



## What we do at ChAPS

**For children** we run a range of regular activities on a monthly basis. We also run an Intensive Social Skills programme and a Mindfulness programme both in small groups for 8 weeks. *The Club* is our specialised socialisation group running weekly in Northwich. We also have Lego and Play Therapy intensive sessions. We always put on extra holiday activities like raft building, science workshops, working farm visits, climbing, tubing etc.

**For adults** we run an Independence and Living Skills programme in small groups. Spectrum Connect our adults social group in Runcorn, Winsford and Chester, Crafty Club weekly in Runcorn or Northwich, Anti-Gravity Yoga in Widnes, Counselling, monthly walk in Delamere Forest, extra social activities like bingo or quiz nights, art trips, salt mines etc.

**For parents** we have lots of daytime and evening parent support meetings where you can learn how other parents access services, gain advice about an issue you are struggling to deal with. We have a training programme which includes topics such as the 7 senses, comic strip and social stories, transitions, girls on the spectrum, puberty, anxieties and stress management. 'The Best Gift is YOU' an empowering programme for 10 weeks targeting wellbeing and coping strategies. We also offer Counselling, an Advocacy service and run social events.

We run the **Attention Card** with Cheshire Police and now Merseyside Police for anyone with a medical diagnosis which is a superb initiative giving support in emergency situations. An optional part of the application form is to list their difficulties and this information is then put onto the police's intelligence data system. In conjunction with autism awareness training of police officers.

**For Schools** we run Autism Awareness Assemblies in primary and secondary schools and provide a Professional Training to staff.

*98% of our activities are FREE if you join as a ChAPS member. We have to make our charity sustainable, so we ask for a monthly membership donation of £10 **per family**. Come along and meet us and see what we can do to support your family.*

## Parents meetings

<b>Blacon</b>	Every 1 <sup>st</sup> Monday, 11am – 1pm Matthew Henry Church, Nevin Road, Blacon CH1 5RS
<b>Frodsham</b>	Every 2 <sup>nd</sup> Thursday, 9.30 – 10.30am The Willow Café, Mill Lane, Frodsham WA6 7JA
<b>Chester</b>	Every 3 <sup>rd</sup> Monday, 10am – 12 noon Kingsway Community Suite, Kingswood, Kingsway, Chester CH2 2LN
<b>Crewe</b>	Every last Tuesday in the month, 8 – 10pm The Brocklebank Pub, Weston Road, Crewe CW1 6FX
<b>Ellesmere Port</b>	Every 1 <sup>st</sup> Thursday, 7 – 9pm New Creation Centre, Ellesmere Port CH65 4BW
<b>Knutsford</b> For parents of adults	Every 3 <sup>rd</sup> Thursday in the month, 11am – 1pm Cross Keys Pub, King Street, Knutsford WA16 6DT
<b>Northwich</b>	Every 4 <sup>th</sup> Monday, 7 – 9pm Northwich Business Centre, Meadow Street CW9 5BF
<b>Northwich</b> Men's Meet Up	Every 3 <sup>rd</sup> Wednesday, 7.30-9pm Clock Tower, Chester Way, Northwich CW9 5LS
<b>Winsford</b>	Every 1 <sup>st</sup> Thursday, 9.30 – 10.30am Subway, Delamere Street, Winsford CW7 2LU
<b>Warrington</b>	Every 2 <sup>nd</sup> Friday, 10.00-12noon Walton Lea Partnership, Chester Road, Warrington, WA4 6TB

## Chester activities

<b>Drama Club</b> for age 7 – 11	Every 1 <sup>st</sup> Monday in the month, 4.30 – 6pm St Thomas of Canterbury Church Hall, Chester CH1 4AG
<b>Kidz Club</b> for age 7 – 11	Every 2 <sup>nd</sup> , 3 <sup>rd</sup> & 4 <sup>th</sup> Monday in the month, 4.30 – 6pm St Thomas of Canterbury Church Hall, Chester CH1 4AG
<b>Youth Club</b> for age 11 – 17	Every 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday, 7 – 8.30pm The Venue, Lache Comm. Centre, Chester CH4 8HX
<b>Animal Therapy</b> Age 3 +	Every 3 <sup>rd</sup> Sunday of the month, 10am- 4pm. 4 x 1 hour sessions Freedom Equine Centre, Bridgefields, Mickle Trafford CH2 4JT
<b>Horse Sense</b>	Every 4 <sup>th</sup> Wednesday Session for Parents Freedom Equine Centre, Bridgefields, Mickle Trafford CH2 4JT
<b>Dog Training</b>	Every 1 <sup>st</sup> Wednesday of the month, 5.30-6.45pm Vicars Cross Community Centre, Chester CH3 5LU
<b>Family Pilates</b>	Every 2 <sup>nd</sup> Thursday, 6.30-7.15pm Lache Community Centre, Hawthorn Road, Chester, CH4 8HX

**Fun 4 All** Every 3<sup>rd</sup> Wednesday, 4 - 6pm  
Family session 8 Hartford Way, Blacon, Chester, CH1 4NT

## Ellesmere Port activities

**Kidz Club** Every 1<sup>st</sup> and 3<sup>rd</sup> Thursday, 5 – 6.30pm  
For age 7 – 11 New Creation Centre, Ellesmere Port CH65 4BW

**Swimming** Various Saturdays of the month, 4.15 – 5.15pm  
Family Session Ellesmere Port Sports Village, Ellesmere Port CH65 9LB

**Multi Sports** Various Saturdays, of the month, 3-4pm  
Age 4 + Ellesmere Port Sports Village CH65 9LB

## Halton activities

**Kids Club** Every 1<sup>st</sup> and 3<sup>rd</sup> Thursday, 6.15 – 7.30pm  
Ages 7 to 11 The Acorn Club, Laburnum Grove, Runcorn WA7 5EX

