



Autism **P**actical **S**upport

A circle of support for autistic individuals
and their families, at every stage of life.



Autism Practical Support



Join APS!

We offer a broad range of services to support autistic individuals of all ages and their families. Becoming a member of APS gives you and your family access to a wide range of support and opportunities.

An autism diagnosis is not needed to access any of our services or to become a member. We're here to help at every stage of your journey!

APS Memberships

Adult Membership

- Access to APS adult activities, groups and support services.
- Counselling at a reduced cost
- Facebook group access
- Monthly member-exclusive updates.
- Courses, training and support groups.

£10 per month

Family Membership

- Access to APS activities and support for parents/carers and children.
- Counselling at a reduced cost
- Wellbeing sessions for children and teens.
- Facebook group access.
- Monthly member updates.

£20 per month



A Circle of Support

APS Support Hub

At APS, our support team have a wealth of knowledge and truly understand the challenges faced by autistic individuals and their families. We are here to listen, talk through your experiences, and offer guidance to help you navigate your journey, at every stage of life.

We Provide:

- **Support throughout your journey** - No diagnosis or membership is required to access our support services.
- **Tailored resources** designed to support you in daily life.
- **Signposting and advice on external organisations** to help you and your family find the right support.
- **Parent Meets for peer support** where parents of autistic individuals can come together to share and support one another.
- **Members' Facebook group** offering a safe space to connect.
- **Monthly newsletters** with APS updates, upcoming events and support available with APS and partner organisations.
- **Support liaising with workplaces, universities or colleges** to help advocate for your needs.
- **Access to support online, by phone or face-to-face**, available Monday–Friday, 9am–5pm.

“On my daughter's ‘ASD pathway’ we have accessed walks, counselling, courses, yoga classes and 1:1 support. APS have been with us all the way, I don't think we would have survived without their help!”

Activities and Groups

APS offers inclusive and engaging activities that help autistic individuals and their families grow in confidence, connect with their community, and support their mental health.

Children

Chester & Northwich weekly groups

- KidConnect (7-10)
- The Zone (11-15)
- Vibe Tribe (16-18)

Specialist activities:

- Climbing Club
- Anti-Gravity Yoga

Seasonal events:

- Holiday Clubs
- Easter Egg Hunts
- Meet Santa

Adults

Welcoming sessions to build confidence:

- Weekly Adults' Meets
- Creative Company sessions
- Mental Health Support Sessions
- Yoga & Wellbeing Walks
- Spectrum Connect (Northwich)
- 1-1 Support
- Coaching

Families

Inclusive sessions for autistic children, siblings and parent /carers, such as:

- Cinema Trips
- Trampolining
- Family Swims

Plus lots more family-friendly activities throughout the year



We also have a wide range of activities and support groups for **parents and carers** including parent's meet, yoga and much more!

"I cannot begin to express how much APS has done for my daughter and for our family. Kids Club has enabled her to interact in a safe environment with other children who have similar needs. The staff are amazing and she is so much more settled than in any other group"



Feedback from one of our schools:

“The staff were really positive and impressed with what APS can offer. We all feel it will make a real difference to the families at our setting.”

School Inclusion Support

We have a Schools and Families Lead available to support families whose children and young people are facing barriers accessing school.

We build strong, positive relationships between families, schools, and the wider community. By strengthening these connections, we ensure the families and schools we work with feel supported and every child has the best chance to thrive.



Every Mind Matters

Our Services Include:

- Acting as a link between families and schools.
- Contacting schools on your behalf to arrange meetings.
- Attending meetings with you to provide guidance, assist with note-taking, and offer follow-on advocacy.
- Supporting schools to develop positive, collaborative approaches with families.



Knowing Me

Neurodiversity Profiling Tool

APS support staff are trained in 'Knowing Me', a new tool used in education settings to explore a child or young person's strengths and needs through a neurodivergent lens.

The tool looks at 10 areas of neurodivergence, including attention, sensory needs, energy, motor skills, and emotional regulation. Through conversation and observation, the tool helps build a clear picture of what a child finds helpful or challenging.

Our team can work with children, young people, and families to complete the tool and identify support needs at home and in school.

'Knowing Me' is suitable for anyone who is:

- Not yet on an autism or ADHD pathway, but neurodivergence is suspected
- Awaiting an assessment
- Already diagnosed as autistic or ADHD, but current support is not working

After the sessions, families receive a short summary outlining both individual needs and practical strategies.

Please Note: 'Knowing Me' is not a diagnostic tool and therefore will not affect a child's place on any waiting list.

Counselling Services for Children and Adults

APS provides a specialist counselling service tailored to the unique needs of neurodiverse children, young people, adults, and their families.

What We Offer:

- One-to-one counselling in a safe, inclusive, and non-judgmental environment
- Online counselling sessions
- Telephone counselling sessions

Accessibility:

- Open to members and non-members
- Members receive sessions at a reduced cost
- Funding is available for Northwich residents experiencing financial hardship

Wellbeing Sessions

Our wellbeing sessions offer a safe, supportive space for children, teens and adults to connect, build confidence, and learn practical strategies for when life feels challenging.

