



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 17<sup>th</sup> February, 6-7.30pm

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

- Thursday 12<sup>th</sup> February, 6-7.30pm

## **NORTHWICH**

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

- Monday 2<sup>nd</sup> February, 5-6.15pm
- Monday 9<sup>th</sup> February, 5-6.15PM
- Monday 16<sup>th</sup> February, 5-6.15pm
- Monday 23<sup>rd</sup> February, 5-6.15pm

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

- Tuesday 3<sup>rd</sup> February, 5-6.30pm
- Tuesday 10<sup>th</sup> February, 5-6.30pm
- Tuesday 17<sup>th</sup> February, 5-6.30pm
- Tuesday 24<sup>th</sup> February, 5-6.30pm

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

- Monday 2<sup>nd</sup> February, 6.30-8pm
- Monday 9<sup>th</sup> February, 6.30-8pm
- Monday 16<sup>th</sup> February, 6.30-8pm
- Monday 23<sup>rd</sup> February, 6.30-8pm

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

- Thursday 19<sup>th</sup> February, 5-6.30pm [Book Here](#)

## **WARRINGTON:**

### **Climbing Club (7-17 years old)**

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

[Book Here](#)

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

[Book Here](#)

## **WIDNES:**

### **Anti-Gravity Yoga (6-18 years old)**

- Sunday 15<sup>th</sup> 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 17<sup>th</sup> February, 1.30-3pm at Chester Storyhouse, CH1 2AR [Book Here](#)

### ELLESMERE PORT

#### Swim Session

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

### NORTHWICH

#### Swim Session

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

### RUNCORN

#### Swim Session

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

## WINSFORD:

### Urban Air Trampoline Park

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

### NORTHWICH:

#### Creative Company

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

#### Parents' & Adults Walk Delamere Forest

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

#### Parents' Meet

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

## Yoga

- Thursday 26<sup>th</sup> February, 1.30-2.30pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

## Drop-In Sessions (No Need to book)

- Every Monday morning, 10am-12pm at APS Room, Sension House, CW9 7LU
- Every Thursday morning, 10am-12pm at APS Room, Sension 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 11<sup>th</sup> February, 7-8.30pm on Microsoft Teams [Book Here](#)

## 1:1 Support

Please email [\*\*info@autismpracticalsupport.org.uk\*\*](mailto: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](mailto: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.