



## February 2026 Activity Bookings (For Members Only)

### Activities for Autistic Adults

#### NORTHWICH

##### Adults' Meet Northwich

- Thursday 12<sup>th</sup> February, 1-2.30pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

##### 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](#)

## **Spectrum Connect Northwich**

- Tuesday 17<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](#)

## **RUNCORN:**

### **Adults' Meet Runcorn**

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

## **WARRINGTON:**

### **Adults' Meet Warrington**

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

## **ONLINE SESSIONS:**

### **Adult Mental Health Support Group**

- Wednesday 4<sup>th</sup> February, 5-6pm
- Wednesday 11<sup>th</sup> February, 5-6pm
- Wednesday 18<sup>th</sup> February, 5-6pm
- Wednesday 25<sup>th</sup> February, 5-6pm

**If you are interested in joining the sessions, please email**  
**[aj.jackson@cheshireautism.org.uk](mailto:aj.jackson@cheshireautism.org.uk)**

## 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.