

April and May Activity Bookings (For Members Only)

Activities for Children and Young Adults

- These activities are for autistic children and young adults only
- Activities listed in alphabetical order by location/town

APS Kids' and Youth Clubs:

For all Kids' and Youth Clubs, please fill out the attached interest form. Please fill out **one form per child**.

[APS Children Club Registration form- April & May 2026 - Fill in form](#)

CHESTER:

KidConnect (7-11 years old)

- Friday 10th April, 4.30-5.45pm at SPACE Cheshire, CH2 2AN
- Friday 17th April, 4.30-5.45pm at SPACE Cheshire, CH2 2AN
- Friday 24th April, 4.30-5.45pm at SPACE Cheshire, CH2 2AN
- Friday 1st May, 4.30-5.45pm at SPACE Cheshire, CH2 2AN
- Friday 8th May, 4.30-5.45pm at SPACE Cheshire, CH2 2AN
- Friday 15th May, 4.30-5.45pm at SPACE Cheshire, CH2 2AN
- Friday 22nd May, 4.30-5.45pm at SPACE Cheshire, CH2 2AN
- Friday 29th May, 4.30-5.45pm at SPACE Cheshire, CH2 2AN

The Zone (11-15 years old) & Vibe Tribe (16-18 years old)

- Friday 10th April, 6-7.15pm at SPACE Cheshire, CH2 2AN
- Friday 17th April, 6-7.15pm at SPACE Cheshire, CH2 2AN
- Friday 24th April, 6-7.15pm at SPACE Cheshire, CH2 2AN
- Friday 1st May, 6-7.15pm at SPACE Cheshire, CH2 2AN
- Friday 8th May, 6-7.15pm at SPACE Cheshire, CH2 2AN
- Friday 15th May, 6-7.15pm at SPACE Cheshire, CH2 2AN
- Friday 22nd May, 6-7.15pm at SPACE Cheshire, CH2 2AN
- Friday 29th May, 6-7.15pm at SPACE Cheshire, CH2 2AN

All Ages Club (7-17 years old)

- Tuesday 7th April, 6-7.30pm at SPACE Cheshire, CH2 2AN
- Tuesday 21st April, 6-7.30pm at SPACE Cheshire, CH2 2AN
- Tuesday 5th May, 6-7.30pm at SPACE Cheshire, CH2 2AN
- Tuesday 19th May, 6-7.30pm at SPACE Cheshire, CH2 2AN

ELLESMERE PORT:

Kids Club (7-11 years old) at Theatre Porto, CH65 6QY

- Tuesday 21st April, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old) at Theatre Porto, CH65 6QY

- Thursday 9th April, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH

KidConnect (7-11 years old)

- Monday 13th April, 5-6.15pm at APS Room, Sension House, CW9 7LU
- Monday 20th April, 5-6.15pm at APS Room, Sension House, CW9 7LU
- Monday 27th April, 5-6.15pm at APS Room, Sension House, CW9 7LU
- Wednesday 6th May, 5-6.15pm at APS Room, Sension House, CW9 7LU
- Monday 11th May, 5-6.15pm at APS Room, Sension House, CW9 7LU
- Monday 18th May, 5-6.15pm at APS Room, Sension House, CW9 7LU
- Wednesday 27th May, 5-6.15pm at APS Room, Sension House, CW9 7LU

The Zone (11-15 years old)

- Tuesday 7th April, 5-6.30pm at APS Room, Sension House, CW9 7LU
- Tuesday 14th April, 5-6.30pm at APS Room, Sension House, CW9 7LU
- Tuesday 21st April, 5-6.30pm at APS Room, Sension House, CW9 7LU
- Tuesday 28th April, 5-6.30pm at APS Room, Sension House, CW9 7LU
- Tuesday 5th May, 5-6.30pm at APS Room, Sension House, CW9 7LU
- Tuesday 12th May, 5-6.30pm at APS Room, Sension House, CW9 7LU
- Tuesday 19th May, 5-6.30pm at APS Room, Sension House, CW9 7LU
- Tuesday 26th May, 5-6.30pm at APS Room, Sension House, CW9 7LU

