



Information

iMAP Christmas Event An autism friendly event for all the family including refreshments, mince pies, gingerbread decorating and shaving foam sensory play. Sunday 18th December 10am – 4pm at their Barrowmore Estate Resource Centre. Tickets are £2 and can be obtained by emailing Elizabeth.coppin@imapcentre.co.uk or calling 01829 741869.

Space4Autism Christmas Party is on Monday 19th December @ MAC Activity Centre, Goodall Street, Macclesfield 6.30-8.30pm £1 entry for members and £2 for non-members.

Christmas Party and Disco at Cheshire View, Christleton organised by **ChAPS member**, Nichola, is on Saturday 10th December 7pm – Midnight. £20 per ticket to include carvery and dessert, Children welcome at £10 per ticket. This is a fundraising event for Cheshire and Warrington Carer's Trust. Call Nichola for tickets on 07855 190477. (Carey will be there!).

Cotebrook Shire Horse Centre invite you to join them for their FREE ENTRY WEEKENDS on 10th/11th and 16th/17th December. They are also hosting their "Breakfast with Santa" on these weekends too, booking is required– contact the centre direct on info@cotebrookshirehorses.co.uk

Autism Together (Wirral) are joining forces with Port Sunlight Garden Centre to put on a **Santa's grotto** whilst raising autism awareness, and **guests with autism are catered for** every weekend between 26th November and 18th December. This is their 5th year at the Garden Centre and entry is £5 with a gift from Santa. Search **Autism Together Christmas Grotto** on Facebook for more info and opening times.

Relaxed performance of Snow White and the Seven Dwarfs **Pantomime** being shown at **Buxton Opera House** at 5.30pm on Tuesday 13 December. Tickets £10, with one essential companion free of charge. To book call the Box Office on: 01298 72190.

Space4Autism are running free **Work Skills Training** for autistic Adults on Thursday 8th and Friday 9th December at the Space Centre, Macclesfield, CW11 7NJ Check out their website for more info, <http://space4autism.com> or email info.space@hotmail.com to book a place.

They are also providing some free 1-1 appointments for their members with Estelle from B.I.R.D charity on Friday 20th January.

Dynamite Dance UK are starting Monday street dance classes for kids with autism in Ellesmere Port at Stanney Grange Community Centre CH65 9HE. Taster sessions on Monday 5th December. **Street Dance** and **Flipz'n'Trix/free running** classes for Autism/SEN only. Please see website for more details www.dynamitedance.co.uk/ellesmereport

One of our parents has recommended **Otterspool Adventure Centre**, Liverpool L17 5AL. They recently ran their first disability session in the soft play and they are looking at running a Silent Grotto session. Please see Facebook for events and opening times, call 0151 494 3044 or email info@otterspooladventurecentre.co.uk

Warrington Museum and Art Gallery, WA1 1JB are having an Early Bird Session on December 10th 9.30-10.30am for families with ASD. Please call 01925 442399 for more details or check out their website

www.warringtonmuseum.co.uk

The **Protea Project** is built around the idea of using mindfulness to build emotional resilience, and provides support for young people and families. To find out more check out the website www.theproteaproject.com or call 07490 716689. Discount for ChAPS members. Thanks very much Tanja – highly recommended by ChAPS.

Cheshire Carers Trust run Parent Carer Support Groups/ Coffee Mornings in Cheshire East. They are informal friendly groups and often include activities and speakers. For more info Crewe, Congleton, Macclesfield and Poynton coffee mornings, times and venues, please check out the following website www.cheshireandwarringtoncarers.org

MindEd for Families provide some excellent **online training for parents** about all sorts of subjects around supporting your child's best interests, including Child and Teen Development, Trauma and Coping, Attachment and Medication. Visit <https://www.minded.org.uk/> and see the Families section.

Autism Hub at Rosebank Library are open Wednesdays 10-6pm and have a range of resources as well as books to borrow. Parent membership costs £10 annually. For more information email autismlibrary@rosebank.cheshire.sch.uk or call on 01606 74975.

Ellesmere Port Autistic Spectrum Support is a new group set up by Tessa Ede, one of our ChAPS parents, and their next coffee morning will be Tuesday Dec 20th at Cook Street Café CH65 4AT from 9.30–11.30am.

