

APRIL

# NEWSLETTER



## Feedback from the Survey

A huge thank you to everyone who completed our 2026 Members' Survey. Your thoughtful and honest insights are incredibly valuable and play a major role in shaping our plans for the year ahead. We're grateful for your continued engagement.

Congratulations to our prize winners:

**£25 Amazon Voucher – Freya O'B**  
**Chester Zoo Tickets – Rebecca G**



One clear theme from your feedback was the need for earlier access to booking links. In response, we're making an immediate change: booking links will now be released two months in advance. We hope this gives you more time to plan, prepare, and secure your favourite activities.

This month, you'll find booking links for April and May 2026, with additional half-term activities coming soon.

Thank you again for helping us grow, improve, and better support our community. Your voice genuinely shapes what we do.



## Easter Activities and Events

We have a busy month ahead, especially with Easter just around the corner! We recently sent you our Easter Activities and Events newsletter and want to reshare just in case you missed it. Spaces are going quickly, so don't miss out: [\*\*Easter Activities\*\*](#)



NEW

# New Activities Funded by the Westminster Foundation

We are extremely grateful to have been awarded funding from the Westminster Foundation to deliver a range of sporting and physical activities for autistic children and families across Chester and Ellesmere Port. This support allows us to expand our offer and create more opportunities for movement, connection, and fun.

As part of this funding, we will be delivering the following activities:

## Ellesmere Port

- Family Swim sessions
- Multi Sports sessions

## Chester

- Mindfulness Movement sessions
- Dance Fitness classes (ages 8–16)



These sessions are open to any autistic individual and you do not need to be an APS member to take part.

For full details and booking links, [please click here to go to our website](#)



## Mascot Design Competition

Don't forget, our Autism Acceptance Mascot Design Competition is still open! Anyone aged 25 and under can enter. Simply post your design on Facebook with **#APSmascotcompetition** or email it to **info@autismpracticalsupport.org.uk**.

**Deadline:** 13th April 2026

**Winner announced:** 30th April

**Prize:** £20 Amazon voucher, certificate, and an invite to our launch event

[Go to our website for more details and to download the full info packs](#)

NEW

# Teen Independence and Living Skills Courses - Starting in May

We're delighted to be offering another round of Teen Independence and Living Skills Courses in Chester and Northwich this May. These courses help autistic young people build confidence, understand their diagnosis, and develop practical life skills.

## What's included:

- Understanding your autism diagnosis
- Communication and relationship skills
- Sensory needs
- Mental wellbeing strategies
- Life organisation & daily living
- Online safety
- Planning for the future



## Who can join:

Autistic young people aged 13–18 living in Cheshire West & Chester. Fully funded by Youth Opportunities. No APS membership needed.

## Course dates:

**Chester:** Wednesdays, 6th May–17th June, 6.15–8.15pm (venue TBC)

## [Book Here](#)

**Northwich:** Thursdays, 7th May–18th June, 6.15–8.15pm at APS Sension House, CW9 7LU [Book Here](#)

## April and May Activity Bookings

[Adult Activity Activities](#)

[Children, Families and Parent/Carer Activities](#)



Autism Practical Support

**0344 850 8607**

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

[info@autismpracticalsupport.org.uk](mailto:info@autismpracticalsupport.org.uk)