



Autism Practical Support

February 2026 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- February 2026 – Fill in form](#)

CHESTER:

KidConnect (7-11 years old) at SPACE Cheshire, CH2 2AN

- Friday 6th February, 4.30-5.45pm
- Friday 13th February, 4.30-5.45pm
- Friday 20th February, 4.30-5.45pm
- Friday 27th February, 4.30-5.45pm

The Zone (11-15 years old) & Vibe Tribe (16-18 years old) at SPACE Cheshire, CH2 2AN

- Friday 6th February, 6-7.30pm
- Friday 13th February, 6-7.30pm
- Friday 20th February, 6-7.30pm
- Friday 27th February, 6-7.30pm

All Ages Club (7-17 years old) at SPACE Cheshire, CH2 2AN

- Tuesday 3rd February, 6-7.30pm
- Tuesday 17th February, 6-7.30pm

ELLESMERE PORT:

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

- Tuesday 17th February, 6-7.30pm

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

- Thursday 12th February, 6-7.30pm

NORTHWICH

KidConnect (7-11 years old) at APS Room, Sension House, CW9 7LU

- Monday 2nd February, 5-6.15pm
- Monday 9th February, 5-6.15PM
- Monday 16th February, 5-6.15pm
- Monday 23rd February, 5-6.15pm

The Zone (11-15 years old) at APS Room, Sension House, CW9 7LU

- Tuesday 3rd February, 5-6.30pm
- Tuesday 10th February, 5-6.30pm
- Tuesday 17th February, 5-6.30pm
- Tuesday 24th February, 5-6.30pm

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

- Monday 2nd February, 6.30-8pm
- Monday 9th February, 6.30-8pm
- Monday 16th February, 6.30-8pm
- Monday 23rd February, 6.30-8pm

Teen Games Night (12-17 years old) at APS Room, Sension House, CW9 7LU

- Thursday 19th February, 5-6.30pm [**Book Here**](#)

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 4th February, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

[**Book Here**](#)

- Wednesday 18th February, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

[**Book Here**](#)

WIDNES:

Anti-Gravity Yoga (6-18 years old)

- Sunday 15th February, 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

Stitch Head (Relaxed Screening)

- Tuesday 17th February, 1.30-3pm at Chester Storyhouse, CH1 2AR [**Book Here**](#)

ELLESMERE PORT

Swim Session

- Saturday 14th February, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB [**Book Here**](#)

NORTHWICH

Swim Session

- Saturday 7th February, 4-5pm at Memorial Court Northwich, CW9 5QJ [**Book Here**](#)

RUNCORN

Swim Session

- Saturday 21st February, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ [**Book Here**](#)

WINSFORD:

Urban Air Trampoline Park

- Thursday 12th February at Urban Air Trampoline Park, CW7 3RL
5-6pm (all ages allowed) [**Book Here**](#)
- Wednesday 25th February 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 6th February, 11am-1pm, at Curzon Knutsford, WA16 0PE [Book Here](#)

NORTHWICH:

Creative Company

- Monday 2nd February, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Monday 9th February, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Monday 16th February, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Monday 23rd February, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)

Parents' & Adults Walk Delamere Forest

- Friday 20th February, 11.45am-1pm at Delamere Forest, CW8 2HZ [Book Here](#)

Parents' Meet

- Tuesday 24th February, 7-8.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)

Yoga

- Thursday 26th February, 1.30-2.30pm at APS Room, Session House, CW9 7LU

[Book Here](#)

Drop-In Sessions (No Need to book)

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

RUNCORN:

Drop-In Sessions (No Need to book)

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

ONLINE SESSIONS:

Parents' Meet

- Wednesday 11th February, 7-8.30pm on Microsoft Teams **[Book Here](#)**

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 Session 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.

Caron - Support Advisor

For Advice, Signposting, Parent Empowerment & Support



Emily- Schools and Families Lead

For Schools & Family advice, Signposting & Support



Emma - Head of Service

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



Lisa- Business Support & Support Advisor

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

T: 0344 850 8607



Abigail- Mental Health and Wellbeing Lead

For information on Counselling and Mental Health & Wellbeing sessions



Chloe - Activities and Fundraising Manager

For Activities, Room Bookings, Fundraising and Strategic Leader

T: 07491 001360



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.



Cheshire and
Merseyside
Health and Care Partnership



Cheshire West
and Chester



COMMUNITY
FUND

