



Newsletter

July 2017

## Information

**ChAPS Ellesmere Port parent support meeting** Thursday 6<sup>th</sup> July 7-9pm will be hosting a **SEND workshop**. The workshop will be delivered by Noreen Arif from **Contact A Family**. Noreen has already delivered the workshop at our Halton and Northwich Parents meeting and has been very well received. This session will explore what the law says about SEN, the definition and 4 areas of SEN and SEND code of practice, the schools role and the EHC plan and EHC assessment. Limited places, so please message **Sam Chaps** or email [sam@cheshireautism.org.uk](mailto:sam@cheshireautism.org.uk) to book a place.

**CwaC Parent Carer Forum Meeting** is on **Tuesday 4 July** at Chester Rugby Club, Hare Lane, Littleton, Chester CH3 7DB, Registration, tea & coffee from 9.30am - 2.30pm. Jayne Johnson – Disability Employment Advisor will be giving a talk about what support and advice is available from the advisors at the Jobcentre and guest speaker Jane Commins who is a local Police and Youth Engagement Officer will be coming to talk about what it means to be a young person growing up online. To book a place, Or for further information, Please contact the Information, Advice And Support Service on 0300 123 7001 or book online at <https://v1.bookwhen.com/cwac-forum>

**NAS CwaC Branch AGM conference** is open to all interested parties, including individuals with autism, parents and professionals. It will take place on Tuesday evening 11<sup>th</sup> July at Deebanks School, Chester. There is no charge, but booking is essential. **The guest speaker will be Sylvia Lowery**. She will be delivering a talk entitled 'Autism Parent Burnout and How to Prevent it'. Sylvia is Alex Lowery's mum. Alex is a young man who was diagnosed with autism when he was four years of age. Today, he is a public speaker and trainer on autism. Sylvia helps Alex to keep track of his day and is a regular writer on the blog. She is an Open University student and has been studying Psychology and mental health. To book your place visit <https://bookwhen.com/agm>

[http://community.autism.org.uk/?utm\\_source=Community\\_solus\\_email&utm\\_medium=email&utm\\_campaign=Community&utm\\_content=Segment\\_1](http://community.autism.org.uk/?utm_source=Community_solus_email&utm_medium=email&utm_campaign=Community&utm_content=Segment_1) is an online community run by the **National Autistic society**. It's a safe space to join in online chat about various topics.

**NAS CWaC** are holding a **autism friendly session** at **Cheshire Ice Cream Farm** Tattenhall, CH3 9NE on Friday 14<sup>th</sup> July at 5-7pm. Entry to Ice cream farm is free, additional activities are charged at £2 per child per activity. Autism-trained staff in orange shirts will be on hand to enable families to access this relaxed session.

**Liverpool Empire Theatre** are showing **The Curious Incident of the Dog in the Nighttime** between 24<sup>th</sup>-29<sup>th</sup> July. Tickets can be booked here <http://www.atgtickets.com/shows/the-curious-incident-of-the-dog-in-the-night-time-2017/liverpool-empire/>

**Dial West Cheshire Fun Day** - Dial West Cheshire are holding an exciting new event – FunABILITY Day at Grosvenor Gardens on Saturday 22nd July 2017 which will include a Walk 'N' Wheel sponsored event around the Gardens. The event will run from 11am until 2.30pm. Fun for the whole family, including live entertainment, stalls, Hook-a-Duck, barbecue, face painting and much more...

