

February 2026 Activity Bookings (For Members Only)

Activities for Autistic Adults

NORTHWICH

Adults' Meet Northwich

- Thursday 12th February, 1-2.30pm at APS Room, Sension House, CW9 7LU
[Book Here](#)

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](#)

Spectrum Connect Northwich

- Tuesday 17th February, 7-8.30pm at APS Room, Sension House, CW9 7LU
[**Book Here**](#)

Yoga

- Thursday 26th February, 1.30-2.30pm at APS Room, Sension House, CW9 7LU
[**Book Here**](#)

RUNCORN:

Adults' Meet Runcorn

- Tuesday 3rd February, 10.30am-12pm at Community Shop Runcorn, WA7 2FS [**Book Here**](#)
- Tuesday 10th February, 10.30am-12pm at Community Shop Runcorn, WA7 2FS [**Book Here**](#)
- Tuesday 17th February, 10.30am-12pm at Community Shop Runcorn, WA7 2FS [**Book Here**](#)
- Tuesday 24th February, 10.30am-12pm at Community Shop Runcorn, WA7 2FS [**Book Here**](#)

WARRINGTON:

Adults' Meet Warrington

- Wednesday 4th February, 12-1.30pm at Oaks Centre, WA5 2QS [**Book Here**](#)
- Wednesday 11th February, 12-1.30pm at Oaks Centre, WA5 2QS [**Book Here**](#)
- Wednesday 18th February, 12-1.30pm at Oaks Centre, WA5 2QS [**Book Here**](#)
- Wednesday 25th February, 12-1.30pm at Oaks Centre, WA5 2QS [**Book Here**](#)

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 4th February, 5-6pm
- Wednesday 11th February, 5-6pm
- Wednesday 18th February, 5-6pm
- Wednesday 25th February, 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

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.



Autism Practical Support

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