Urban Air Trampoline Park in Winsford is a new trampoline park and they are keen to attract the autism community and provide autism friendly sessions. The **UA Connect** session on Sunday mornings caters for disability and autism, with low arousal and smaller numbers £7.50 per session carers go free. **ChAPS now doing a monthly session here!!!**

The **Broad Street Project** are running two new groups, one for **parents and toddlers with autism**, on Thursdays 10 - 11.30am, and one for **Asperger's 16+ called Just Talk**, Wednesdays 7-8.30pm. Both groups are held at The Broad Street Project, Broad Street, Crewe CW1 3UD, and more info can be obtained by calling 01270 255355 or email cheshireacadem@aol.com

The **Local Offer** is a website in every local authority that provides services and info in one place for children, young people and their families. The additional needs children's database is accessed via this website and it is here that you can register for the Max card in Cheshire West www.westcheshirelocaloffer.co.uk or email iasservice@cheshirewestandchester.gov.uk or call 0300 123 7001.

Your Family Matters are a **mediation service** for any one in dispute with their local authority, SEN team, school, social care, health department or any other professional regarding their child's education, social care or health needs. They can be contacted by email on admin@yourfamilymatters.org.uk or by phone 0161 300 9721.

Autism friendly screenings of films for children (and some cinemas are now trialing older children and adult screenings) are all listed on this handy website <https://www.dimensions-uk.org/families/autism-friendly-environments/autism-friendly-screenings/> Prices from £1.99 Some cinemas will accept a DLA letter as proof of disability and allow carers to go free.

Liverpool museums are running some **autism- friendly sessions**, some are in the term time (maybe suitable for home schoolers) and some in the holidays and weekends. See here for more details <http://www.liverpoolmuseums.org.uk/learning/autism-sessions.aspx> (remember Mersey rail do family day passes on the train from Chester or Ellesmere Port).

<http://www.skillsforcare.org.uk/Employing-your-own-care-and-support/Information-hub.aspx> is a useful hub providing info around employing PAs.

Activities in Halton

Spectrum Connect Our new adults on the spectrum social group has started and will be run every 4th Monday of the month, we have so far decided on the Halfway House pub on Halton Road, WA7 5NR and will have access to the pool table and darts board. We will also join Carey on her activities and walks that she organizes for the Cheshire adult group and maybe decide on some of our own activities. Please get in touch if you want to attend or would like any information haltonsupport@cheshireautism.org.uk 07789 959499.

Jump Nation have not got any ASC friendly sessions in December but if you show your ChAPS member cards you will receive 10% off. www.jumpnation.com.

Positive Behaviour Support Services (PBSS) are offering parent carer training on Monday 5th December 10am-2pm. The course includes, types of behaviour that challenges parents, explain how PBSS assess challenging behaviour, look at how the behaviour affects others, look at why a person's motivation is important to understand the behaviour, share some sample interventions and also write up your own intervention plan. Places can be booked with Halton Carers Centre at help@haltoncarers.co.uk or 01928 850182.

Cineworld Runcorn

Autism friendly showing of Moana on 4 December at 11am, normal ticket prices apply but do use you CEA card or DLA letter as carer goes free.

CEA Card - The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA), formerly the Cinema Exhibitors' Association (CEA). The scheme was introduced in 2004 and is one of the ways for participating cinemas to ensure they make reasonable adjustments for disabled guests when they go to the cinema; in particular it ensures a complimentary ticket for someone to go with them. The cost is £6.00
<https://ceacard.co.uk/howtoapply.aspx>

Edge Inclusion are new to Halton

EDGE Inclusion Partners provide an expert, multi professional integrated Inclusion and Special Educational Needs service. They also provide social, emotional and mental health support and intervention for individuals.

They can support EHCP applications and support you through the process. For **Special Educational Needs and Inclusion** enquiries please call or email: sarah@edgeinc.co.uk 07790 500487.

The Brindley Theatre are doing a relaxed performance of Cinderella on 30 December at 1pm, normal admission prices apply. To book – phone 0151 907 8360 or online at the brindley@halton.gov.uk

Book Suggestions

If you have read something and want to comment on the book, that you think other members will enjoy or benefit from, please get in touch with Carey support@cheshireautism.org.uk to include book suggestions.