**Storyhouse**, Chester are showing a relaxed performance of Alison Wonderland on Sunday 2<sup>nd</sup> July at 10.30am. Tickets from their website <https://www.storyhouse.com/>

**Relaxed Playhouse , The Lowry** - On the last Sunday of every month Relaxed Playhouse is an accessible visual art activity for children with additional needs aged 5-11 and their families, led by an experienced visual artist this laid back activity will offer families the opportunity to spend time together doing something creative and having fun. Relaxed Playhouse is free to attend but must be booked in advance as places are limited. For more information on this activity email us at [info@thelowry.com](mailto:info@thelowry.com)

**Youth Connect 5 Programme** - Youth Connect 5 is a free course that gives parents and carers across Cheshire and Merseyside the knowledge, skills and understanding to help children develop strong emotional wellbeing through resilience-building techniques. These techniques will strengthen your child's ability to adapt well to adversity, trauma, tragedy, threats or even stress, skills that will remain with them into adulthood. We like to think of it as being able to bounce back from difficult experiences. They have lots of these courses in a whole range of locations, to book onto one <https://youthconnect5.org.uk/> COURSES STARTING IN JUNE in **Crewe, Sandbach, Middlewich, Wilmslow, Congleton, Warrington, Wirral and Winsford.**

"**Tanja Sharpe - Integrative Family Counselling & Mindfulness Cheshire**" [www.tanjasharpe.com](http://www.tanjasharpe.com) Offering; \*Young people's one to one & group counselling - ages 7+ in Schools, from one of our counselling rooms or online \*Parents/Carers & Adults in one of our rooms or online. **ChAPS families discount** at £30 per hour \*Mindfulness - by arrangement through **ChAPS** <https://tanjasharpe.com/> 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)

**Contact A Family** have a range of useful leaflets around all aspects of parenting, and can help any family with disabled children. We have copies of their booklets in our Northwich Training Room. They have recently delivered two workshops for us, ( and we have another this month) and can be contacted by email for general enquiries on [northwest@cafamily.org.uk](mailto:northwest@cafamily.org.uk) or on their dedicated helpline. 0808 808 3555. On 13<sup>th</sup> July they are holding focus day including lunch for any parents that have attended one of their workshops last year. ChAPS ran a sleep workshop, and Blacon ASD and EPASS also ran them. The Focus day is on 13<sup>th</sup> July at Save the Family, Main Hall, Cotton Edmunds, CH£ 7PZ. If you would attend, please contact Kate Wyke on 07904 672614 or email [katherine.wyke@cafamily.org.uk](mailto:katherine.wyke@cafamily.org.uk)

**Autism Support Hub and Resource Library** are open Wednesdays 10-6pm during term time and have a range of resources as well as books to borrow. Parent membership costs £10 annually. For more information email Amanda or Karen on [autismlibrary@rosebank.cheshire.sch.uk](mailto:autismlibrary@rosebank.cheshire.sch.uk) or call on 01606 74975.

**Urban Air Trampoline Park** in Winsford 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. They also run **UA Club** for Trampolining skills, which they have asked us to open up to children on the autism spectrum, as they have small groups and high staff ratios. First session free, using promo code CLUB1ST. Sessions are on Tuesday and Thursday evenings. See here for more details <http://www.urbanaircheshire.co.uk/sessions/ua-club>

**Cheshire Police** have their annual Open Day on Sunday 16 July at Police HQ Winsford. **ChAPS** have been working with them to ensure that their **Quiet Hour** which is before the main event at 10.30am is as autism friendly as possible. Registration has been emailed to our members and **Jo Jen** and **Carey** will be there on the day.

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

**Inclusive Choice Consultancy** have produced a book 'A Parent's guide to disability discrimination and their child's education' It provides a lot of information around the equality act and what the education setting must do and also

advice on how to write letters to school. The book is an easy-read guide and can be downloaded free as a PDF from <http://www.inclusivechoice.com/page35.html>

## Future Events

**Parent/Carer Wellbeing Event** - Free Event for Parent Carers of children with additional needs run by Cheshire & Warrington Carers Trust. Wednesday 18th October 2017, 9.30-2.30pm at McDonald Portal Hotel, Cobblers Cross Lane, Tarporley, CW6 ODJ. Workshops include-Mindfulness Movements, Coping with Stress, Interactive Massage, Hand Reflexology, Family Resilience or enjoy some time in the pool, spa, gym or just "me" time in the hotel. To apply for your free place please contact: The Parent Carer Information & Support Service 01606 352834  
[Sarah@cheshireandwarringtoncarers.org](mailto:Sarah@cheshireandwarringtoncarers.org)

**Cheshire Carers Trust** are hosting an evening of **Glitz and Glamour** at De Vere Cranage Hall, Holmes Chapel, CW4 8EW on 5th August 7pm to raise funds for the Carers Centre. Tickets from Lisa on 01606 352834.

