

December 2024

# ChAPS Newsletter



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### For information...

The Ark Café will close on Wednesday 18<sup>th</sup> December, and the office will close on Friday 20<sup>th</sup> December. Both will reopen on Monday 6<sup>th</sup> January 2025. There will be some ChAPS staff online throughout Christmas week if you do require any support.

We will be emailing out the bookings links for any activities taking place between Wednesday 1<sup>st</sup> and Friday 10<sup>th</sup> January on Tuesday 17<sup>th</sup> December.

The January newsletter will be emailed out on Tuesday 7<sup>th</sup> January 2025, with booking links going live on Thursday 9<sup>th</sup> January. We realise this is slightly later than usual, but we didn't want to open the booking links over Christmas if a member of office staff wasn't available for any queries.

### Thank you!

Each year we receive help and generous donations from our members, groups, and organisations, and each year we are blown away by your support.

We are extremely grateful to everyone who has donated items, funds or their time to us during 2024, as well as everyone who has fundraised for us - we couldn't do it without you.

We would also like to thank our members for their continued support.

And to our amazing staff members... thank you for your enthusiasm, your hard work and everything you do.

### Family Activity Review

As part of our ongoing review into the activities and services we offer, please could you fill out this quick survey on our Family Activities. This survey will give us valuable insight into our activities and your thoughts. As an added incentive we will be putting all completed surveys into a draw to win a £20 Amazon voucher to be drawn on Wednesday 4<sup>th</sup> December. Please note that the survey will close at 5pm on Tuesday 3<sup>rd</sup> December.

To complete the survey, please click [here](#).

Our team have been going through all your feedback throughout the last year and creating action plans for the new year, that we can't wait to share with you all. Exciting times!

### Christmas Activities

After the success of our Halloween Drop in, we would like to invite everyone to our Christmas Drop in on Wednesday 11th December at ChAPS Autism Ark between 3-6pm. We will have some Christmas crafts available, as well as festive treats and tea and coffee. We will also have a special visit from Santa!

More details about the Drop in and our other Christmas activities can be found on page 3.



We hope your Christmas and New Year is exactly how you wish it to be and here's to another jam-packed year in 2025.

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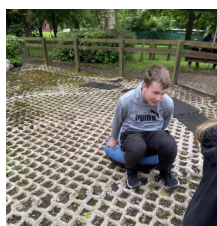


## A look back at 2024...

We started the year with our 'Help ChAPS To Raise £5k in 10 days' fundraising challenge. We had an 'eggcellent' time at our Easter Craft, Easter Bingo and our annual Easter Egg Trail at Petty Pool! Thank you to everyone who helped with our challenge. In total we raised an amazing £4,355.37 for ChAPS.



In 2024, ChAPS has fundraised £15,146.17 and counting! Massive thank you to Margaret and Paul and Hartford Golf Club for their continued support, as well as Sporting Bears Motor Club, Greenbank School, Vale Royal Carpet Cleaning, Chester Business Club, The Retired Employees Association, Skipton Building Society, Cheshire Autism Football Club, and Macauley, Sandra, Gemma, Helen, Jo & Cerys, Linda, Megan, Christopher, Louise & Chris.



Over the summer holidays, we delivered 46 activities ranging from Sand Art to Aqua Park to Football Party to Laser Quest. It was great to see so many members at our events. We finished the holidays with a trip to Chester Zoo, where one of our members was able to feed the giraffes!

Thank you to everyone who has attended our activities throughout the year, we hope you have enjoyed them as much as we have! We are finalising our plans for 2025 and hope to have another amazing year.



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## Christmas at ChAPS



### Christmas Crafternoon

1-2.30pm at ChAPS Autism Ark, CW8 1BE

Join us for an afternoon of craft. Each week will have a different Christmas craft. Festive cakes and tea and coffee will be provided. The price is £5 per person and you can take your crafts home with you. This activity is open to all.

Friday 6<sup>th</sup> December— Decorating Christmas Cards <https://buytickets.at/cheshireautismpracticalsupportltd/1483406>

Friday 13<sup>th</sup> December— Making Mini Hats <https://buytickets.at/cheshireautismpracticalsupportltd/1483422>

Friday 20<sup>th</sup> December— Decorating Christmas tea light holders

<https://buytickets.at/cheshireautismpracticalsupportltd/1483423>

### Christmas Drop In

Wednesday 11<sup>th</sup> December, 3-6pm at ChAPS Autism Ark, CW8 1BE

Come join us at our Christmas Drop in.

