

## *A Look Back at December*

**Happy New Year & welcome to our 1<sup>st</sup> 2023 Newsletter.** 2022 proved to be another great year here at **ChAPS**, and 2023 already looks like it's going to be a busy one.

We enjoyed lots of festive activities in **December** including a **Family Craft** evening, **Urban Air Christmas Party**, **Members' Lunch** and various kids, youth and adult parties!



Unfortunately, we were blighted in our last working week when we arrived at **The Ark** on Monday morning to discover that the roof had leaked over the weekend, bringing down several ceiling tiles in the café and spreading lots of water over the floor. We were desperately disappointed to have to cancel **Breakfast with Santa** and the **Family Lunch**, that we had planned but are happy to say that we will be holding the family lunch during the Easter break instead. We are very grateful to CWVA for funding this meal and for being patient with us whilst we reschedule it.

We would like to say a big **Thank You** to volunteers for all your help throughout the year and everyone who has contributed towards food, gifts and vouchers, we are very grateful and appreciate everything you do for us.

We are delighted to introduce **Chloe ChAPS** as our new Activities and Fundraising Coordinator; we are sure that you extend a warm welcome to Chloe as she settles in really well to her new role – she is already planning activities for 2023!

For information... **The Ark** will close on Thursday 22<sup>nd</sup> December. The Ark and the Café will both reopen on Tuesday 3<sup>rd</sup> January 2023. There will be some **ChAPS** staff online throughout Christmas week if you do require any support, but we are encouraging as many as possible to have a well-earned break – it's been a very busy year!

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### Diary of Events – Key

(A) - For Adult members

(C) – For children (please see the Eventbrite to check if siblings are included!)

(P) – For parents and carers

If you have any suggestions for our **ChAPS** newsletter or ideas about how we can make it easier to understand, please email [admin@cheshireautism.org.uk](mailto:admin@cheshireautism.org.uk)

## Diary of Events

3 Jan	NORTHWICH (A)(C)(P)	Geek Retreat at Barons Quay CW9 5FT with Terri & Seb.	6.30-8pm
4 Jan	RUNCORN (A)	Adults Meet at the Old Police Station WA7 1DF with Chelsey & Hayley.	12-1.30pm
4 Jan	RUNCORN (A)(P)	Boxer Boogie at the Old Police Station WA7 1DF with Hayley & Ginette.	7.30-8.30pm
5 Jan	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri.	10am-4pm
5 Jan	E'PORT (C)	Kids Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
5 Jan	TEAMS (A)	Adults Mental Health Support Group with Emma.	6-7pm
5 Jan	E'PORT (P)	Parents Meeting at The Community Hub CH65 9BD with Diane & Leona.	7.30-9pm
6 Jan	WARR'TON (A)	Learning4Life at The Oaks Centre WA5 2QS with Chelsey & Diane.	10am-4pm
7 Jan	NORTHWICH (A)(C)(P)	Family Swim at Memorial Court Northwich CW9 5QJ with Terri.	4.30-5.30pm
8 Jan	WIDNES (C)	Anti-Gravity Yoga at Martial Arts Centre WA8 0QZ with Hayley.	12.30-2.15pm
8 Jan	NORTHWICH (P)	Wellbeing Weekend at ChAPS Autism Ark CW8 1BE with Terri.	12.30-3.30pm

9 Jan	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri.	10am-1pm
9 Jan	NORTHWICH (A)(P)	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
9 Jan	CHESTER (C)	Kids Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
9 Jan	NORTHWICH (C)	Youth Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.	5-6.30pm
9 Jan	ZOOM! (C)	Children's Chat with Di MinDees.	7pm
9 Jan	ZOOM! (C)	Teen Mindfulness – 12yrs+ with Di MinDees.	8pm
10 Jan	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm
10 Jan	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Terri.	7-8pm
11 Jan	B'TRAFFORD (C)	Home Ed Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	10.30-11.15am
11 Jan	WARR'TON (A)	Adults Meet at Saint Paul's Church WA5 2RX with Emma & Hayley.	12-1.30pm
11 Jan	TEAMS (A)	Adults Mental Health Support Group with Emma.	6-7pm
11 Jan	WARR'TON (C)	Climbing Club at North West Face Climbing Centre WA2 7NE with Lauren.	6.30-7.30pm
12 Jan	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri.	10am-4pm
12 Jan	E'PORT (C)	Youth Club at The Community Hub CH65 9BD with Diane, Jacqui & Jess.	6-7.30pm
12 Jan	NORTHWICH (A)(C)(P)	Boxer Boogie at ChAPS Autism Ark CW8 1BE with Bobbie & Ginette.	7-8pm
13 Jan	WARR'TON (A)	Learning4Life at The Old School WA1 3AJ with Chelsey & Diane.	10am-4pm
14 Jan	E'PORT (A)(C)(P)	Family Swim at E'Port Sports Village CH65 9LB with Johnnie & Simon.	4.45-5.45pm
15 Jan	B'TRAFFORD (C)	Animal Therapy at Freedom Equine Centre CH2 4JT with Diane.	12.30-4.15pm
16 Jan	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri.	10am-1pm
16 Jan	CHESTER (C)	Youth Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica	4.30-6pm
16 Jan	NORTHWICH (C)	Kids Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.	5-6.30pm
16 Jan	ZOOM! (C)	Children's Mindfulness with Di MinDees.	7pm
16 Jan	NORTHWICH (A)	Spectrum Connect at ChAPS Autism Ark CW8 1BE with Terri & Bobbie.	7-8.30pm
16 Jan	ZOOM! (C)	Teen Chat - 12yrs+ with Di MinDees.	8pm
17 Jan	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm
17 Jan	NORTHWICH (A)(C)(P)	Geek Retreat at Barons Quay CW9 5FT with Nic & Seb.	6.30-8pm
18 Jan	RUNCORN (A)	Adults Meet at the Old Police Station WA7 1DF with Emma & Chelsey.	12-1.30pm

