

Useful Services & Resources

Brook Image Hair and Beauty

Fancy a pamper session? Need to learn some hair styling skills? Nicola is offering some amazing packages for carers and people with autism in her community salon at Halton Brook, Runcorn. There are Princess Packages for the younger ones, blow drying courses, GHD courses and adult carer packages including reflexology, nails and lunch.

For more information contact Nicola using the details below:

T: 07852 177369

E: mirrornjs@gmail.com

Rainbow Blossom Counselling

Amy Lockett has BSc Honours Degree in Person-Centred Counselling, previously she was a trustee of the Person-Centred Association and is currently a member of Creative Counselling. Amy is offering a mobile counselling service for clients for aged between 11-17yrs in Crewe, Nantwich, Sandbach, Alsager, Winsford, Northwich and Middlewich. She has experience of working with young people with autism.

Amy uses a variety of creative aids, for example, colouring, drawing, games, visual cards, sensory toys and much more. For more information you can use the contact details below:

T: 07592 828329

W: www.rainbowblossomcounselling.com

E: rainbowblossomcounselling@hotmail.com

TomTags by Orkid Ideas

If you're struggling to get your kids organized after the school holidays then Tom Tags might just help. We have had a play with them in the office and they are so easy to use, simply adding stickers to buttons then clicking them into the TomTag to make really visual checklists and timetables. There are stickers for pretty much everything! For more information please use the website below:

W: <https://orkidideas.com/>

Local Events

Hesley Group are running a free training session for parents on **Monday 23rd October** at **The Crowne Plaza, Liverpool City Centre, L3 1QW**. The focus of the event is **Overcoming Trauma and Building Resilience for people with autism**. To book a place please visit www.hesleygroup.co.uk/events/liverpool-parents-event2019 or call 01302 866906.

Storyhouse are running the **Kaleidoscope Festival** this year from **Sunday 29th September-Sunday 6th October**. This is a festival celebrating diversity, inclusion and unique abilities. This year promises an extensive range of performances, talks, parades, poetry and much more. Andrew Edwards who has previously talked to our members will be talking. For more information, please visit <https://www.storyhouse.com/>

North Wales 4th Annual Autism Conference will be held on **Friday 11th October** at **Venue Cymru, Llandudno LL30 1BB. 8.30am-5pm**. There will be guest speakers, live music, information stands and plenty more happening throughout the day. For more information about tickets and the event please contact 01244 567656.

National Autistic Society are running a Too Much Information session at **Storyhouse Chester Ch1 2AR** on **Thursday 3rd October, 10.15am-12.15pm** as part of the Kaleidoscope Festival. The session will be ran by Karen McGuinness who is a volunteer at the NAS CwaC Branch. To book a place, please visit <https://bookwhen.com/fsokmt>

NAS are also running an Eating Seminar on **Tuesday 12th November** at **St John's Church Hall, Church Lane, Guilden Sutton, Chester CH3 7EW. 9.30am-2.30pm**. For more information and to book a free place please email cwacenquiries@nas.org.uk.

CWac Parent Carer Forum are running a Marketplace on **Thursday 10th October** at **Cheshire View, Plough Lane, Chester CH3 7PT. 9.30am-2pm**. The theme of this Forum is 'A Holistic Look at Mental Health.' There will be a presentation by CAMHS and the Charlie Waller Trust. For more information or help with transport, please email secretary.pcf.cwac@gmail.com

Recommended Services

- **Dawn Musa - Anandair Aerial Fitness - Anti Gravity Yoga (offers 1:1 sessions)**
<http://anandair.com/>
- **Urban Air Trampoline Park Winsford - Rebound Therapy**
<http://www.uacheshire.co.uk/rebound-therapy>
- **Tanja Sharpe - Confident Hearts Online Counselling, Coaching & Therapy**
www.confidenthearts.com.
- **Entwine Play Therapy - 1-1 sessions for children**
<https://www.facebook.com/EntwineParentChildAttachment/>
Contact Tara or Megan on thetreehouseplaytherapy@gmail.com or entwineattachment@gmail.com

Activities for Adults

ChAPS...

Crafty Club Northwich will run on **Monday 14th & 28th October** at our **Northwich Training Room 1-2.30pm**. This session is ran by the wonderful **Terri** and is open to both adults on the spectrum and parents.

Spectrum Connect is a social group for adults on the autism spectrum, whether diagnosed or not. These meet ups offer the opportunity to gain advice, socialise and connect with others...

