



December 2025 Activity Bookings (For Members Only)

Activities for Autistic Adults

NORTHWICH

Adults' Meet Northwich

- **Thursday 4th December**, 1-2.30pm, at APS Sension House, CW9 7LU
[Book Here](#)
- **Thursday 11th December**, 1-2.30pm at APS, Sension House, CW9 7LU
[Book Here](#)

Creative Company

- **Monday 1st December**, 12-2pm at APS Room, Sension House, CW9 7LU
[Book Here](#)
- **Monday 8th December**, 12-2pm at APS Room, Sension House, CW9 7LU
[Book Here](#)
- **Monday 15th December**, 12-2pm at APS Room, Sension House, CW9 7LU
[Book Here](#)

Christmas Creative Company

- **Monday 22nd December**, 12-2pm at APS Room, Sension House, CW9 7LU
[Book Here](#)

Spectrum Connect Northwich

- **Monday 15th December**, 7-8.30pm at APS, Sension House, CW9 7LU

[Book Here](#)

Yoga for Adults

- **Thursday 18th December**, 1.30-2.30pm at APS, Sension House, CW9 7LU

[Book Here](#)

RUNCORN:

Adults' Meet Runcorn

- **Tuesday 2nd December**, 11am-12.30pm at Community Shop Runcorn, WA7 2FS

[Book Here](#)

- **Tuesday 9th December**, 11am-12.30pm at Community Shop Runcorn, WA7 2FS

[Book Here](#)

- **Tuesday 16th December**, 11am-12.30pm at Community Shop Runcorn, WA7 2FS

[Book Here](#)

WARRINGTON:

Adults' Meet Warrington

- **Wednesday 3rd November**, 12-1.30pm at Saint Paul's Church, WA5 2RX

[Book Here](#)

- **Wednesday 10th November**, 12-1.30pm at Saint Paul's Church, WA5 2RX

[Book Here](#)

- **Wednesday 17th November**, 12-1.30pm at Saint Paul's Church, WA5 2RX

[Book Here](#)

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 3rd December 5-6pm
- Wednesday 10th December, 5-6pm
- Wednesday 17th December, 5-6pm

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

Activities for Parents/Carers

Activities listed in alphabetical order by location/town

CHESTER

Holding the Space Mindfulness Course

Every Thursday afternoon starting from **Thursday 6th November until Thursday 4th December**, 1-3.30pm at St Mary's Handbridge Centre, CH4 7HL

[Book Here](#)

Pamper and Wellbeing Event

Friday 12th December, 10am-2pm at Village Hotels, St Davids Flintshire, CH5 3YB

[Book Here](#)

Parents' Meet

Wednesday 17th December, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

[Book Here](#)

ELLESMERE PORT

Parents' Meet

Thursday 11th December, 7.45-9pm at Theatre Porto, CH65 6QY

[Book Here](#)

KNUTSFORD

Parents' of Adults Meet (Including Christmas Meal)

Friday 12th December, 12am-2pm, at Red Lion, Pickmere, WA16 OJX
Please email carey.caveney@cheshireautism.org.uk to confirm booking and meal choice.

[Book Here](#)

NORTHWICH

Creative Company

- **Monday 1st December**, 12-2pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

- **Monday 8th December**, 12-2pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

- **Monday 15th December**, 12-2pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

Christmas Creative Company

- **Monday 22nd December**, 12-2pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

Holding the Space Mindfulness Course

- Every Tuesday evening starting from **Tuesday 4th November until Tuesday 2nd December**, 6.30-9pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

Mindfulness Movement

- **Wednesday 17th December**, 6-7pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

Parents' Meet

- **Tuesday 16th December**, 7.30-8.45pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

Yoga for Adults

- **Thursday 18th December**, 1.30-2.30pm at APS, Sension House, CW9 7LU

[Book Here](#)

Need More Help?

Contact Our Team

To make initial contact with staff, please use:
info@cheshireautism.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.