**Youth Club** Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday, 7 – 8.30pm  
Ages 11 to 17 The Acorn Club, Laburnum Grove, Runcorn WA7 5EX

**Anti-Gravity Yoga** Every 2<sup>nd</sup> Sunday of the month, 2 – 4pm  
For children Widnes Martial Arts, Waterloo Road, Widnes WA8 0QR

**Anti-Gravity Yoga** Every 3<sup>rd</sup> Sunday of the month, 3 – 4pm  
For adults Widnes Martial Arts, Waterloo Road, Widnes WA8 0QR

**Pony Riding** Every 2<sup>nd</sup> Saturday of the month, 3.30 – 4.30pm  
Age 4 and above Bold Heath Equestrian Centre, Warrington Road, Widnes WA8 3XT

**Crafty Club** Every 3<sup>rd</sup> Tuesday of the month, 12.30-2pm  
For adults The Old Police Station, Runcorn WA7 1DF

**Spectrum Connect** Every 4<sup>th</sup> Monday, 8 – 9.30pm  
For adults The Halfway House, Halton Road, Runcorn WA7 5NR

**Yoga** Every 2<sup>nd</sup> Thursday of the month, 1-2pm  
For Adults Old Police Station, Runcorn WA7 1DF

**Street Dance** Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday, 5-6pm  
Age 8 + Active Nation, Trident Park, Runcorn WA7 2FQ

## Northwich activities

<b>Swimming</b> Family session	Every 1 <sup>st</sup> Saturday of the month 4.30 – 5.30pm Northwich Memorial Court, Chester Way, Northwich CW9 5QJ
<b>Playbarn Session</b> Family session	Every 2 <sup>nd</sup> Monday of the month 5 – 7pm Blakemere Craft Centre CW8 2EB
<b>Pony Riding</b> Age 4 and above	Every 4 <sup>th</sup> Saturday of the month 2 – 3pm Holly Tree Farm, Plumley Moor Road, Knutsford WA16 9RU
<b>Yoga for Adults</b>	Every 4 <sup>th</sup> Thursday of the month 11.30 – 12.30pm Northwich Business Centre, Meadow Street CW9 5BF
<b>Crafty Club</b>	Every 2 <sup>nd</sup> and 4 <sup>th</sup> Monday of the month 1-2.30pm Northwich Business Centre, Meadow Street CW9 5BF
<b>Delamere Walk</b> For Adults	One Friday per month, 12-1pm Delamere Forest
<b>Dog Training</b>	Every 4 <sup>th</sup> Monday of the month, 6-6.45pm Lach Dennis Village Hall, Holmes Chapel Road CW9 7SZ
<b>Boxing Session</b> Ages 10 to 15	Every 2 <sup>nd</sup> Wednesday of the month, 5.30-6.30pm New Era CIC, Queen Street, Northwich CW9 5JN

## Winsford activities

<b>Youth Club</b> Ages 11 to 17	Every 1 <sup>st</sup> and 3 <sup>rd</sup> Monday, 6.45 - 8.15pm New Images, Nixon Drive, Winsford CW7 2HG
<b>Trampoline Park</b>	Every 4 <sup>th</sup> Wednesday, 4.30 – 6.30pm. 2 x 1 hour sessions Urban Air, Winsford CW7 3RL
<b>Spectrum Connect</b> For adults	Every 1 <sup>st</sup> and 3 <sup>rd</sup> Monday, 8.30 – 10pm New Images, Winsford CW7 2HG
<b>Gym &amp; Games</b>	Every 1 <sup>st</sup> Sunday of the month, 11.45am – 1.15pm Winsford Academy, Winsford CW7 2BT

## Warrington activities

<b>Kids Club</b> Ages 7 to 11	Every 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday, 5 – 6.30pm Warrington Sensory Play Centre, Woolston Community Hub, Hall Rd, Warrington WA1 4PN
<b>Youth Club</b> Ages 11 to 17	Every 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday, 7 – 8.30pm Daresbury Community Hall, Chester Road, Daresbury, Warrington WA4 4AJ
<b>Multi Sports</b>	Every 4 <sup>th</sup> Sunday of the month 12.15 – 1.15pm Lymm Leisure Centre, Lymm, Warrington WA13 ORB

<b>Swimming</b> Family Session	Every 4 <sup>th</sup> Sunday of the month 1.30 – 2.30pm Lymm Leisure Centre, Lymm, Warrington WA13 0RB
<b>Sensory Play Session</b> Family Session	Every 1 <sup>st</sup> Wednesday of the month 4-6pm Warrington Sensory Play Centre Woolston Community Hub, Hall Rd, Warrington WA1 4PN
<b>Street Dance</b> Age 8 +	Every 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday, 5-6pm StagePro Academy Museum Street Warrington WA1 1HU
<b>Bowling</b> For families	Every 2 <sup>nd</sup> Monday, 5-6.30pm Tenpin, Chetham Court, Winwick way, Warrington, WA12 8RF

**Jo Garner**

MD

07764 842422

[jo@cheshireautism.org.uk](mailto:jo@cheshireautism.org.uk)

**Cindy Seiler**

Business Manager

07476 280356

[business@cheshireautism.org.uk](mailto:business@cheshireautism.org.uk)

**Carey Hulme**

Families Manager

07462 887815

[families@cheshireautism.org.uk](mailto:families@cheshireautism.org.uk)

**Emily Abbott**

Support Worker

07462 868322

[support@cheshireautism.org.uk](mailto:support@cheshireautism.org.uk)

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