- **Spectrum Connect Winsford** at New Images Winsford is on Monday 7th & 21st October, 8.30-10pm with **Cathy & Di**.
- **Spectrum Connect Halton** is at The Halfway House Runcorn on Monday 28th October, 8-9.30pm with **Emma**.
- **Spectrum Connect Chester** is at The White Horse Pub, Chester Racecourse on Monday 14th October, 12.30-2pm with **Claire**.

Delamere Walk with **Carey** on **Thursday 31st October, 11.30am-2pm**. You can book on via Eventbrite if you would like to join the walk.

Horse Sense is for parents and adults on the spectrum. The next session will run on **Wednesday 23rd October, 10am-12pm** at **Freedom Equine, Bridge Trafford CH2 4JT**.

Local...

Aspire - Chester's Autistic Adult Support Group host a meeting each month. Their next meeting is on **Wednesday 2nd October 11.30am-1pm** at Storyhouse. For more information contact Jenny or Sandra via their Facebook group or email aspirechester@gmail.com

ChAPS Bespoke Services

For Children...

Swim Lessons

We provide small group swim lessons on a Tuesday evening at Greenbank school pool near Northwich CW8 1LD. The lessons are aimed at non- swimmers and emergent swimmers. There are 8 places each half term for half an hour at either 4-4:30pm or 4:30-5pm. Jeff is a qualified swim teacher with lots of autism knowledge and the pool is small and warm.

The lessons will cost £7.50 per half hour from September 2019. Children can attend for 3 consecutive half terms and then will be returned to the waitlist to ensure that all children get a chance.

If you are interested in our swim lessons, please contact Carey on families@cheshireautism.org.uk.

Mindfulness

Our Youth Mindfulness programme has been very popular, it helps to give children new skills to help with anxiety and coping strategies, as well as helping them build resilience. It is an 8 week course which runs on one evening a week and we have delivered in Chester, Northwich, Ellesmere Port and Runcorn.

It is necessary to register interest for your child or young person aged 5-15yrs on this [link](#). Children will be grouped according to age. Grateful thanks to our Youth Mindfulness practitioners, Tanja, Gill and Di.

Lego-Based Therapy

A six week course for 1 hour on a weekday evening, in small groups of 6 children. The course follows the principles of LEGO®-Based Therapy to encourage children to increase their social skills by building LEGO® models in groups. The approach was developed by Dr. Dan LeGoff, a Clinical Neuropsychologist from Philadelphia, USA. The aim of the therapy is to help children to develop social interaction skills in a friendly, fun setting. We have delivered this learning in Runcorn, Northwich and Ellesmere Port. Sessions have also been integrated into The Club, Youth Clubs and ChAPS Holiday Club. To register your interest, please click [here](#).

For Adults...

Best Gift is You!

The Best Gift Is YOU! is a 6 week course, 2 hours per week for parents – it is a unique programme which helps parent carers to explore ways to reduce stress and anxiety while finding more calm, confidence and balance. The course combines CBT, NLP, Mindfulness and Self-help strategies. We have run day time and evening courses previously. Some comments from parents who have completed the course include...

'It has helped to reduce my anxiety and to deal with stressful situations. It has also made me think about how I can relax when I need to. The course itself is a relaxing hour and a half, but it also gives you more tools for relaxation and positive thinking.'

'This has been a fantastic course for me. It has helped me to look at self-care and how imperative it is in sustaining my own health and wellbeing and that of my family. The group and the leaders have helped me enormously with the sharing of their personal experiences to give me ideas and help me realise I am not alone. I wish it could continue for a further 8 weeks or more. It has helped me to consider helpful ways to move forward.'

'This course has allowed me to take a step back and go back to basics, strip everything back and meditate. I am able to use the techniques of Mindfulness & Meditation as a whole family with my children and the writing down and throwing away principles.'

'Attending The Best Gift is YOU course has provided me with the opportunity to share, develop and to appreciate others. I believe that more men would benefit from the lessons that the course imparts.'

If you are interested in this course, please contact Carey on families@cheshireautism.org.uk

The Club

A Specialist Socialisation group for children 7-11yrs at Northwich Youth Centre on Tuesday evenings 5-6.30pm. The Club runs every week including school holidays and costs £7.50 a week to access.

Parents wishing their children to be added to the waitlist should email Carey on families@cheshireautism.org.uk. Children on the waitlist will be offered a place when one becomes available.

