



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 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 and Winsford, Crafty Club weekly in Runcorn or Northwich, Anti Gravity Yoga in Widnes, 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, an Advocacy service 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 PNC and 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 £5 **per family**. Come along and meet us and see what we can do to support your family.*

Parents meetings

Blacon Every 1st Monday, 11am – 1pm
Matthew Henry Church, Nevin Road, Blacon CH1 5RS

Blacon Every 3rd Wednesday, 7 – 9pm
The Enterprise Centre, The Parade, Blacon CH1 5HW

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 – 9pm Trinity Methodist Church, Whitby Road, Ellesmere Port CH65 0AB
Halton	Every 2 nd Monday, 10 till noon Old Police Station, Runcorn WA7 1DF
Knutsford	Every 3 rd Thursday in the month, 11am – 1pm Cross Keys Pub, King Street, Knutsford WA16 6DT For parents of adult children
Northwich	Every 4 th Monday, 7 – 9pm Northwich Business Centre, Meadow Street CW9 5BF
Winsford	Every 1 st Thursday, 9.30 – 10.30am Subway, Delamere Street, Winsford CW7 2LU

Chester activities

Kidz Club for kids aged 7 – 11	Every 1 st and 3 rd Monday, 5.15 – 6.45pm Newscene Youth Club, Newton CH2 2HH
Youth Club for ages 11 – 17	Every 4 th Wednesday, 7.30 – 9pm Newscene Youth Club, Newton CH2 2HH
Animal Therapy Age 3 and up	Every 3 rd Sunday of the month, 2 – 4pm 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
Dog Training	Every 1 st Wednesday of the month, 5.30-6.45pm Vicars Cross Community Centre, Chester CH3 5LU

Blacon activities

Kidz Club For kids aged 7 – 11	Every 2 nd and 4 th Monday, 615 - 745pm Ash Tree Day Nursery Blacon CH1 5NF
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Ellesmere Port activities

Kidz Club For kids aged 7 – 11	Every 1 st and 3 rd Thursday, 5 – 6.30pm Cook Street Café, Ellesmere Port CH65 4AT
Youth Club Ages 11 to 17	Every 2 nd and 4 th Thursday, 7 – 9pm Cook Street Café, Ellesmere Port CH65 4AT

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

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

Winsford activities

Youth Club
Ages 11 to 17 Every 1st and 3rd Monday, 7 – 8.30pm
New Images, Nixon Drive, Winsford CW7 2HG

Trampoline Park Every 4th Wednesday, 5 – 7pm
Urban Air, Winsford CW7 3RL

Spectrum Connect
for adults Every 1st and 3rd Monday, 8.30 – 10pm
New Images, Winsford CW7 2HG

Gym & Games Every 1st Saturday or Sunday of the month, 10.30 – 12noon
Winsford Academy, Winsford CW7 2BT

Incredible Edibles
(Summer Only) Every 4th Sunday of the month, 1-3.00pm
Wharton Recreation Ground, Winsford CW7 3EW

Northwich activities

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

Barnaby's Playbarn
Family session Every 2nd Monday of the month, 5 – 7pm
Blakemere Craft Centre CW8 2EB

Circus Skills
Age 6 and above Every 1st Wednesday of the month 4.30-5.30pm
Life Church, Blackcroft Avenue, Barnton CW8 4HP

Pony Riding
Age 4 and above Every 4th Saturday of the month, 2 – 3pm
Holly Tree Farm, Plumley Moor Road, Knutsford WA16 9RU

Yoga for Adults Every 4th Thursday of the month, 11.30 – 12.30pm
Northwich Business Centre, Meadow Street CW9 5BF

Crafty Club Every 2nd and 4th Monday of the month, 1-2.30pm
Northwich Business Centre, Meadow Street CW9 5BF

Delamere Walk
for Adults One Friday per month, 12-1pm
Delamere Forest

Dog Training Every 4th Monday of the month, 5-6.15pm
Lach Dennis Village Hall, Holmes Chapel Road CW9 7SZ

Halton activities

Kids Club Ages 7 to 11	Every 1 st and 3 rd Thursday, 6.15 – 7.30pm Castlefields Community Centre, Village Square, Castlefields WA7 2ST
Youth Club Ages 11 to 17	Every 2 nd and 4 th Thursday, 7 – 9pm Lord's Taverners Youth Centre, Brookvale, Runcorn WA7 2PG
Anti Gravity Yoga for children	Every 2 nd Sunday of the month, 3 – 4pm Widnes Martial Arts, Waterloo Road, Widnes WA8 0QR
Anti Gravity Yoga for adults	Every 3 rd Sunday of the month, 3 – 4pm Widnes Martial Arts, Waterloo Road, Widnes WA8 0QR
Pony Riding Age 4 and above	Every 2 nd Saturday of the month, 3.30 – 4.30pm Bold Heath Equestrian Centre, Warrington Road, Widnes WA8 3XT
Crafty Club	Every 1 st and 3 rd Monday of the month, 1-2.30pm The Old Police Station, Runcorn WA7 1DF
Roller Disco Family Session	Every 3 rd Saturday of the month, 4-5pm Ormiston Chadwick Academy, Widnes WA8 7HU
Spectrum Connect for adults	Every 4 th Monday, 8 – 9.30pm The Halfway House, Halton Road, Runcorn WA7 5NR
Yoga for Adults	Every 2 nd Monday of the month, 6.15-7.15pm Old Police Station, Runcorn WA7 1DF

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