**North Wales 2nd Annual Conference** will take place on 29th September at Glyndwr University, Wrexham where Dr Luke Beardon is back by popular demand. Tickets will be available shortly from [conference@glyndwr.ac.uk](mailto:conference@glyndwr.ac.uk)

## Book Suggestions

Quite a few of you are now borrowing books from our Lending Libraries, please consider writing a few lines about anything you have read for the benefit of other members.

Please email **Carey** on [support@cheshireautism.org.uk](mailto:support@cheshireautism.org.uk) with any recommendations.

We have received a copy of Curious Incident of the Dog in the Nighttime, by Mark Haddon kindly donated by a member, THANK YOU Andrew. Very suitable for teenagers to read. Liverpool Empire are showing the play on 25<sup>th</sup>-29<sup>th</sup> July.

## Activities for Adults on the Spectrum

Our second **Adults Independence and Living Skills** course has started in Northwich. After the success of the first course run by Autism Initiatives in Runcorn, we are really looking forward to seeing the outcomes from this one. Please book on here <https://www.eventbrite.co.uk/e/independence-living-skills-for-adults-on-the-autism-spectrum-tickets-30158677416> Further details can be obtained from **Carey** on [support@cheshireautism.org.uk](mailto:support@cheshireautism.org.uk)

**Crafty Club** run by Terri is being well supported by many of our adults group and is giving them a chance to socialize with parents of children on the spectrum. Why not come along to a session on 1<sup>st</sup> and 3<sup>rd</sup> Mondays in Runcorn office, and 2<sup>nd</sup> and 4<sup>th</sup> Mondays in Northwich office. Sessions are 1pm- 2.30pm. We always have brews and biscuits, as well as lovely cake donations from attendees!!

**Storyhouse Chester** having helped to set up their children's autism friendly setting they are now keen to know what we want around **relaxed screenings** of films for adults in their brand new cinema. Are there any adults out there, or parents of adults that would like to join a focus group to move this forward? Please contact **Carey** on [support@cheshireautism.org.uk](mailto:support@cheshireautism.org.uk) if you would like to be a part of this.

**Spectrum Connect** will meet at New Images, Winsford on **Monday 3<sup>th</sup> July** and **Monday 17<sup>th</sup> July** 8.30-10pm. Quizzes, board games as well as table football and pool.

**Delamere Walk** and optional Lunch (or bring your own) on Friday 28<sup>th</sup> July. Meet at **Delamere STATION Café car park** at 11.45am to walk at 12noon. Lunch can be brought or purchased from either of the Cafes at the Forest.

**Parents of Adults** meeting at **The Cross Keys** King Street Knutsford will be **Thursday 20th July** 11am – 1pm.

**Yoga for Parents and adults on the Spectrum** will be **cancelled** for July and August, and will resume monthly sessions on the 28<sup>th</sup> September.

**Spectrum Connect Halton** will meet on **Monday 24<sup>th</sup> July 8-9.30pm** at The Halfway House Pub, Halton road, Runcorn. Pool, darts, drinks and chat. We would love to see some new faces at our monthly meet up.