Those children will then be offered a trial for half an hour with parents to assess whether your child will benefit from this provision.

Adults Independence & Living Skills (With OSSME)

A six week course for 1.5 hours a week during the daytime for adults with autism, whether diagnosed or not. The course covers such topics as Autism and Me, Sensory needs, English Language and Literal thinking – the use of idioms and sarcasm, Budgeting and Healthy Eating. Other topics can also be explored should the attendees wish.

Adults who have completed the course will be invited to a PART 2 course if they wish.

There have been some amazing outcomes from the courses we have run including friendship groups, adults accessing the community, and supporting each other.

If you are interested in attending this course, please register your interest [here](#).

ChAPS Training

Open Award Certified Training for Professionals working with Autism

We are delighted that we are an accredited provider through the Open Awards Excellence scheme. Our first course is 'Introduction to Autism' and we hope to follow with more course subjects as and when we have gone through the course certification process. This course is certified to go towards CPD hours.

Bookings are now open for our 3 hour training session at our Runcorn and Northwich Training Rooms.

The cost is only £20 per person for just the training, and if you require a certificate then the cost increases to £30 per person.

The first session had a 93% excellence rating from the attendees, so please don't miss this opportunity!

Our next session will run on Thursday 17th October in Chester, 6-9pm! - Here is link to book on:

<https://www.eventbrite.co.uk/e/professional-certified-training-introduction-to-autism-chester-tickets-73938789911>

Member's Discounts

We are currently expanding our links with local businesses and we are pleased to share with you our ever-growing list of **ChAPS** member's discounts. If you, or anyone you know, have a business that would like to offer a discount to **ChAPS** members please get in touch with **Emma** to arrange...

- **The Catalyst Museum, Widnes** - Free family pass. To use this you will need to show a confirmation email that can be requested at info@cheshireautism.org.uk
- **Urban Therapies, Heath Lane Chester**- 25% off massages. To use this you just need to show any email from us that has been sent in the last month- just to confirm you are a current member. Contact **07702 022722** or sandi.lawrence@yahoo.co.uk for more information.
- **Brio Leisure (All venues)** - Discounted Gym Membership at £26pcm instead of £32pcm or an off-peak membership at £22.50 per month. This membership also entitles a carer to attend free of charge. To access this discount you need to provide proof of diagnosis. For more information please call **01244 377086**.

- **Ness Botanic Gardens, Wirral** - Reduced rate of £6.25 pp and free carer access. To use this you will need to show a confirmation email that can be requested at info@cheshireautism.org.uk. For more information about Ness Botanic Gardens please visit <http://www.nessgardens.org.uk/>
- **Yoga Tales Children's Yoga, Chester**- £5 off 1-2-1 yoga therapy sessions. More information can be found on the Yoga Tales Facebook page or by emailing sam@yogatales.org.uk
- **DW Gyms (All venues)** - Discounted Gym Membership at £29pcm instead of £35pcm. This membership also entitles a carer to attend free of charge. To use this you will need to show a confirmation email that can be requested at info@cheshireautism.org.uk. For more information please call Dave on **0151 420 9100**.

Activity Updates!

- **PDA (Pathological Demand Avoidance) Talks**

If you are struggling with your child's reactions to everyday demands then our **PDA Talk with Emma** could help arm you with some useful strategies and understanding. **Emma** is mum to two autistic children, one with a PDA profile and has 15 years teaching experience with many challenging children. There will be a presentation, followed by time for discussion. The talks will take place at our **Runcorn Training Room on Wednesday 16th October 6-7.30pm** and our **Northwich Training Room on Friday 18th October 10.30am-12pm**.

- **Supporting the Wellbeing & Mental Health of Autistic Children and Young People Training from The Charlie Waller Memorial Trust**

We will be repeating this course with **Jo Billington** in Chester & Northwich on the **2nd & 3rd October**. She is a Doctoral Researcher in the Centre for Autism at the University of Reading who is also parent to two autistic boys. This workshop is specifically tailored to supporting the needs of autistic children and young people with a special focus on anxiety. Workshops will motivate, build confidence, inform and offer practical ideas and tools that can easily be put into practice. **Highly recommended!**

- **Sponsored Walk**

A massive **THANK YOU** to all the 43 walkers and the 7 pooches that joined **Carey** and the team on Sunday last to walk 10K for the Annual Sponsored walk. As every year, the volunteers from Chester Business Club made the day run smoothly and there were plenty of successes to celebrate, but mainly that we received match funding from Eric Wright Construction for £1,000 **thank you** and we hope to have reached £3,000 this year- **Great job team CHAPS!!**

- **Parents Meeting Warrington- Mental Health and Suicide Awareness Session**

This month, at our Warrington Parents Meeting, we will be joined by **Emma** our Support Worker. **Emma** has completed training through Warrington Borough Council and has a range of resources to share. If anyone would like a private chat with **Emma** during this session- email her on support@cheshireautism.org.uk to arrange. The meeting is on the **11th October 10-12 at the Walton Lea Project**.