Switched On, My Journey from Asperger's to Emotional Awakening by John Elder Robison is a book that we have reviewed before at ChAPS, but as another member has read it and kindly provided an detailed review, I am adding a small portion of that review here. Anyone wishing to see the full copy, please email Carey. Here we go :-

“This book is well written, easy to follow but very thought provoking. How much of John's emotional awareness and self-understanding is due to TMS or his own mind coming to terms with his diagnosis is debateable. How wonderful

if TMS could open up neural connections in the brains of those with autism, but scary to think that special talents and even genius could be lost in the process.”

Activities for Adults on the Spectrum

Breakfast Get-together in Winsford will be on **Tuesday 6th December** at Delamere Street Subway at 9.30- 10.30am, an informal get together for parents and adults on the spectrum to socialize over breakfast. Buy your own Breakfast from Subway from £2.

Spectrum Connect will meet at New Images, Winsford on Monday 5th and 19th December 8.30-10pm. **Spectrum Connect Halton** are running a bowling session on Tuesday 6th Dec, email Jen on haltonsupport@cheshireautism.org for details.

Delamere Walk and optional Lunch (or bring your own) on **Friday 16th December**. Meet at **Delamere STATION café Car park** at 11.30 to walk at 12noon. Lunch can be brought or purchased from the Cafes at the Forest.

Parents of Adults meeting at **The Cross Keys** King Street Knutsford will be **Thursday 15th December**.

Yoga for parents and adults on the Spectrum at The Venue, Gadbrook Road, Rudheath CW9 7JL, run by Sarah, is on **Wednesday 21st December**.

New Chester group for Adults **ASPIRE**. Meeting on 5th December, The Wesley Centre, St John Street, Chester at 12noon till 1.30pm. See Facebook for more info on this group <https://m.facebook.com/groups/491332914410676>

For ideas, discussion or support please email Carey on support@cheshireautism.org.uk

ChAPS News

Ellesmere Port starting this month two new activities are running fortnightly Kidz Club for children aged 7 to 11 and Youth Club for older kids aged 11 to 17 at Cook Street Café in the middle car park near the train station. An excellent venue and Martina & Doc are very keen to have as much use as possible of their venue for the community.

Like many of our small group sessions these are for **children on the spectrum only** – it is their opportunity to belong to something that is specifically for them. These clubs teach children to play, to communicate, socialize and interact with their peers in an autism specific environment. We can give you testimonial after testimonial about the difference they make to your kids, so please try them.

**** BIG News ****

Many of our members know that after a tough 18 months application process, we have been successful in securing Big Lottery funding of £375,505 which is just incredible! We are all so excited, the difference this is going to make to families that we support is huge.

It will provide for the next 3 years running costs, 4 full time members of staff, intensive social skills classes for children, counselling for parents and adults on the spectrum, independence and living skills for adults, 2 CIEH qualifications for adults, social accounts, The Club our specialized socialization group for children, continuation of our autism awareness assemblies and a building capabilities funding. Just awesome!

We realise that **Christmas** holidays fall differently for the various local authorities so are planning a few extra family sessions both the week before Christmas and the second week after, to accommodate all our families. These will come out to you separately. Please join us for the **Children's Christmas Party** on 21 December.

**We hope you all have a fantastic Christmas and New Year
– we will still be working so do get in touch if you are struggling.**

Our Office is open every Friday morning from 10am till 12 – so please call in and see us if you need advice or support. Room 1, Ground Floor, The Old Police Station, Mersey Road, Runcorn WA7 1DF. There is minimal parking behind the building, extra parking is available at the traffic lights opposite The Brindley. Our entryphone is the doorway next to the railings on Mersey Road.

Diary Events

Please book them in your diary!