Vibe Tribe (16-18 years old) at APS Room, Sension House, CW9 7LU

- Monday 13th April, 6.30-8pm at APS Room, Sension House, CW9 7LU
- Monday 20th April, 6.30-8pm at APS Room, Sension House, CW9 7LU
- Monday 27th April, 6.30-8pm at APS Room, Sension House, CW9 7LU

- Tuesday 5th May, 6.30-8pm at APS Room, Sension House, CW9 7LU
- Monday 11th May, 6.30-8pm at APS Room, Sension House, CW9 7LU
- Monday 18th May, 6.30-8pm at APS Room, Sension House, CW9 7LU
- Tuesday 26th May, 6.30-8pm at APS Room, Sension House, CW9 7LU

Activities

CHESTER

Dance Fitness (8-16 years old) - Dates to be Confirmed. More details to follow.

Mindfulness Movement (8-16 years old)

- Tuesday 14th April, 4-5pm at Queen's Park High School, CH4 7AE [Book Here](#)
- Tuesday 28th April, 4-5pm, venue tbc [Book Here](#)
- Tuesday 12th May, 4-5pm, venue tbc [Book Here](#)
- Saturday 23rd May, 11am-12pm at Queens Park High School, CH4 7AE [Book Here](#)

Teen Independence and Living Skills Course (13-18 years old)

- Every Wednesday evening starting from Wednesday 6th May until Wednesday 17th June, 6.15-8.15pm, venue tbc. [Book Here](#)

NORTHWICH

Teen Independence and Living Skills Course (13-18 years old)

- Every Thursday evening starting from Thursday 7th May until Thursday 18th June, 6.15-8.15pm at APS Sension House, CW9 7LU [Book Here](#)

WARRINGTON

Climbing Club (7-17 years old)

- Wednesday 1st April, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE [Book Here](#)
- Wednesday 15th April, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE [Book Here](#)
- Wednesday 6th May, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE [Book Here](#)
- Wednesday 20th May, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE [Book Here](#)

WIDNES

Anti-Gravity Yoga (6-18 years old)

· Sunday 12th April, 1.30-2.15pm at Martial Arts Centre, WA8 0GZ

[**Book Here**](#)

· Sunday 10th May, 1.30-2.15pm at Martial Arts Centre, WA8 0GZ

[**Book Here**](#)

Activities for Families

These activities are for the whole family, including siblings.
(Activities listed in alphabetical order by location/town)

CHESTER:

The Magic Faraway Tree Relaxed Screening

· Tuesday 14th April, 6-8pm at Storyhouse, CH1 2AR [Book Here](#)

ELLESMERE PORT:

Hayrack Farm

· Thursday 23rd April, 4-6pm at Hayrack Farm, CH2 4HU [Book Here](#)

Multi Sports

· Saturday 11th April, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB
[Book Here](#)

· Saturday 9th May, 1-2pm at Ellesmere Port Sports Village, CH65 9LB [Book Here](#)

Swim Session

· Saturday 11th April, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
[Book Here](#)

· Saturday 9th May, 2.30-3.30pm at Ellesmere Port Sports Village, CH65 9LB
[Book Here](#)

NORTHWICH:

APS Holiday Club with HAF

· Tuesday 7th—Friday 10th April, 10am-2pm at APS Sension House, Northwich, CW9 7LU

We have 12 free places available for each session through the HAF Holiday Programme and 8 paid places available, which are £15 per day. Lunch will be provided. [Book Here](#)

Craftathon

· Thursday 16th April, 10am-5pm at APS Sension House, Northwich, CW9 7LU

[Book Here](#)

Easter Egg Hunt

· Thursday 2nd April, 12-4pm at Petty Pool Vocational College, CW8 2DR [Book here](#)

Silent Disco

· Saturday 18th April at APS Sension House, CW9 7LU 1-2.30pm (Under 16s) & 3-4.30pm (over 16s) [Book Here](#)

Swim Session

· Saturday 4th April, 4-5pm at Memorial Court Northwich, CW9 5QJ [Book Here](#)

· Saturday 2nd May, 4-5pm at Memorial Court Northwich, CW9 5QJ [Book Here](#)

Witton Chimes Fundraiser

· Friday 8th May, 5.30pm onwards (Children allowed until 8pm) at Witton Chimes, CW9 5NW [Book Here](#)

RUNCORN:

Swim Session

· Saturday 18th April, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

[Book Here](#)

