



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, sensory processing, PDA and autism and play training. '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 of the month, 11am-1pm Matthew Henry Church, Nevin Road, Blacon CH1 5RS
Frodsham	Every 2 nd Thursday of the month, 9.30-10.30am The Willow Café, Mill Lane, Frodsham WA6 7JA
Chester	Every 3 rd Monday of the month, 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 of the month, 7.30-9pm New Creation Centre, Ellesmere Port CH65 4BW
Knutsford For parents of adults	Every 3 rd Thursday of the month, 11am-1pm Cross Keys Pub, King Street, Knutsford WA16 6DT
Northwich	Every 4 th Monday of the month, 7-9pm Northwich Business Centre, Meadow Street CW9 5BF
Northwich Men's Meet Up	Every 2 nd Wednesday of the month, 7.30-9pm Clock Tower, Chester Way, Northwich CW9 5LS
Winsford	Every 1 st Thursday of the month, 9.30-10.30am Subway, Delamere Street, Winsford CW7 2LU
Warrington	Every 2 nd Friday of the month, 10am-12noon Walton Lea Partnership, Chester Road, Warrington, WA4 6TB

Chester activities

Kidz Club For age 7 to 11	Every Monday of the month, 4.30-6pm St Thomas of Canterbury Church Hall, Chester CH1 4AG
Youth Club For age 11 to 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 For Adults	Every 4 th Wednesday of the month, 10am-12pm Freedom Equine Centre, Bridgefields, Mickle Trafford CH2 4JT
Spectrum Connect	Every 4 th Monday of the month, 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

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

Ellesmere Port activities

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

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

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

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

Halton activities

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

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

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

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

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

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

Northwich activities

Swimming Every 1st Saturday of the month, 4.30-5.30pm
Family session 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 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
For Adults Northwich Business Centre, Meadow Street CW9 5BF

- Delamere Walk**
For Adults One per month, varying days, 11.45am-1pm
Delamere Forest
- Dog Training**
Every 4th Monday of the month, 6-6.45pm
Lach Dennis Village Hall, Holmes Chapel Road CW9 7SZ
- Boxing Session**
Ages 5 to 9 Every 2nd 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 1st and 3rd Monday of the month, 6.45-8.15pm
New Images, Nixon Drive, Winsford CW7 2HG
- Trampoline Park**
2 x 1 hour sessions Every 4th Wednesday of the month, 4.30- 6.30pm
Urban Air, Winsford CW7 3RL
- Spectrum Connect**
For adults Every 1st and 3rd Monday of the month, 8.30-10pm
New Images, Winsford CW7 2HG

Warrington activities

- Kids Club**
Ages 7 to 11 Every 1st and 3rd Tuesday of the month, 4.30-6pm
Warrington Sensory Play Centre, Woolston Community Hub, Hall Rd, Warrington WA1 4PN
- Youth Club**
Ages 11 to 17 Every 2nd and 4th Wednesday of the month, 7-8.30pm
Daresbury Community Hall, Chester Road, Daresbury, Warrington WA4 4AJ
- Multi Sports**
Age 4+ Every 4th Sunday of the month, 12.15-1.15pm
Lymm Leisure Centre, Lymm, Warrington WA13 0RB
- Swimming**
Family Session Every 4th Sunday of the month, 1.30-2.30pm
Lymm Leisure Centre, Lymm, Warrington WA13 0RB
- Sensory Play Session**
Family Session Every 1st Wednesday of the month, 4-6pm
Warrington Sensory Play Centre Woolston Community Hub, Hall Rd, Warrington WA1 4PN
- Bowling**
For families Every 2nd Monday of the month, 5-6.30pm
Tenpin, Chetham Court, Winwick Way, Warrington, WA12 8RF

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