1 Dec	E'PORT	Parents meeting at Trinity Church Whitby Road CH65 0AB with Linda.	7-9pm
1 Dec	RUNCORN	Junior Youth Club at Lord Taverners Woodside WA7 2PG with Jen & Nic.	6.15-7.30pm
1 Dec	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul, Emma & Lisa.	5-6.30pm
3 Dec	NORTHWICH	Family Swim at Memorial Hall Northwich with Terri. Slide only.	4.30-5.30pm
4 Dec	RUNCORN	Family Swim at Beechwood Pool with Jen.	5.30-6.30pm
5 Dec	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Nat.	11am-1pm
5 Dec	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat.	5.15-6.45pm
5 Dec	WINSFORD	Youth Club at New Images Dixon Drive CW7 2HG with Nic, Cathy & Bobbie.	7-8.30pm
5 Dec	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Nic & Cathy.	8.30-10pm
6 Dec	WINSFORD	Breakfast Club for Parents at Subway Delamere Street CW7 2LT with Carey.	9.30-10.30am
8 Dec	M'TRAFFORD	Animal Interaction at Bridgefields Mickle Trafford CH2 4JT with Jen.	10.30-12pm
8 Dec	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul & Tessa.	7-9pm
8 Dec	RUNCORN	Youth Club at Lord Taverners Woodside Runcorn WA7 2PG with Jen & Nic.	7-9pm
11 Dec	WIDNES	Anti-Gravity Yoga for parents at Martial Arts Centre WA8 0QZ with Jen.	4-5pm
12 Dec	RUNCORN	Parents meeting at Glendale Childrens Centre WA7 2QA with Jen + toddlers.	10am-12pm
12 Dec	BLACON	Kidz Club at Blacon Adventure Playground Kipling Road with Caireen & Nat.	4.45-6.15pm
12 Dec	BLAKEMERE	Barnaby's Playbarn family session with Jo, Carey & Bobbie.	5-7pm
14 Dec	BLACON	Parents meeting at The Enterprise Centre The Parade with Toni & Caireen.	7-8.45pm

15 Dec	KNUTSFORD	Parents of adults meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
15 Dec	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul, Emma & Lisa.	5-6.30pm
15 Dec	RUNCORN	Junior Youth Club at Lord Taverners Woodside WA7 2PG with Jen & Nic.	6.15-7.30pm
16 Dec	DELAMERE	Walk for anyone interested please message Carey.	12-2pm
17 Dec	KNUTSFORD	Pony Riding at Holly Farm Plumley Moor Road WA16 9PU with Terri.	2-3pm
17 Dec	E'PORT	Family Swim at Ellesmere Port Village with Caireen.	4.30-5.30pm
18 Dec	NORTHWICH	Gym with Music at Northwich Youth Centre CW8 4DE with Nic & Simon.	11.30-12.30pm
18 Dec	M'TRAFFORD	Animal Interaction at Bridgefields Mickle Trafford CH2 4JT with Caireen.	2.30-4pm
18 Dec	WIDNES	Anti-Gravity Yoga for Kids at Martial Arts Centre Widnes WA8 0QZ with Jen.	4-5pm
19 Dec	CHESTER	Parents meeting at Kingsway Comm Suite, Kingswood, Kingsway with Eve.	10am-12
19 Dec	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat.	5.15-6.45pm
19 Dec	WINSFORD	Youth Club at New Images Dixon Drive CW7 2HGwith Nic, Cathy & Bobbie.	7-8.30pm
19 Dec	WINSFORD	Spectrum Connect for adults at New Images CW7 2HGwith Nic & Cathy.	8.30-10pm
21 Dec	WIDNES	Children's Xmas Party at Velocity Trampolining Widnes.	5-7pm
21 Dec	NORTHWICH	Yoga for Parents at The Venue Gadbrook Road CW9 7JL with Sarah & Nic.	7.30-8.30pm
22 Dec	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul & Tessa.	7-9pm
22 Dec	RUNCORN	Youth Club at Lord Taverners Woodside Runcorn WA7 2PG with Jen & Nic.	7-9pm
28 Dec	WINSFORD	Urban Air Trampolining in Winsford CW7 3RL with Carey & Jen.	5-6pm
28 Dec	CHESTER	Youth Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat.	7.30-9pm

Jo Garner

MD

07764 842422

jo@cheshireautism.org.uk

Carey Hulme

Cheshire Support Worker

07462 887815

support@cheshireautism.org.uk

Jen Perry

Halton Support Worker

07462 868322

haltonsupport@cheshireautism.org.uk

www.cheshireautism.org.uk