We aim for everyone who attends to feel:

- **Heard, understood and valued**
- **Supported to work through challenges**
- **Able to build trust, confidence and self-belief**
- **Empowered to develop self-awareness and resilience**

Your wellbeing matters and our team are here to support you.

Children and Adult Pricing

Cost per session:

£30 for members (£35 non-members) with a qualified counsellor
£20 for members (£25 non-members) with a trainee counsellor.



Family Empowerment Course

The APS team understands the challenges faced by parents and carers of autistic children and young people. With our lived experience and specialist knowledge, we recognise the realities at every stage of development and offer practical, meaningful support.

We deliver in-person and online training courses designed by parents, offering practical tools and guidance for navigating the journey of raising autistic children.

This course is FREE for residents in Northwich, Winsford, Chester, Rural Cheshire and Ellesmere Port, on behalf of the NHS Cheshire and Merseyside Integrated Care Board (ICB).

Outside the area? No problem! We can still offer the course at a low cost. Get in touch for more information.

We also offer specialist sessions, such as:

- Autism and Girls
- Navigating EHCP's
- PDA
- Sleep
- Mental Health
- Supporting behaviour

Parent Feedback:

“All of the sessions have been really accessible and useful. The practical tips have been brilliant and the theory has been really helpful.”





Professional Training

APS offers an Employer Membership Scheme to guide organisations in building inclusive, autism-positive workplaces. Our support includes:

- **Awareness & Neurodiversity Training**
- **Inclusive Recruitment Support**
- **Employee Screening**
- **Workplace Assessments**
- **Coaching & Mentoring**
- **Manager Consultancy**
- **Access to Work Guidance**

Our professional services help employers and organisations create neuro-inclusive workplaces where autistic employees can thrive.

Public Sector Training

APS partners with public sector organisations, including the NHS, local authorities, and education settings, to strengthen understanding and improve outcomes for autistic and neurodivergent employees. We provide:

- **Neurodiversity training for staff**
- **Coaching, mentoring & consultancy**
- **Environment and service assessments**
- **Screening & support planning**
- **Guidance on reasonable adjustments**

Our aim is to support teams to offer confident, consistent, autism-positive practice across all sectors. Get in touch to find out how we can support your organisation.



Employer Feedback:

“Really Helpful. I feel much more confident about supporting autistic colleagues.”



APS Coaching Sessions

Autism Practical Support offers autism-informed coaching for autistic adults who need support after a diagnosis or who want to better understand themselves.

Our approach is collaborative, validating, and grounded in lived experience. Coaching sessions can help you explore your identity, understand your strengths, and identify areas of daily life where additional support or adjustments may be helpful.

Together, we develop personalised strategies and work towards goals that matter to you — whether that's wellbeing, routines, communication, organisation, or navigating environments that feel challenging.

It may help to know that coaching is different from counselling. Coaching focuses on practical approaches and future-focused support. We don't explore past trauma or provide mental health treatment, but we do recognise when these experiences affect daily life and can help you find appropriate support if needed.

Prices: £30 per session for members / £35 for non-members.

Sessions: 1 hour each, usually 8–10 sessions.

Intro session included: where we get to know each other, understand your goals, and agree on what you'd like the sessions to focus on.





Funding and Financial Support

Funding helps our charity deliver even more support to autistic individuals and families in our community. The examples below illustrate the types of initiatives funding makes possible:

'I am, I Can' Programmes

Our funded *I Am and I Can* programmes help build confidence, independence, and everyday skills. *I Am* explores identity, strengths, sensory and communication needs, and wellbeing. *I Can* develops practical skills like shopping, budgeting and domestic tasks.

Funded Carer Breaks

Local funding helps us offer Carer Breaks that recognise the demands of caring and provide meaningful opportunities for rest and support. Through free activities, events, and wellbeing sessions, we create safe spaces for carers to reconnect with themselves and others.

Active Futures

Active Futures delivers inclusive activities for autistic children and teens who are disengaged from education. The 'Fit for All' programme offers free physical and wellbeing sessions for autistic young people, supporting health, confidence, and social connection.

Government Benefits

If you receive DLA, PIP, or Community Connections funding, please contact us to explore how these can be used to access APS services.

Financial Hardship

We understand that finances can sometimes be a barrier. If financial difficulty is preventing you from becoming a member, we have funding available. Please reach out to our team, we're here to help.

For the latest information about our funded programmes and what's available, please visit our website.

For more information about our services or memberships,
please visit: www.autismpracticalsupport.org.uk

SCAN QR CODE



Our Contact Details



0344 850 8607



info@autismpracticalsupport.org.uk



Sension House, Denton Drive, Northwich,
Cheshire, CW9 7LU