

April and May Activity Bookings (For Members Only)

Activities for Autistic Adults

Activities listed in alphabetical order by location/town

NORTHWICH

2Engage Performance

Wednesday 22nd April, 12.45-2pm at APS Room, Sension House, CW9 7LU

2Engage are a performing arts group who aim to raise awareness, challenge perceptions and start conversations. This performance will be about risks and vulnerabilities. It is open to any of our adult members, and we will be joined by Petty Pool in the Community and Live! [Book Here](#)

Adults' Meet Northwich

- Thursday 23rd April, 1-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Thursday 14th May, 1-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)

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](#)

Spectrum Connect Northwich

- Tuesday 21st April, 7-8.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Tuesday 19th May, 7-8.30pm at APS Room, Sension House, CW9 7LU [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](#)

RUNCORN:

Adults' Meet Runcorn at Community Shop, Runcorn, WA7 2FS

- Tuesday 7th April, 10.30am-12pm [Book Here](#)
- Tuesday 14th April, 10.30am-12pm [Book Here](#)
- Tuesday 21st April, 10.30am-12pm [Book Here](#)
- Tuesday 28th April, 10.30am-12pm [Book Here](#)
- Tuesday 5th May, 10.30am-12pm [Book Here](#)
- Tuesday 12th May, 10.30am-12pm [Book Here](#)
- Tuesday 19th May, 10.30am-12pm [Book Here](#)
- Tuesday 26th May, 10.30am-12pm [Book Here](#)

WARRINGTON

Adults' Meet Warrington

- Wednesday 1st April, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)
- Wednesday 8th April, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)
- Wednesday 15th April, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)
- Wednesday 22nd April, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)
- Wednesday 29th April, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)
- Wednesday 6th May, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)
- Wednesday 13th May, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)
- Wednesday 20th May, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)
- Wednesday 27th May, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)

ONLINE SESSIONS

Adult Mental Health Support Group

- Wednesday 1st April, 5-6pm
- Wednesday 8th April, 5-6pm
- Wednesday 15th April, 5-6pm
- Wednesday 22nd April, 5-6pm
- Wednesday 29th April, 5-6pm
- Wednesday 6th May, 5-6pm
- Wednesday 13th May, 5-6pm
- Wednesday 20th May, 5-6pm
- Wednesday 27th May, 5-6pm

If you are interested in joining any of the sessions, please email aj.jackson@cheshireautism.org.uk

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

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- 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.

Professional colleagues who wish to opt out from receiving this Newsletter should reply to this email with unsubscribe as the message subject.