



### Information

**About Autism** Event at New Brighton's Floral Pavilion on **Saturday 15<sup>th</sup> October** 10am-4pm. 30+ exhibitors or services and info, and speakers to include **Anna Kennedy OBE** and **Alex Lowery**. Tickets £5 for all, U16 Free. Call the box office to book on 0151 666 0000. For more info see [www.floralpavilion.com](http://www.floralpavilion.com)

North Wales 1st Annual **Autism Conference** is on Friday 7th October 8.30am-5pm at The Catrin Finch Centre, Glyndwr University, Wrexham, LL11 2AW. Speakers include Dr Luke Beardon, Dr Linda Buchan, Alex Lowery, David Reiser, John Williams, and Dr Jacqui Jackson. For more info email [conference@glyndwr.ac.uk](mailto:conference@glyndwr.ac.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](http://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](http://www.cheshireandwarringtoncarers.org)

**Cheshire and Warrington Carers** are hosting a working carers drop-in information event on Thursday 27<sup>th</sup> October in the evening 6-8pm. It is an opportunity for working parents to get to an evening event, it will be held at Tesco Café, Frodsham Street, Chester CH1 3JS.

**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](mailto:autismlibrary@rosebank.cheshire.sch.uk) or call on 01606 74975. They are hosting a **Too much information** seminar which explains 'what it is like to be me', 19th of October 9:30am at the Hub. All seminars are free to parents but suggested donation is £5 per family.

**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 Oct 18th 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.

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](mailto:cheshireacadem@aol.com)

**Belinda Latimer Designs** are hosting a **Sensory Art Workshop** on Saturday 15<sup>th</sup> October 10am-4pm at the Spode Art Works, Studio 33, Elenora Street, Stoke. Search Facebook for Belinda Latimer Designs or Sensory Art Workshop or call 07545 865217. £90 for day inc materials.

**Chester Zoo** have info on this page for anyone with autism wanting to visit the zoo <http://www.chesterzoo.org/plan-your-visit/accessibility-for-disabled-visitors/autism>

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](http://www.westcheshirelocaloffer.co.uk) or email [iasservice@cheshirewestandchester.gov.uk](mailto: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](mailto:admin@yourfamilymatters.org.uk) or by phone 0161 300 9721.

**Cheshire Oaks Autism friendly Shopping Night** will be held on **Tuesday 4<sup>th</sup> Oct**, from 5pm –9pm. There will be quiet areas for people to take time out and no background music. For more info and maps of the Centre, please contact the Visitor Centre on your arrival.

**Cheshire Oaks** are also running a **Retail Academy for 16- 18 year olds** who are not doing A levels. This looks like a real possibility for teens with ASC that want to work in retail. Please call 0300 123 5223 for more info.

**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).

## Future Events

**Autism Hub at Rosebank Library** have the following seminars: Twilight seminar **Too much information** seminar explains what it is like to be me, at the Hub on the 16<sup>th</sup> of November from 4 pm. **Supporting Siblings – Parents Workshop**, Friday 11<sup>th</sup> November, 9.30am – 2,30pm

**NAS Warrington Evening support group** will take place at Penketh and Sankey Conservative Club, Meeting Lane, WA5 2BG at 8pm on **Wednesday 2<sup>nd</sup> November**. (Adults only) More info on the website <http://naswarringtonbranch.webeden.co.uk/>

**Tuesday 15<sup>th</sup> November** Stepping Hill Hospital, Stockport will be again hosting **Autism, A Hands on Approach**. This is an annual conference for professionals and parents (£35 for Parents tickets). For info/booking Tanya Farley - 07966 399 709 or email [autism.ahandsonapproach@gmail.com](mailto:autism.ahandsonapproach@gmail.com)

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

## Activities in Halton

**Spectrum Connect** Our new adults on the spectrum social group has started and will be run every 4<sup>th</sup> 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. The next meeting will be 24<sup>th</sup> October at 8pm.

Please get in touch if you want to attend or would like any information [haltonsupport@cheshireautism.org.uk](mailto:haltonsupport@cheshireautism.org.uk) 07789 959499.