**Chester Group** for Adults **ASPIRE** will be meeting at P3 York Street Chester CH1 3LR Wed 5<sup>th</sup> July 11.30am -1pm. See Facebook for more info on this group <https://m.facebook.com/groups/491332914410676>

**Warrington Group** for Aspies run by Mike Hewitt, will be at VIP Lounge in the Fairfield and Howley Neighbourhood Project Warrington WA1 3AJ on Fridays 6-9pm. Check out their website for more details and to make contact with Mike [www.aspiesforwarrington.org.uk](http://www.aspiesforwarrington.org.uk)

## Activities in Halton

**NEW!** Back 2 Board – Starts this month in the Runcorn office with the help of Andrew and Cathy. The first session is 12<sup>th</sup> July 12.30-2pm. It is a social session for adults who love board games, plotting strategies, chess and cards.

**Sport Works** – Swimming and mixed sporting activities for young people with additional needs at Beechwood Community Centre, Beechwood Avenue, Runcorn WA7 3HB.

Between 4.30pm and 5.30pm on a Saturday. It will be fun based sports and multi skills activities, modified appropriately to maximize inclusion. Cost of £4.50 each week.

Then between 5.30pm and 6.30pm the group will have exclusive access to the pool and the emphasis of this hour will be fun, play and water confidence. Sport Works staff will join the young people in the pool in addition to the supervision of the Centre's Lifeguard. Sessions need booking and are on a first come first served basis. To attend contact - Jon Uttley on 07539 851326 or [jon@sportworksltd.co.uk](mailto:jon@sportworksltd.co.uk)

**Halton Young Carers** – Have lots planned to help your sibling child over the summer, but they do need to be registered with them to attend - you can get in touch with them direct <http://haltoncarers.co.uk/carers-support/young-carers/> or contact Sarah 01928 580182.

**Core Assets Group** FREE activity groups for children with disabilities aged 12 – 18 years. Children and young people will get the chance to experience a wide range of activities in a safe and stimulating environment. These activities are designed to allow young people to have fun build confidence and make new friends. **WIDNES** Fortnightly Saturday group 10am—1pm at Upton Community Centre, Hough Green Rd, Widnes, Cheshire WA8 4PF. **RUNCORN** Fortnightly Saturdays groups 1:30pm—4:30pm at Murdishaw Community Centre, Barnfield Avenue, Runcorn WA7 6EP. For more information please contact Ross McCooey on 07967 381185.

**Music Maker Workshop Runcorn** – The workshop will be delivered by Mako Education and is a FREE three week course. The funding stipulates it is for Runcorn families only unfortunately. To book a place contact Lynn Kenyon Young Addaction Team Leader 01928 240406 or use the link <https://www.eventbrite.co.uk/e/music-makers-workshops-tickets-35431707190>

**Halton's Got Talent** -The criteria is the same as last year, applicants need to live, work or study in Halton. There are three age categories age 16 and under, 17 – 24 years and over 25's. There is a £100 prize for each category and an overall winner's prize of £1,000. The closing date for applications is Monday 3<sup>rd</sup> July 2017. Auditions will be in the town square of Runcorn Shopping Centre on Saturdays 22<sup>nd</sup> & 29<sup>th</sup> July and 5<sup>th</sup> August and at CRMZ on Wednesday

2<sup>nd</sup> August with the final being held on Saturday 2<sup>nd</sup> September 2017 at the Brindley Theatre at 7pm. Follow the link to register <http://haltonsgottalent.info/>

**Grow and Share Project Launch Event** –Grow and share is a new project the aim of which is to reduce social isolation and encourage community partnership. Go along to the launch event and make your hanging basket to take home and enjoy some light refreshments. Grangeway Community Centre are holding a Launch event to promote the project, this takes place on 27<sup>th</sup> July 12pm - 1pm at the back of Grangeway Community Centre. You can follow the project on facebook via <https://www.facebook.com/GrangeGrowandShare/>

**As and When', community photography exhibition** at The Brindley Theatre. Opening Day: 1<sup>st</sup> July. Exhibition: 1<sup>st</sup> July – 2<sup>nd</sup> September. As And When is an exhibition of original photography, it is launching this summer in The Brindley Theatre. The show reflects on the ideas and identities of two distinct groups of Halton residents, looking at how we build a sense of community and what we mean by health and wellbeing. Some of the ideas behind As and When are based on the World Health Organisation's 1948 definition of 'health' as 'a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity'. The exhibition looks at how a sense of belonging is a crucial foundation to healthy, happy people. It is the first exhibition in a series of similar shows around the region, as part of a wider project called Culture Shifts.

