with Sara & Emily.	1-3pm
26 Feb	CREWE	Parents meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm
27 Feb	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Terri.	10-11.45am
27 Feb	WINSFORD	Family Session at Urban Air Trampoline Park CW7 3RL with Di & Bobbie.	4.30-6.30pm
27 Feb	RUNCORN	Street Dance at Active Nation WA7 2FQ with Ashleigh & Rach.	5-6pm
27 Feb	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Tasha & Jonny.	7-8.30pm
27 Feb	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Tracey.	7-8.30pm
28 Feb	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
28 Feb	RUNCORN	Youth Club at The Acorn Club WA7 5EX with Mel & Rach.	7-8.30pm

Contact details for staff ...

Ruth & Sam *for attention card applications, forms, Gift Aid, child registration forms, admin.*

Admin 0344 850 8607 admin@ or sam@cheshireautism.org.uk

Emily *for advice, signposting and support, Eventbrite issues, any activity queries, IT.*

Support 07462 868322 support@cheshireautism.org.uk

Julie *for all things Warrington.*

Warrington Manager 07491 001360 warrington@cheshireautism.org.uk

Carey *for intensive group sessions, staffing, venues, The Club, counselling.*

Families Manager 07462 887815 families@cheshireautism.org.uk

Cindy *for recruitment, finance, GDPR, safeguarding, and any fundraising ideas!*

Business Manager 07476 280356 business@cheshireautism.org.uk

Jo *for anything else!*

Managing Director 07764 842422 jo@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.

www.cheshireautism.org.uk

