



What we do at ChAPS

For children we run a range of regular activities on a monthly basis. We also run an Intensive Social Skills programme and a Mindfulness programme both in small groups for 8 weeks. *The Club* is our specialised socialisation group running weekly in Northwich. We also have Lego and occasional Play Therapy intensive sessions. We always put on extra holiday activities like raft building, science workshops, working farm visits, climbing, tubing etc.

For adults we run an Independence and Living Skills programme in small groups. Spectrum Connect our adults social group in Runcorn, Winsford and Chester, Crafty Club every fortnight in Northwich, Counselling, monthly walk in Delamere Forest, extra social activities like bingo or quiz nights, art trips, salt mines etc.

For parents we have lots of daytime and evening parent support meetings where you can learn how other parents access services, gain advice about an issue you are struggling to deal with. We have a training programme which includes topics such as the 7 senses, comic strip and social stories, transitions, girls on the spectrum, puberty, anxieties and stress management. 'The Best Gift is YOU' an empowering programme for 10 weeks targeting wellbeing and coping strategies. We also offer Counselling and run social events.

We run the **Attention Card** with Cheshire Police and now Merseyside Police for anyone with a medical diagnosis which is a superb initiative giving support in emergency situations. An optional part of the application form is to list their difficulties and this information is then put onto the police's intelligence data system. In conjunction with autism awareness training of police officers.

For Schools we run Autism Awareness Assemblies in primary and secondary schools and provide a Professional Training to staff.

*98% of our activities are FREE if you join as a ChAPS member. We have to make our charity sustainable, so we ask for a monthly membership donation of £10 **per family**. Come along and meet us and see what we can do to support your family.*

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Parents meetings

Blacon	Every 1 st Monday, 11am-1pm Matthew Henry Church, Nevin Road, Blacon CH1 5RS
Frodsham	Every 2 nd Thursday, 9.30-10.30am The Willow Café, Mill Lane, Frodsham WA6 7JA
Chester	Every 3 rd Monday, 10am-12 noon Kingsway Community Suite, Kingswood, Kingsway, Chester CH2 2LN
Crewe	Every last Tuesday in the month, 8-10pm The Brocklebank Pub, Weston Road, Crewe CW1 6FX
Ellesmere Port	Every 1 st Thursday, 7.30-9pm New Creation Centre, Ellesmere Port CH65 4BW
Knutsford For parents of adults	Every 3 rd Thursday in the month, 11am-1pm Cross Keys Pub, King Street, Knutsford WA16 6DT
Northwich	Every 4 th Monday, 7-9pm Northwich Business Centre, Meadow Street CW9 5BF
Northwich Men's Meet Up	Every 2 nd Wednesday, 7.30-9pm Clock Tower, Chester Way, Northwich CW9 5LS
Winsford	Every 1 st Thursday, 9.30-10.30am Subway, Delamere Street, Winsford CW7 2LU
Warrington	Every 2 nd Friday, 10am-12noon Walton Lea Partnership, Chester Road, Warrington, WA4 6TB

Chester activities

Kidz Club for age 7 – 11	Every Monday in the month, 4.30-6pm St Thomas of Canterbury Church Hall, Chester CH1 4AG
Youth Club for age 11 – 17	Every 4 th Wednesday of the month, 7-8.30pm The Venue, Lache Comm. Centre, Chester CH4 8HX
Animal Therapy Age 3 +	Every 3 rd Sunday of the month, 10am-4pm. 4 x 1 hour sessions Freedom Equine Centre, Bridgefields, Mickle Trafford CH2 4JT
Horse Sense	Every 4 th Wednesday Session for Parents Freedom Equine Centre, Bridgefields, Mickle Trafford CH2 4JT
Spectrum Connect	Every 4 th Monday 12.30-2pm Meltdown Cafe, Chester CH4 7BU
Dog Training	Every 1 st Wednesday of the month, 5.30-6.45pm Vicars Cross Community Centre, Chester CH3 5LU

Family Pilates
(not in summer) Every 2nd Wednesday, 6.30-7.15pm
Lache Community Centre, Hawthorn Road, Chester, CH4 8HX

Fun 4 All
Family session Every 3rd Wednesday, 4-6pm
8 Hartford Way, Blacon, Chester, CH1 4NT

Ellesmere Port activities

Kidz Club
For age 7 – 11 Every 1st and 3rd Thursday, 5 – 6.30pm
New Creation Centre, Ellesmere Port CH65 4BW