· Saturday 16th May, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

[Book here](#)

WINSFORD:

Urban Air Trampoline Park

· Thursday 9th April at Urban Air Trampoline Park, CW7 3RL 5-6pm (all ages allowed)

[Book Here](#)

· Wednesday 22nd April at Urban Air Trampoline Park, CW7

5-6pm (under 10 years old) [Book Here](#)

6-7pm (11-18 years old) [Book Here](#)

· Thursday 14th May at Urban Air Trampoline Park, CW7 3RL 5-6pm (all ages allowed)
[Book Here](#)

· Wednesday 27th May at Urban Air Trampoline Park, CW7 3RL
5-6pm (under 10 years Old) [Book Here](#)
6-7pm (11-18 years Old) [Book Here](#)

Activities for Parents/Carers

Activities listed in alphabetical order by location/town

KNUTSFORD

Parents' of Adults Meet

- Friday 1st May, 11am-1pm, at Curzon Knutsford, WA16 OPE [Book Here](#)

NORTHWICH:

Creative Company

- Monday 13th April, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Thursday 23rd April, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Monday 27th April, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Thursday 7th May, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Monday 11th May, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Monday 18th May, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)

Parents' & Adults Walk Delamere Forest

- Friday 17th April, 11.45am-1pm at Delamere Forest, CW8 2HZ [Book Here](#)
- Friday 22nd May, 11.45am-1pm at Delamere Forest, CW8 2HZ [Book Here](#)

Yoga

- Thursday 23rd April, 1.30-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Thursday 21st May, 1.30-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)

PARENTS' MEET:

CHESTER

Thursday 30th April, 9.30am-11am at SPACE Cheshire, CH2 2AN [Book Here](#)

Thursday 21st May, 9.30am-11am at SPACE Cheshire, CH2 2AN [Book Here](#)

ELLESMERE PORT

Friday 24th April, 10am-12pm at Ground Up Café, Theatre Porto, CH65 6QY
[Book Here](#)

Friday 22nd May, 10am-12pm at Ground Up Café, Theatre Porto, CH65 6QY
[Book Here](#)

NORTHWICH

Tuesday 7th April, 5-6.30pm at APS Sension House, CW9 7LU [Book Here](#)

Wednesday 6th May, 5-6.15pm at APS Sension House, CW9 7LU [Book Here](#)

DROP-IN SESSIONS:

NORTHWICH

Drop In:

- Every Monday morning, 10am-12pm at APS Room, Sension House, CW9 7LU
- Every Thursday morning, 10am-12pm at APS Room, Sension House, CW9 7LU

PETTY POOL IN THE COMMUNITY

Drop In:

- Every 2nd Friday of the Month, 10am-12pm at Ground Up Café, Theatre Porto, CH65 6QY
- Every 3rd Friday of the Month, 10am-12pm at APS Sension House, CW9 7LU

RUNCORN

Drop-In:

- Every Tuesday afternoon, 12-12.30pm at Community Shop, Runcorn, WA7 2FS

ONLINE SESSIONS: 1:1 Support

Please email info@autismpracticalsupport.org.uk to book a 1:1 Support session with one of our Support Team. The session can be online, over the phone or face-to-face at APS Sension House, CW9 7LU.

Need More Help?

Contact Our Team

To make initial contact with staff, please use:

info@autismpracticalsupport.org.uk

and your email will be forwarded to the relevant person.

Lisa- Business Support & Support Advisor

For Advice, Signposting and Support, Halton & Warrington Post-diagnostic support, Café and everything else admin

T: 0344 850 8607



Caron - Support Advisor

For Advice, Signposting, Parent Empowerment & Support



Abigail- Mental Health and Wellbeing Lead

For information on Counselling and Mental Health & Wellbeing sessions



Emily- Schools and Families Lead

For Schools & Family advice, Signposting & Support



Chloe - Activities and Fundraising Manager

For Activities, Room Bookings, Fundraising and Strategic Leader

T: 07491 001360



Emma - Head of Service

For Safeguarding, Strategic Planning, Governance, Funding and Ops Management



Please note we take every precaution to ensure the information we share is accurate, but the information we signpost is not a recommendation from APS (unless stated) and parents should do their own research about organisations and events signposted in our Newsletter.

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