## ChAPS News

**Crafting is very therapeutic** and our sessions are light-hearted, chatty and designed for any level of ability. Terri A, ChAPS mum and all-round crafty-superstar has been running 4 **Crafty Clubs** a month 1<sup>st</sup> and 3<sup>rd</sup> Mondays in Runcorn and 2<sup>nd</sup> and 4<sup>th</sup> Mondays in Northwich. In June, Terri plans to make Stress Balls and also Mod Roc sculptures. Please book onto the sessions using the Eventbrite link in the members email. Thank you Terri.

**Swimming Lessons** for non- and improving swimmers are taking place during the second half of the school summer term. This is the first time **ChAPS** have been able to offer this fantastic new opportunity for our families. We are incredibly grateful to Jeff for teaching the kids and also to Greenbank School for providing the small safe pool on their site to make it all happen.

**ChAPS** are teaming up with **SPORT WORKS** to run a **multi sports and swimming session** at Ellesmere Port Sports Village on 2<sup>nd</sup> and 4<sup>th</sup> Saturdays. This has been funded by Sport England and we think this is a great extension to our current provision in Ellesmere Port. We hope that many of our future sporting enthusiasts benefit from it. Please book on using Eventbrite links. Big thanks to Jon for all his efforts setting this up.

**Mindfulness** for Children is now running in Ellesmere Port, at the Cook Street Cafe Training room. This course gives children the tools to cope with anxiety, stress, and anger; it is amazing. Every child, young person and adult including parents should practice mindfulness – it really does help. The next one will be in September in Chester, please register your children now!

Our **Ellesmere Port parents meeting** on Thursday 6 July 7pm will have Contact A Family delivering a **SEND Workshop** around the law of SEN, the schools role, EHC plans and assessments. Make sure you book on as space is limited.

We are 7 weeks into the **Love Yourself, Heal Your Life** program for parents and adults on the spectrum which is a 10 week course on a Friday morning in Northwich. Empowering parents to cope under the [www.norainnorainbows.org](http://www.norainnorainbows.org) banner. We are very excited to be offering this one and the parents are loving it!

Our **Blacon Kidz club** is back up and running in a fantastic new venue that boasts a sensory room with ball pit, library, outdoor provision and much more!

**Big thanks** to **Chester Football Club** who are providing an 8 week training for our children thanks to external funding. Each child will be given personal targets and trained by professional football coaches. Very exciting!

Our **Attention Card** and Autism Code Keyring are a superb support for anyone on the autism spectrum. Linked directly to Cheshire Police’s intelligence data system they can detail the difficulties that the person has and the appropriate support will be put in place for them. We are delighted that after a year of planning this initiative is being extended to **Merseyside Police** and we look forward to raising autism awareness in Merseyside and training their police officers. A launch date will be advertised when confirmed.

Our **Northwich Training Room** with loan library of books and resources, weighted blanket hire is now open every Tuesday from 10am till 4pm. Carey will be there for chat and coffee too. (**CLOSED 4<sup>th</sup> and 11<sup>th</sup> July** due to staff holidays) Room G6 Northwich Business Centre, Meadow Street, Northwich CW9 5BF. Entrance by the steps leading up to our room at the back end of the main car park. There is only parking available here in the evenings. There is a barrier in operation now so please ring **Carey** on **07462 887815** if you need to park there. If you are attending during the day you will need to park at Memorial Court Leisure Centre across the road, thank you.

Our **Runcorn Office** is open every Friday morning from 10am till 12 – so please call in and see us if you need advice or support. 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 entry phone is the doorway next to the railings on Mersey Road.