For those wanting to meet Santa, you can book time with Santa in his grotto.

We will have Christmas crafts available for the children, as well as Christmas treats and tea and coffee available.

Speciality drinks can be bought from the café. We will have a tombola for all attendees to take part in if they wish.

All children attending the Drop in will receive a selection box. Booking is necessary—please pick which selection box your child would like to receive when booking and state any dietary requirements.

<https://buytickets.at/cheshireautismpracticalsupportltd/1483454>

### Wicked Relaxed Screening

Monday 9<sup>th</sup> December, 6-8pm

This month our Relaxed Screening is the new adaptation of the musical, Wicked. Set in the Land of Oz, largely before Dorothy Gale's arrival from Kansas, it follows the story of Elphaba beginning her path to becoming the Wicked Witch of the West, and her unlikely friendship with her classmate Galinda. There will be no trailers before the film, and will be shown in a relaxed setting. Children will need to be supervised by a parent/carer during this event—please book a ticket for everyone attending.

<https://buytickets.at/cheshireautismpracticalsupportltd/1480988>

**Members attending our Kids' Clubs, Youth Clubs, Climbing Club, and Urban Air in December will receive a selection box. Please pick which selection box your child would like to receive when booking and any dietary requirements.**

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# Activity Links



## Activities for Autistic Children

These activities are for autistic children only

(Activities listed in alphabetical order by location/town)

### **BRIDGE TRAFFORD:**

Animal Therapy (4-18 years old)

- Sunday 8<sup>th</sup> December, 12.30-4.30pm at Freedom Equine, CH2 4JT

Home Education Animal Therapy (4-18 years old)

- Wednesday 4<sup>th</sup> December, 10.30-11.15am at Freedom Equine, CH2 4JT

### **CHESTER:**

Kids Club (7-11 years old)

- Monday 9<sup>th</sup> December, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 2<sup>nd</sup> December, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 16<sup>th</sup> December, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

### **ELLESMERE PORT:**

Kids Club (7-11 years old)

- Tuesday 3<sup>rd</sup> December, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

- Thursday 12<sup>th</sup> December, 6-7.30pm at Theatre Porto, CH65 6QY

## **NORTHWICH:**

### Kids Club (7-11 years old)

- Monday 2<sup>nd</sup> December, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 16<sup>th</sup> December, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

### Youth Club (11-17 years old)

- Monday 9<sup>th</sup> December, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

## **WARRINGTON:**

### Climbing Club (7-17 years old)

- Wednesday 11<sup>th</sup> December, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

## **WIDNES:**

### Anti-Gravity Yoga (6-18 years old)

- Sunday 8<sup>th</sup> December, 12.30-1.15pm or 1.30-2.15pm at Martial Arts Centre, WA8 0GZ



## Activities for Families

These activities are for the whole family, including siblings.

(Activities listed in alphabetical order by location/town)

### **CHESTER:**

#### Wicked (PG) Relaxed Screening

- Monday 9<sup>th</sup> December, 6-8pm at Chester Storyhouse, CH1 2AR

### **ELLESMERE PORT:**

#### Multi Sports

- Saturday 14<sup>th</sup> December, 2-3pm at Ellesmere Port Sports Village, CH65 9LB

#### Swim Session

- Saturday 14<sup>th</sup> December, 3.15-4.15pm at Ellesmere Port Sports Village, CH65 9LB

### **NORTHWICH:**

#### Christmas Drop In (With Santa)

- Wednesday 11<sup>th</sup> December, 3-6pm at ChAPS Autism Ark, CW8 1BE

#### Crafternoon: Christmas Cards

- Friday 6<sup>th</sup> December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Crafternoon: Mini Hats

- Friday 13<sup>th</sup> December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Crafternoon: Tea light holder decorating

- Friday 20<sup>th</sup> December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Swim Session

- Saturday 7<sup>th</sup> December, 4-5pm at Memorial Court Northwich, CW9 5QJ

### **RUNCORN:**

#### Swim Session

- Saturday 21<sup>st</sup> December, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