Youth Club
For age 11 – 17 Every 2nd and 3rd Thursday, 6-7.30pm
New Creation Centre, Ellesmere Port CH65 4BW

Swimming
Family Session Various Saturdays of the month, 4.15 – 5.15pm
Ellesmere Port Sports Village, Ellesmere Port CH65 9LB

Multi Sports
Age 4 + Various Saturdays, of the month, 3-4pm
Ellesmere Port Sports Village CH65 9LB

Halton activities

Kids Club
Ages 7 to 11 Every 2nd and 4th Thursday, 6.15 – 7.30pm
The Acorn Club, Laburnum Grove, Runcorn WA7 5EX

Youth Club
Ages 11 to 17 Every 1st and 3rd Thursday, 7 – 8.30pm
The Acorn Club, Laburnum Grove, Runcorn WA7 5EX

Anti-Gravity Yoga
For children Every 2nd Sunday of the month, 12.30 - 2.30pm
Widnes Martial Arts, Waterloo Road, Widnes WA8 0QR

Swimming
Family Session Every 3rd Saturday of the month, 5.30 – 6.30pm
Beechwood Comm Centre, Beechwood Ave, Runcorn, WA7 3HB

Spectrum Connect
For adults Every 4th Monday, 8-9.30pm
The Halfway House, Halton Road, Runcorn WA7 5NR

Children's Yoga
Age 8 to 12 Every 2nd Tuesday, 5.30-6.15pm
Old Police Station, Runcorn WA7 1DF

Street Dance
Age 8 + Every 2nd Wednesday of the month, 5-6pm
Active Nation, Trident Park, Runcorn WA7 2FQ

Northwich activities

Swimming
Family session Every 1st Saturday of the month 4.30-5.30pm
Northwich Memorial Court, Chester Way, Northwich CW9 5QJ

Playbarn Session
Every 2nd Monday of the month 5-6.30pm

Family session

Blakemere Craft Centre CW8 2EB

Yoga for Adults	Every 4 th Thursday of the month 11.30-12.30pm Northwich Business Centre, Meadow Street CW9 5BF
Crafty Club	Every 2 nd and 4 th Monday of the month 1-2.30pm Northwich Business Centre, Meadow Street CW9 5BF
Delamere Walk For Adults	One per month, varying days, 11.45am-1pm Delamere Forest
Dog Training	Every 4 th Monday of the month, 6-6.45pm Lach Dennis Village Hall, Holmes Chapel Road CW9 7SZ
Boxing Session Ages 5 to 9	Two sessions Every 2 nd Wednesday of the month, 4.50-5.50pm New Era CIC, Queen Street, Northwich CW9 5JN

Winsford activities

Youth Club Ages 11 to 17	Every 1 st and 3 rd Monday, 6.45-8.15pm New Images, Nixon Drive, Winsford CW7 2HG
Trampoline Park	Every 4 th Wednesday, 4.30- 6.30pm. 2 x 1 hour sessions Urban Air, Winsford CW7 3RL
Spectrum Connect For adults	Every 1 st and 3 rd Monday, 8.30-10pm New Images, Winsford CW7 2HG

Warrington activities

Kids Club Ages 7 to 11	Every 1 st and 3 rd Tuesday, 4.30-6pm Warrington Sensory Play Centre, Woolston Community Hub, Hall Rd, Warrington WA1 4PN
Youth Club Ages 11 to 17	Every 2 nd and 4 th Wednesday, 7-8.30pm Daresbury Community Hall, Chester Road, Daresbury, Warrington WA4 4AJ
Multi Sports	Every 4 th Sunday of the month 12.15-1.15pm Lymm Leisure Centre, Lymm, Warrington WA13 ORB
Swimming Family Session	Every 4 th Sunday of the month 1.30-2.30pm Lymm Leisure Centre, Lymm, Warrington WA13 ORB
Sensory Play Session Family Session	Every 1 st Wednesday of the month 4-6pm Warrington Sensory Play Centre Woolston Community Hub, Hall Rd, Warrington WA1 4PN
Street Dance Age 8 +	Every 3 rd Monday of the month, 5-6pm StagePro Academy Museum Street Warrington WA1 1HU
Bowling For families	Every 2 nd Monday, 5-6.30pm Tenpin, Chetham Court, Winwick Way, Warrington, WA12 8RF