### What is being planned at the moment ...

September will bring a new course of **swimming lessons** from Jeff – again in the lovely small, warm pool at Greenbank School. Huge thanks to **Jeff** for donating his time and expertise as a qualified instructor.

**Holiday Club** will run the 5 Wednesdays in August 9am- 5pm at Winsford Academy. There is a subsidized charge of £15 per child per day and will need paying in advance, before places are confirmed. Many thanks to all the staff for stepping up and working hard to ensure we can offer this provision – exciting times!

**Safety Central** at the M56/M6 interchange, a brand new Safety hub and Fire training Centre opens its doors to the public this summer, and ChAPS will be running sessions there for our children every school holidays. These will be interactive and stimulating learning sessions delivered by Safety Central Volunteers (who have received autism training from **Tom ChAPS!**) in conjunction with Cheshire Fire and Rescue. Grateful thanks to Hazel and Selina for facilitating these sessions.

**Summer Activities** we have lots planned including Tubing, Forest Explorers, Round Ponds Raft Building, Runcorn Police Station visit including scenes of crime, investigative techniques etc and more to follow.

**Diary Events**                      **Please book them in your diary!**                      (Bold are the extra activities)

<b>1 July</b>	<b>CHESTER</b>	<b>Football Training at Goals Soccer Centre Chester CH1 4LT with Caireen.</b>	<b>12-1pm</b>
1 July	NORTHWICH	Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
2 July	WINSFORD	Gym with Games at Winsford Academy with Simon & Diane.	10.30-12
3 July	BLACON	Parents meeting at Matthew Henry Church Blacon CH1 5RS with Toni & Nat.	11am-1pm
3 July	RUNCORN	Crafty Club with Terri at our Runcorn office with Jen.	1-2.30pm
3 July	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat.	5.15-6.45pm



3 July	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Diane & Bobbie.	7-8.30pm
3 July	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Cathy & Diane.	8.30-10pm
<b>5 July</b>	<b>NORTHWICH</b>	<b>Sibling Autism Awareness workshop with Jen &amp; Tom our trainer.</b>	<b>7-8.30pm</b>
6 July	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul & Sam.	5-6.30pm
6 July	RUNCORN	Junior Youth Club at Lord Taverners Runcorn WA7 2PG with Jen & Mel.	6.15-7.30pm
6 July	E'PORT	Parents Meeting at Trinity Church CH65 0AB with Paul & Sam.	7-9pm
8 July	E'PORT	Multi Sports at Ellesmere Port Sports Village with Caireen.	3-4pm
8 July	E'PORT	Family Swim at Ellesmere Port Sports Village with Caireen.	4.15-5.15pm
8 July	WIDNES	Pony Riding at Bold Heath Equestrian Centre WA8 3XT with Mel.	3.30-4.30pm
9 July	WIDNES	Anti-Gravity Yoga for kids at Martial Arts Centre WA8 0QZ with Jen.	3-4pm
10 July	RUNCORN	Parents & Toddlers meeting at our Runcorn Office with Jen.	10am-12pm
10 July	NORTHWICH	Crafty Club with Terri at our Northwich Training Room with Sam.	1-2.30pm
10 July	BLAKEMERE	Barnaby's Playbarn family session with Jo, Jen & Diane.	5-7pm
10 July	BLACON	Kidz Club at Ash Grove Day Nursery Blacon Point Road with Caireen & Nat.	6-7.30pm
12 July	RUNCORN	Back 2 Board social get together for adults who love board games with Jen.	12.30-2pm
12 July	E'PORT	Mindfulness for Children, Cook street Café with Tanja and Evie.	6-7pm
12 July	BLACON	Parents Meeting at The Enterprise Centre The Parade with Toni & Caireen.	7-8.45pm
13 July	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul & Tessa.	7-9pm
13 July	RUNCORN	Youth Club at Lord Taverners Runcorn WA7 2PG with Jen & Mel.	7-9pm
15 July	WIDNES	Roller Disco at Kingsway Leisure Centre WA8 7QH with Jen.	5-6pm
16 July	M'TRAFFORD	Animal Therapy at Bridgefields CH2 4JT with Paul & Sam.	2-4pm
16 July	WIDNES	Anti-Gravity Yoga for Parents at Martial Arts Centre WA8 0QZ with Jen.	3-4pm
17 July	CHESTER	Parents meeting at Kingsway Community Suite Kingswood with Evie.	10am-12pm
17 July	RUNCORN	Crafty Club with Terri at our Runcorn office with Jen.	1-2.30pm
17 July	CHESTER	Kidz Club at Newscene Centre Chester CH2 2HH with Caireen, Paul & Nat.	5.15-6.45pm
17 July	WINSFORD	Youth Club at New Images CW7 2HG with Cathy, Diane & Bobbie.	7-8.30pm
17 July	WINSFORD	Spectrum Connect for adults at New Images CW7 2HG with Cathy & Diane.	8.30-10pm
19 July	WIDNES	Crazy Club Bowling and Art at The Hive WA8 0TA with Jo, Jen & Mel.	5-7pm