18 Jan	TEAMS (A)	Adults Mental Health Support Group with Emma.	6-7pm
18 Jan	RUNCORN (A)(P)	Boxer Boogie at the Old Police Station WA7 1DF with Caron & Ginette.	7.30-8.30pm
19 Jan	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri.	10am-4pm
19 Jan	E'PORT (C)	Kids Club at The Community Hub CH65 9BD with Diane & Jess.	5.45-7.15pm
20 Jan	WARR'TON (A)	Learning4Life at The Oaks Centre WA5 2QS with Chelsey & Diane.	10am-4pm
20 Jan	KNUTSFORD (P)	Parents of Adults at the Kilton Inn WA16 0PZ with Carey.	11am-1pm
21 Jan	CHESTER (P)	Wellbeing Weekend at St Mary's Handbridge CH4 7HL with Diane.	10am-1pm
21 Jan	RUNCORN (A)(C)(P)	Family Swim at Beechwood Comm. Centre WA7 3HB with Lauren.	5.30-6.30pm
23 Jan	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri.	10am-1pm
23 Jan	NORTHWICH (A)(P)	Crafty Club at ChAPS Autism Ark CW8 1BE with Terri.	1-2.30pm
23 Jan	CHESTER (C)	Kids Club at St Mary's Handbridge CH4 7HL with Diane, Cady & Jessica.	4.30-6pm
23 Jan	NORTHWICH (C)	Youth Club at ChAPS Autism Ark CW8 1BE with Terri, Bobbie & Amanda.	5-6.30pm
23 Jan	ZOOM! (C)	Children's Chat with Di MinDees.	7pm
23 Jan	ZOOM! (C)	Teen Mindfulness – 12yrs+ with Di MinDees.	8pm
24 Jan	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm
24 Jan	NORTHWICH (A)(P)	Yoga for Adults at ChAPS Autism Ark CW8 1BE with Carey.	1-2pm
24 Jan	NORTHWICH (A)(C)(P)	SOSA Dance Fitness 11yrs+ at ChAPS Autism Ark CW8 1BE with Terri.	7-8pm
24 Jan	NORTHWICH (P)	Parents Meeting at ChAPS Autism Ark CW8 1BE with Terri & Leona.	8-9.15pm
25 Jan	CHESTER (P)	Parents Meeting at Lache Comm. Centre CH4 8HX with Diane.	10am-12pm
25 Jan	WARR'TON (A)	Adults Meet at Saint Paul's Church WA5 2RX with Emma & Hayley.	12-1.30pm
25 Jan	WINSFORD (C)	Urban Air Trampoline Park CW7 3RL with Carey, Bobbie & Nic.	4.30-6.30pm
25 Jan	TEAMS (A)	Adults Mental Health Support Group with Emma.	6-7pm
25 Jan	WARR'TON (C)	Climbing Club at North West Face Climbing Centre WA2 7NE with Lauren.	6.30-7.30pm
26 Jan	NORTHWICH (A)	Learning4Life at ChAPS Autism Ark CW8 1BE with Sara & Terri.	10am-4pm
26 Jan	E'PORT (C)	Youth Club at The Community Hub CH65 9BD with Diane, Jacqui & Jess.	6-7.30pm
26 Jan	NORTHWICH (A)(C)(P)	Boxer Boogie at ChAPS Autism Ark CW8 1BE with Bobbie & Ginette.	7-8pm
27 Jan	WARR'TON (A)	Learning4Life at The Oaks Centre WA5 2QS with Chelsey & Diane.	10am-4pm

27 Jan	DELAMERE (A)(P)	Parents & Adults Walk at Delamere Forest CW8 2HZ with Carey.	12-2pm
28 Jan	E'PORT (A)(C)(P)	Family Swim at E'Port Sports Village CH65 9LB with Johnnie & Simon.	4.45-5.45pm
29 Jan	NORTHWICH (A)(C)(P)	Alice's Adventures relaxed performance	2-4pm
31 Jan	RUNCORN (A)	Learning4Life at The Old Police Station WA7 1DF with Chelsey & Diane.	10am-4pm

## Need More Help or Information?

**Ruth/Lisa Admin Staff - For Attention Cards, Gift Aid, Child Registration Forms & everything else Admin**

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**Please note** we take every precaution to ensure the information we share is accurate, but the information we signpost is not a recommendation from ChAPS (unless stated) and parents should do their own research about organisations and events signposted in our Newsletter. Professional colleagues who wish to **opt out** from receiving this Newsletter should reply to this email with unsubscribe as the message subject.