**Jump Nation** has opened its doors in Halton and will be having ASC friendly sessions, this month the dates are Saturday 1/10/2016, 15/10/2016 and 29/10/2016 10-11am [www.jumpnation.com](http://www.jumpnation.com)

**Max Card** is a discount card for foster families and families of children with additional needs. Families simply show their Max Card upon entry to a venue in order to obtain free or discounted admission. The scheme is designed to help these families save money on great days out at castles, zoos, bowling alleys and more. They are available for £2.50 from children's disability services [DCS@halton.gov.uk](mailto:DCS@halton.gov.uk) 0151 420 7767 or [halton.impart@outlook.com](mailto:halton.impart@outlook.com) 07958 516859.

**Positive Behaviour Support Services (PBSS)** are offering parent carer training on Monday 5<sup>th</sup> 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](mailto:help@haltoncarers.co.uk) or 01928 850182.

## 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](mailto:support@cheshireautism.org.uk) to include book suggestions.

From a ChAPS member on reading **The Loving Push by Temple Grandin**, This book was very easy to read and gave lots of personal accounts regarding experiences of overcoming difficult challenges when given a 'loving push' from a parent or carer. Many of the personal accounts have made me recognize how I am 'guilty' of protecting my son, over the years, from life experiences that could have helped his personal development. Temple's book provides a valuable insight into my son's world, and gives me confidence to guide him into my world.

I have read **Switched On, My journey from Asperger's to Emotional Awakening** by **John Elder Robison**. Although skeptical when I started reading about the brain treatment John received, I read the book with interest, particularly from the scientific perspective, and found the book well written and quite stimulating. I would still have serious doubts about the Transcranial Magnetic Stimulation (TMS) he describes, but he does stress this is in no way intended as a cure for autism, and it has certainly had positive outcomes in many areas, for example the treatment of depression. We have a copy of the book in the office, which can be borrowed, or copies can be purchased for just under £15. <https://www.amazon.co.uk/Switched>

We have copies of **Luke Jackson's Sex, Drugs and Asperger's syndrome** in our ChAPS Libraries now. Anyone want to read and review for me?

## Activities for Adults on the Spectrum

**Breakfast Get-together** in Winsford will be on **Tuesday 4th October** 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 3<sup>rd</sup> and 17<sup>th</sup> October 8.30-10pm.

**Delamere Walk** and optional Lunch (or bring your own) on **Friday 7<sup>th</sup> October**. 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 **cancelled in October** due to Office move. The group will meet at the Andrew Edwards talk instead.

**Yoga** for parents has moved to The Venue, Gadbrook Road, Rudheath CW9 7JL and is on Wednesday 19<sup>th</sup> October.

**Andrew Edwards** will be doing a **talk** for the adult group on **Wednesday 26<sup>th</sup> October** at Northwich Memorial Hall. 11am – 1pm. Any other ChAPS members will be welcome for a £5 donation per family. Andrew will also be selling his book at the talk (£9.99) Please email Carey if you would like to go.

**New Chester group** for Adults **ASPIRE**. Like the page on 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](mailto:support@cheshireautism.org.uk)

## ChAPS News

Huge thanks to **James Fallon** who has been giving maths and physics tuition to two youngsters within our group. We hope to have some formalized coding and Minecraft sessions over December when he is back from University.

**The People's Health Trust** funding came in early September so we are busy organizing a Youth Club in Winsford which started two weeks ago and the 4 youngsters who attended had a great time. The Kidz Club in Blacon is organised to start the 2<sup>nd</sup> Monday of October from 4.45 to 6.15pm. We are still in the process of setting up the older Youth Club in Blacon. The daytime meeting has been running thanks to Toni and we are organising an evening venue too.

Alongside this we are also setting up an older Youth Club in Ellesmere Port – I am still looking for a venue, so if you can recommend anywhere please get in touch!

As our half-terms are different at the end of October we have booked several activities for you to enjoy. The first week we have Urban Air in Winsford, Andrew Edwards Talk in Northwich and Vet School & Parkgate in Wirral. The second week another session of Urban Air Trampolining, Forest Camp in Sandiway and our Delamere Walk open to all.

**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, First Floor, Frodsham Business Centre, Bridge Lane, Frodsham WA6 7FZ. Turn between the garage and the centre, go around the back to the main car park. Walk along the front of the building to the far left hand doors – we have a ChAPS entry phone there. Up the stairs, across the warning tape, turn left, through the door, second door on the left.

## Diary Events

Please book them in your diary!