Diary Events

Please book them in your diary!

(Bold are the extra activities)

1 Oct	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4.30-6pm
2 Oct	WARR'TON	Play Session at Warrington Sensory Centre WA1 4PN with Steph & Sarah.	4-6pm

2 Oct	CHESTER	Dog Training at Vicars Cross Comm Centre CH3 5LU with Bobbie & Kerry.	5.30-6.45pm
2 Oct	CHESTER	Children's Mental Health & Well-being Talk at Belgrave Primary CH4 7QS	6-9pm
3 Oct	WINSFORD	Parents Meeting at Subway Delamere St Winsford CW7 2LU with Carey.	9.30-10.30am
3 Oct	NORTHWICH	Children's Mental Health & Well-being Talk at Northwich Training Room	10am-1pm
3 Oct	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Kat & Diane.	5-6.30pm
3 Oct	E'PORT	Parents Meeting at New Creation Centre CH65 4BW with Kat & Leona.	7-8.30pm
3 Oct	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Dan.	7-8.30pm
5 Oct	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	3-4pm
5 Oct	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	4.15-5.15pm
5 Oct	NORTHWICH	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
6 Oct	WIDNES	Anti-Gravity Yoga Kidz at Martial Arts Centre WA8 0QZ with Mel & Steph.	12.30-2.30pm
7 Oct	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Claire.	10am-12pm
7 Oct	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
7 Oct	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy, Jeff & Bobbie.	6.45-8.15pm
7 Oct	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
8 Oct	RUNCORN	Children's Yoga at Runcorn Training Room with Mel.	5.30-6.15pm
9 Oct	CHESTER	Family Session at Fun4All CH1 4NT with Toni, Claire & Lauren.	4-6pm
9 Oct	NORTHWICH	Boxing Session at New Era CW9 5JN with Mark & Di.	4.50-5.50pm
9 Oct	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Sarah.	7-8.30pm
10 Oct	FRODSHAM	Parents Meeting at The Willow Tree Café WA6 7JA with Carol.	9.30-10.30am
10 Oct	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui & Diane.	6-7.30pm
10 Oct	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Steph.	6.15-7.30pm
10 Oct	NORTHWICH	Men's Meet-Up at The Clock Tower CW9 5NF with Jeff.	7.30-9pm
11 Oct	WARR'TON	Parents Meeting at Walton Lea Project WA4 6TB with Steph and Emma.	10-12noon
13 Oct	NORTHWICH	Gardening at Grozone at Whalley Road CW9 5QA with Di & Nic.	11.30am-1pm
14 Oct	CHESTER	Spectrum Connect at White Horse Pub CH1 2LY with Claire.	12.30-2pm
14 Oct	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm

14 Oct	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
14 Oct	BLAKEMERE	Family session at Playbarn CW8 2EB with Carey, Di & Bobbie.	5-6.30pm
14 Oct	WARR'TON	Bowling at Tenpin Warrington WA2 8RF with Steph & Dan.	5-6.30pm
14 Oct	NORTHWICH	Parents Meeting at our Northwich Training Room with Di & Leona.	7-9pm
15 Oct	WARR'TON	Kidz Club at Warrington Sensory Centre WA1 4PN with Steph & Dan.	4.30-6pm
16 Oct	RUNCORN	PDA Talk with Emma at our Runcorn Training Room with Emily.	6-7.30pm
17 Oct	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
17 Oct	E'PORT	Kidz Club at New Creation Centre CH65 4BW with Kat & Diane.	5-6.30pm
17 Oct	RUNCORN	Youth Club Halton at The Acorn Club WA7 5EX with Mel & Dan.	7-8.30pm
18 Oct	NORTHWICH	PDA Talk with Emma at our Northwich Training Room with Carey.	10.30am-12pm
19 Oct	RUNCORN	Family Swim at Beechwood Comm. Centre WA7 3HB with Mel & Emma.	5.30-6.30pm
20 Oct	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Claire.	10.30-12.30pm
20 Oct	B'TRAFFORD	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	1.30-3.30pm
21 Oct	CHESTER	Parents Meeting at Kingswood Comm Suite CH2 2LN with Claire & Leona.	10am-12pm
21 Oct	NORTHWICH	Crafty Club at our Northwich Training Room with Terri & Nic.	1-2.30pm
21 Oct	CHESTER	Kidz Club at St.Oswald & St.Thom Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
21 Oct	WINSFORD	Youth Club at New Images CW7 2HG with Di, Cathy, Jeff & Bobbie.	6.45-8.15pm
21 Oct	WINSFORD	Spectrum Connect at New Images CW7 2HG with Di & Cathy.	8.30-10pm
23 Oct	B'TRAFFORD	Horse Sense at Freedom Equine Centre CH2 4JT with Claire.	10-11.45am
23 Oct	WINSFORD	Family Session at UA Trampoline Park CW7 3RL with Carey, Di & Bobbie	4.30-6.30pm
23 Oct	CHESTER	Youth Club at Lache Comm Centre CH4 8HX with Claire, Diane & Lauren.	7-8.30pm
23 Oct	DARESBURY	Youth Club at Daresbury V. Hall WA4 4AJ with Steph & Sarah.	7-8.30pm
24 Oct	NORTHWICH	Yoga for Adults at our Northwich Training Room with Sarah & Carey.	11.30-12.30pm
24 Oct	E'PORT	Youth Club at New Creation Centre CH65 4BW with Jacqui & Diane.	6-7.30pm
24 Oct	RUNCORN	Kidz Club at The Acorn Club WA7 5EX with Mel & Steph.	6.15-7.30pm
26 Oct	E'PORT	Multi Sports at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	3-4pm
26 Oct	E'PORT	Family Swim at E'Port Sports Village CH65 9LB with Claire, Diane & Jonnie.	4.15-5.15pm

27 Oct	WARR'TON	Multi Sports at Lymm Leisure Ctr. WA13 0RB with Dan, Steph & Nick.	12.15-1.15pm
27 Oct	WARR'TON	Family Swim at Lymm Leisure Ctr. WA13 0RB with Dan, Steph & Nick.	1.30-2.30pm
28 Oct	BLAKEMERE	Low Ropes at Cheshire Outdoors CW8 2EB with Bobbie.	10.30am-1pm
28 Oct	CHESTER	Halloween Party at St. Thomas Hall CH1 4AG with Kat, Lauren & Diane.	4.30-6pm
28 Oct	NORTHWICH	Dog Training in Lach Dennis CW9 7SZ with Cathy & Denise.	6-6.45pm
28 Oct	RUNCORN	Spectrum Connect at The Halfway House WA7 5NR with Emma.	8-9.30pm
29 Oct	RUNCORN	Halloween Party at The Acorn Club WA7 5EX with Mel & Steph.	4.45-6.15pm
29 Oct	CREWE	Parents Meeting at The Brocklebank Weston Rd CW1 6FZ with Maureen.	8-10pm
30 Oct	RUNCORN	Witchcraft & Wizardry at Norton Priory WA7 1SX with Emma & Carey.	10am-2pm
31 Oct	NORTHWICH	Halloween Party at Northwich Training Room with Carey & Bobbie.	5-6pm
31 Oct	DELAMERE	Family Walk at Delamere Forest CW8 2HZ with Carey.	11.30am-2pm
31 Oct	WARR'TON	Code a Sphero at Grappenhall Community Centre WA4 2SG with Sarah.	11.30am-1.45pm
31 Oct	WARR'TON	Halloween Party at Daresbury V Hall WA4 4AJ with Steph & Sarah.	5-6.30pm
1 Nov	E'PORT	Halloween Party at New Creation Centre CH65 4BW with Jacqui & Kat.	5-6.30pm

Contact details for staff ...

Ruth/Emma *for attention card applications, forms, Gift Aid, child registration forms, admin.*

Admin 0344 850 8607 admin@cheshireautism.org.uk

Emma *for advice, signposting and support.*

Support 07462 868322 support@cheshireautism.org.uk

Emily *for activity queries, Eventbrite issues, IT and for all things Halton & Warrington.*

Warrington & Halton Team Coordinator 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