20 July	KNUTSFORD	Parents of Adults Meeting at The Cross Keys Pub WA16 6DT with Carey.	11am-1pm
20 July	E'PORT	Kidz Club at Cook Street Café CH65 4AT with Paul & Sam.	5-6.30pm
20 July	RUNCORN	Junior Youth Club at Lord Taverners Woodside WA7 2PG with Jen & Mel.	6.15-7.30pm
22 July	KNUTSFORD	Pony Riding at Holly Tree Stables Plumley Moor Road WA16 9RU with Terri.	2-3pm
22 July	E'PORT	Multi Sports at Ellesmere Port Sports Village with Caireen.	3-4pm
22 July	E'PORT	Family Swim at Ellesmere Port Sports Village with Caireen.	4.15-5.15pm
23 July	WINSFORD	Incredible Edibles at Wharton Recreation Ground CW7 3EW with Diane.	1-3pm
24 July	NORTHWICH	Crafty Club with Terri at our Northwich Training Room with Carey.	1-2.30pm
24 July	BLACON	Kidz Club at Ash Grove Day Nursery Blacon Point Road with Caireen & Nat.	6-7.30pm
24 July	RUNCORN	Spectrum Connect adults social at The Halfway House WA7 5NR with Jen.	8-9.30pm
24 July	NORTHWICH	Parents Meeting at Northwich Training Room with Diane.	7-9pm
25 July	CREWE	Parents meeting at The Brocklebank Weston Road CW1 6FZ with Maureen.	8-10pm
26 July	WINSFORD	Urban Air Trampolining in Winsford CW7 3RL with Jo, Carey & Bobbie.	5-6pm
26 July	CHESTER	Youth Club at Newscene Chester with Caireen, Paul & Nat.	7.30-9pm
27 July	E'PORT	Youth Club at Cook Street Café CH65 4AT with Paul & Tessa.	7-9pm
27 July	RUNCORN	Youth Club at Lord Taverners Runcorn WA7 2PG with Jen and Mel.	7-9pm
28 July	DELAMERE	Walk for all families please message Carey.	11.45-2pm
<b>29 July</b>	<b>MOORE</b>	<b>Outdoor Family Day at Moore Scouts WA4 6UG with Rebecca.</b>	<b>11am-4pm</b>
<b>31 July</b>	<b>DELAMERE</b>	<b>Shelter Building at Delamere Forest CW8 2JD with Carey and Jen.</b>	<b>9.45-11.30am</b>
<b>31 July</b>	<b>DELAMERE</b>	<b>Amazing Forests at Delamere Forest CW8 2JD with Carey and Jen.</b>	<b>12.15-2pm</b>

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