1 Oct	NORTHWICH	Family Swim at Memorial Hall Northwich with Terri. Slide only.	4.30-5.30pm
1 Oct	RUNCORN	Family Swim at Beechwood Pool with Jen.	6.30-7.30pm
3 Oct	BLACON	Parents meeting at Matthew Henry Church CH1 5RS with Toni & Nat.	11am-1pm
3 Oct	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat	5.15-6.45pm
3 Oct	WINSFORD	Youth Club at New Images Dixon Drive CW7 2HGwith Nic, Cathy & Bobbie.	7-8.30pm
4 Oct	WINSFORD	Breakfast Club for Parents at Subway Delamere Street CW7 2LT with Carey.	9.30-10.30am
6 Oct	RUNCORN	Junior Youth Club at Lord Taverners Woodside WA7 2PG with Jen & Nic.	6.15-7.30pm
6 Oct	E'PORT	Parents meeting at Trinity Church Whitby Road CH65 0AB with Linda.	7-9pm
9 Oct	WIDNES	Anti-Gravity Yoga for parents at Martial Arts Centre WA8 0QZ with Jen.	4-5 pm
10 Oct	RUNCORN	Parents meeting at Glendale Childrens Centre WA7 2QA with Jen + toddlers.	10am-12pm
10 Oct	BLAKEMERE	Barnaby's Playbarn family session with Jo, Carey & Bobbie.	5-7pm
10 Oct	BLACON	Kidz Club at Blacon Adventure Playground Kipling Road with Caireen & Nat.	4.45-6.15pm
13 Oct	RUNCORN	Youth Club at Lord Taverners Woodside Runcorn WA7 2PG with Jen & Nic	7-9pm
16 Oct	M'TRAFFORD	Animal Interaction at Bridgefields Mickle Trafford CH2 4JT with Caireen.	2.30-4pm
16 Oct	WIDNES	Anti-Gravity Yoga for Kids at Martial Arts Centre Widnes WA8 0QZ with Jen.	4-5pm
17 Oct	CHESTER	Parents meeting at Kingsway Comm Suite, Kingswood, Kingsway with Eve.	10am-12
17 Oct	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat.	5.15-6.45pm
17 Oct	WINSFORD	Youth Club at New Images Dixon Drive CW7 2HGwith Nic, Cathy & Bobbie.	7-8.30pm
19 Oct	WIDNES	Crazy Club, Bowling & Art Club at The Hive with Jo, Cathy and Jen.	5-7pm
19 Oct	NORTHWICH	Yoga for Parents at The Venue Gadbrook Road CW9 7JL with Sarah & Nic.	7.30-8.30pm
20 Oct	KNUTSFORD	Parents of adults meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
20 Oct	RUNCORN	Junior Youth Club at Lord Taverners Woodside WA7 2PG with Jen & Nic.	6.15-7.30pm
22 Oct	KNUTSFORD	Pony Riding at Holly Farm Plumley Moor Road WA16 9PU with Terri.	2-3pm
22 Oct	E'PORT	Family Swim at Ellesmere Port Village with Caireen.	4.30-5.30pm
24 Oct	BLACON	Kidz Club at Blacon Adventure Playground Kipling Road with Caireen & Nat.	4.45-6.15pm

24 Oct	NORTHWICH	Parents meeting with Nic. Venue TBC.	7-9pm
24 Oct	HALTON	Urban Air Trampolining in Winsford CW7 3RL with Carey & Jen.	5-6pm
24 Oct	RUNCORN	Spectrum Connect adults social group The Halfway House WA7 5NR with Jen.	8-9.30pm
25 Oct	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm
26 Oct	NORTHWICH	Andrew Edwards Talk at Northwich Memorial Court with Carey & Jo.	11am-1pm
26 Oct	CHESTER	Youth Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat.	7.30-9pm
27 Oct	RUNCORN	Youth Club at Lord Taverners Woodside Runcorn WA7 2PG with Jen & Nic.	7-9pm
27 Oct	HALTON	Vet School & Parkgate on the Wirral with Carey & Jen.	10am-2pm
30 Oct	NORTHWICH	Gym with Music and Dance at Northwich Youth Centre CW8 4DE with Nic	11.30-12.30pm
31 Oct	NORTHWICH	Forest Camp at Sandiway CW8 2EA with Carey, Jo & Jen.	10am-2pm

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