

FEBRUARY

# NEWSLETTER



## New APS Email Address!

We're pleased to share that our email system has now fully transitioned from Cheshire Autism to Autism Practical Support. Our new main enquiry address is: [info@autismpracticalsupport.org.uk](mailto:info@autismpracticalsupport.org.uk)

Emails sent to the old CHAPS address will continue to forward for the time being, but please update your records and use the new address from now on, if possible.

## Members' Survey 2026 - Have Your Say!

### APS 2026 Survey – Fill in form

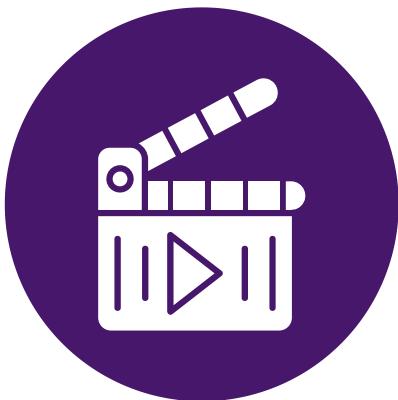
This survey will help us gain valuable insight into our services and your thoughts. This will be central to our ongoing review into the services we offer to our members.



Please can you complete this survey by **Friday 27th February 2026**. All entries submitted will be placed into a raffle for Chester Zoo tickets for the family!

In addition to this, if you submit your survey early by Monday 2nd February, you will be placed into a raffle to win a £25 amazon voucher.

# Extra Activities During February Half Term



## **Stitch Head (Relaxed Film Screening) Tuesday 17<sup>th</sup> February, 1.30pm at Storyhouse Chester**

Join us for our Relaxed Screening at Chester Storyhouse of Stitch Head. There will be an additional charge of £2+ booking fee for every ticket.

## **Teen Games Night on Thursday 19th February, 5pm at APS, Session House**

Open to any autistic young person aged 12-17 living in Chester or Cheshire West — no APS membership needed.

Come along for an evening of video games, board games and plenty more. It's a relaxed, welcoming space and a great chance to meet likeminded people and have fun together.



## **Drop In Morning at APS!**

### **Monday 16th February, 10am-12pm at APS Session House**

Join us for a relaxed family-friendly drop-in session with crafts, games, and support available for parents.

It's open to the whole family, and there's no need to book — just come along and enjoy a welcoming space to connect, create, and have fun together.

# Family Empowerment Course - Upcoming Dates



Our Family Empowerment Courses are all about giving parents the tools, confidence, and support they need to navigate life with an autistic child.

Join us at one of our upcoming sessions:

- **Winsford - 6-week course: Thursdays, 26 Feb – 2 Apr | 10am–12pm**
- **Online 6-week course (on Teams): Tuesdays, 24 Feb – 31 Mar | 6:30pm–8:30pm**
- **Northwich 2-day course: Mon 2 & Mon 9 Mar | 10am–2pm**
- **Chester – 1-day course: Sat 14 Mar | 9:30am–5pm**
- **Chester – 2-day course Mon 23 & Tue 24 Mar | 10am–2pm**

If you'd like to join us, fill out the form here:

<https://www.autismpracticalsupport.org.uk/parent-training>

## Need Extra Support? Access Our Adult and Child Counselling Services

If you or your child are finding things overwhelming, we're here to help.

Our qualified counsellors offer a calm, safe, and understanding space to explore feelings, build coping strategies, and improve wellbeing.

If you'd like to find out more or book a session, please get in touch with our team or visit our website for more information:

[Adult Counselling Services](#)

[Children's Counselling Services](#)



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