

# Helping families who support a child or adult on the autism spectrum across Cheshire.



**Providing 80+ activities every month where your child is accepted for who they are – they fit in. They make friends and learn the basics of social communication.**

The next level of intervention is **The Club** our specialised socialisation group which runs weekly on a Tuesday in Northwich.

We then move into **Intensive Social Skills** classes which are a small group on an intensive course run by a speech and language therapist. Topics each include 'dealing with losing', 'being a good winner' and 'making a compromise'.

Our highest level is **Play Therapy** which is run by play therapists who specialise in teaching children through play, increasing their self-confidence and self-esteem, decreasing negative behaviours.

We also provide **Mindfulness** which teaches children to cope with difficult situations in the classroom. It refocuses the negative thoughts that children on the spectrum have and 'flips them' into positive ones – reducing meltdowns and de-escalating behaviours.

**Lego Therapy** is also available with trained staff teaching children how to succeed, retraining their thinking patterns to see that they can achieve goals.

Our activities run in Northwich, Winsford, Knutsford, Chester, Ellesmere Port, Blacon and all of our intensive courses run alternatively in different towns so that everyone has a chance to attend them.



If you are wondering why you should join ChAPS – this is what one parent said recently 'I was so nervous about joining and just thought I would be judged for some of the things my child does. I now wished that I had joined months ago when our support worker first suggested it as I have found everyone to be so understanding, supportive and accepting'. We hear this so often from parents – please don't wait to help yourself and your family!

**Full details of everything we do for children, adults and families is on our website:**

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