### **WINSFORD:**

#### Urban Air Trampoline Park

- Wednesday 11<sup>th</sup> December at Urban Air Trampoline Park, CW7 3RL
  - 5-6pm (under 10 years old)
  - 6-7pm (11-18 years old)

## Activities for Parents/Carers

(Activities listed in alphabetical order by location/town)

### **CHESTER:**

#### Mindfulness Movement

- Friday 13<sup>th</sup> December, 1-2pm at St Mary's Handbridge Centre, CH4 7HL

#### Parents' Meet

- Wednesday 11<sup>th</sup> December, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

### **ELLESMERE PORT:**

#### Parents' Meet

- Thursday 12<sup>th</sup> December, 7.45-9pm at Theatre Porto, CH65 6QY

### **KNUTSFORD:**

#### Parents' of Adults Meet

- Friday 20<sup>th</sup> December, 11am-1pm, at Kilton Inn, WA16 0PZ

### **NORTHWICH:**

#### Crafty Club

- Monday 16<sup>th</sup> December. 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Mindfulness Movement with Lee

- Wednesday 4<sup>th</sup> December, 7-8pm at ChAPS Autism Ark, CW8 1BE

#### Parents' Meet

- Tuesday 17<sup>th</sup> December, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

#### Parents' and Adults' Walk at Delamere Forest

- Friday 6<sup>th</sup> December, 11.45am-1pm at Delamere Forest, CW8 2HZ

#### Yoga for Adults

- Wednesday 18<sup>th</sup> December, 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE

## Activities for Autistic Adults

(Activities listed in alphabetical order by location/town)

### NORTHWICH:

#### Adults' Meet Northwich

- Thursday 5<sup>th</sup> December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Christmas Adults' Meet

- Thursday 19<sup>th</sup> December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Crafternoon: Christmas Cards

- Friday 6<sup>th</sup> December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Crafternoon: Mini Hats

- Friday 13<sup>th</sup> December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Crafternoon: Tea light holder decorating

- Friday 20<sup>th</sup> December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Crafty Club

- Monday 16<sup>th</sup> December, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

#### Northwich River Walk

- Thursday 12<sup>th</sup> December, 1.30-3pm at ChAPS Autism Ark, CW8 1BE

#### Parents' and Adults' Walk at Delamere Forest

- Friday 6<sup>th</sup> December, 11.45am-1pm at Delamere Forest, CW8 2HZ

#### Spectrum Connect Northwich

- Monday 16<sup>th</sup> December, 7-8.30pm at ChAPS Autism Ark, Northwich, CW8 1BE

#### Yoga for Adults

- Wednesday 18<sup>th</sup> December, 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE



## **RUNCORN:**

### Adults' Meet Runcorn

- Wednesday 4<sup>h</sup> December, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 18<sup>th</sup> December, 12-1.30pm at Old Police Station, WA7 1DF

## **WARRINGTON:**

### Adults' Meet Warrington

- Wednesday 11<sup>th</sup> December, 12-1.30pm at Saint Paul's Church, WA5 2RX

## **WINSFORD:**

### Spectrum Connect Winsford

- Monday 2<sup>nd</sup> December, 7.30-9pm at Winsford Youth and Community Forum, CW7 2HG

## **ONLINE SESSIONS:**

### Adult Mental Health Support Group

- Wednesday 4<sup>th</sup> December, 5.45-6.45pm
- Wednesday 11<sup>th</sup> December, 5.45-6.45pm
- Wednesday 18<sup>th</sup> December, 5.45-6.45pm

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# Need More Help?



To make initial contact with staff, please use [info@cheshireautism.org.uk](mailto:info@cheshireautism.org.uk) and your email will be forwarded to the relevant person.

Ruth - Business Support

For Attention Cards, Gift Aid, Child Registration Forms and everything else admin

T: 03448508607



Lisa - Business Support & Support Advisor

For Advice, Signposting and Support, Café and everything else admin



Caron - Support Advisor

For Advice, Signposting & Support

Carey - Lead Adult Activity Worker

For Adult activities



Chloe - Activities and Fundraising Manager

For Activities, Room Bookings at The Ark, Fundraising and Strategic Leader

T: 07491 001360



Graham - Head of Service

For Safeguarding, Strategic Planning, Governance, Funding and Operational Management



**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.