

January 2025



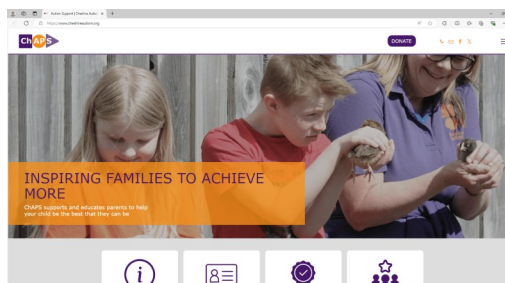
ChAPS Newsletter

In this edition:

**ChAPS Update *New Website *Carer Break Activities*



Happy New Year and welcome to our first 2025 newsletter. 2024 proved to be another great year here at ChAPS, and 2025 already looks like it's going to be a busy one. In 2025, ChAPS will be turning 15 years and we can't wait to share our plans for our ChAPS Celebration with you all very

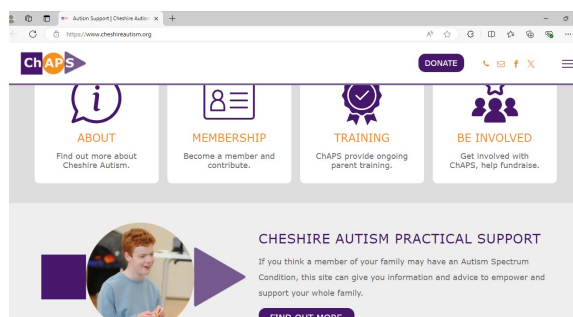


New Website

We are thrilled to announce the launch of our new website. Our new website is www.cheshireautism.org

We are still making the final edits to the page, however please take a look around!

We will be shutting down our old website on Monday 13th January.



ChAPS Update

Carey has decided to step down from her role as Lead Adults' Activity Worker for a new adventure. Carey will still be staffing some of our activities and will be involved with the Counselling provision.

We would like to thank Carey for her dedication to ChAPS and her enthusiasm in supporting our members in the best way we possibly could, and wish her all the best for her new job.

ChAPS Activity Update

Due to a basketball event at Ellesmere Port Sports Village, we are unable to run Multi Sports in January and February. Our Swim session will still take place.

Carer Break Activities

We are really excited to launch our Carer Break Activities for both Cheshire West and Chester and Halton. All activities are free for you to access and offer great opportunities to spend time with others that may face the same challenges that you do.

Information for the Halton Carer Break Activities can be found in the Activities for Parents/Carer section, with more information emailed out separately for those who live in Halton.

Booking links for our Cheshire West and Chester activities can be found on their new box office link—

<https://buytickets.at/chapsocarerbreaks>

Our monthly My Time sessions provide parent carers with the chance to participate in two 1-hour activities with a 30 refreshment break. To access these activities, you must be a parent/carers of an autistic individual and live within Cheshire West and Chester— you do not have to be a member of ChAPS to access.

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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 19th January, 12.30-4.30pm at Freedom Equine, CH2 4JT

CHESTER:

Kids Club (7-11 years old)

- Monday 13th January, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL
- Monday 27th January, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

- Monday 20th January, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Kids Club (7-11 years old)

- Tuesday 21st January, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

- Thursday 9th January 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 23rd January, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH:

Kids Club (7-11 years old)

- Monday 20th January, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

Youth Club (11-17 years old)

- Monday 13th January, 5-6.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 27th January, 5-6.30pm at ChAPS Autism Ark, CW8 1BE

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 8th January, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE
- Wednesday 22nd January, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 12th January, 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:

Moana 2 (PG) Relaxed Screening

- Monday 13th January, 6-8pm at Chester Storyhouse, CH1 2AR

ELLESMERE PORT:

Swim Session

- Saturday 11th January, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
- Saturday 25th January, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

RUNCORN:

Swim Session

- Saturday 18th January, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

WINSFORD:

Urban Air Trampoline Park

- Wednesday 22nd January 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:

My Time

- Saturday 18th January, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

Parents' Meet

- Wednesday 29th January, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

Yoga with Laura

- Monday 13th January, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT:

Parents' Meet

- Thursday 9th January, 7.45-9pm at Theatre Porto, CH65 6QY

HALTON (for Halton families only):

Anti-Gravity Yoga

- Sunday 19th January, 1.30-2.15pm at Widnes Martial Arts

Parents' Meet

- Thursday 30th January, 12-1.30pm at The Old Police Station, WA7 1DF

KNUTSFORD:

Parents' of Adults Meet

- Friday 24th January, 11am-1pm, at Kilton Inn, WA16 0PZ

NORTHWICH:

Crafty Club

- Friday 8th January, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 20th January, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Mindfulness Movement

- Tuesday 21st January, 7-8pm at ChAPS Autism Ark, CW8 1BE

My Time

- Saturday 11th January, 10am-12.30pm at ChAPS Autism Ark, CW8 1BE

Parents' Meet

- Tuesday 28th January, 7.30-8.45pm at ChAPS Autism Ark, CW8 1BE

Yoga for Adults

- Thursday 23rd January, 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 9th January, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Crafty Club

- Friday 8th January, 1-2.30pm at ChAPS Autism Ark, CW8 1BE
- Monday 20th January, 1-2.30pm at ChAPS Autism Ark, CW8 1BE

Cooking

- Thursday 16th January, 1-2.30pm at ChAPS Autism Ark, CW8 1BE (Leek and Potato Soup)
- Thursday 30th January, 1-2.30pm at ChAPS Autism Ark, CW8 1BE (Fajitas)

Mindfulness Movement

- Tuesday 21st January, 7-8pm at ChAPS Autism Ark, CW8 1BE

Spectrum Connect Northwich

- Monday 20th January, 7-8.30pm at ChAPS Autism Ark, Northwich, CW8 1BE

Yoga for Adults

- Thursday 23rd January, 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE

RUNCORN:

Adults' Meet Runcorn

- Wednesday 15th January, 12-1.30pm at Old Police Station, WA7 1DF
- Wednesday 29th January, 12-1.30pm at Old Police Station, WA7 1DF

WARRINGTON:

Adults' Meet Warrington

- Wednesday 8th January, 12-1.30pm at Saint Paul's Church, WA5 2RX
- Wednesday 22nd January, 12-1.30pm at Saint Paul's Church, WA5 2RX

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 8th January, 5.45-6.45pm
- Wednesday 15th January, 5.45-6.45pm
- Wednesday 22nd January, 5.45-6.45pm
- Wednesday 29th January, 5.45-6.45pm

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Need More Help?



To make initial contact with staff, please use 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

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.