



Autism Practical Support

## January 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 Club:

For all Kids' and Youth Clubs, please fill out the attached interest form. Please fill out **one form per child**.

#### [APS Children's Club Registration Form](#)

### CHESTER

#### **KidConnect (7-11 years old)**

#### **The Zone (11-15 years old)**

#### **Vibe Tribe (16-18 years old)**

Dates and times will be confirmed once our new venue is established. In the meantime, please register your interest if you would like your child to attend: Email [chloe.carter@cheshireautism.org.uk](mailto:chloe.carter@cheshireautism.org.uk)

### ELLESMERE PORT

#### **Kids Club (7-11 years old)**

- **Tuesday 20<sup>th</sup> January** 6-7.30pm at Theatre Porto, CH65 6QY

#### **Youth Club (10-17 years old)**

- **Thursday 15<sup>th</sup> January**, 6-7.30pm at Theatre Porto, CH65 6QY

## NORTHWICH

### **KidConnect (7-11 years old)**

- **Monday 12<sup>th</sup> January, 5-6.15pm** at APS Room, Sension House, CW9 7LU
- **Monday 19<sup>th</sup> January, 5-6.15pm** at APS Room, Sension House, CW9 7LU
- **Monday 26<sup>th</sup> January, 5-6.15pm** at APS Room, Sension House, CW9 7LU

### **The Zone (11-15 years old)**

- **Tuesday 13<sup>th</sup> January, 5-6.30pm** at APS Room, Sension House, CW9 7LU
- **Tuesday 20<sup>th</sup> January, 5-6.30pm** at APS Room, Sension House, CW9 7LU
- **Tuesday 27<sup>th</sup> January, 5-6.30pm** at APS Room, Sension House, CW9 7LU

### **Vibe Tribe (16-18 years old)**

- **Monday 12<sup>th</sup> January, 6.30-8pm** at APS Room, Sension House, CW9 7LU
- **Monday 19<sup>th</sup> January, 6.30-8pm** at APS Room, Sension House, CW9 7LU
- **Monday 26<sup>th</sup> January, 6.30-8pm** at APS Room, Sension House, CW9 7LU

## Activities for Children and Young People

- **These activities are for autistic children and young adults only**
- **Activities listed in alphabetical order by location/town**

## BRIDGE TRAFFORD

### **Animal Interactions (4-18 years old)**

- **Sunday 18<sup>th</sup> January, 12.30-4.30pm at Freedom Equine, CH2 4JT**

Please email [chloe.carter@cheshireautism.org.uk](mailto:chloe.carter@cheshireautism.org.uk) by Friday 9<sup>th</sup> January at 12pm to register your interest.

## WARRINGTON

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

- **Wednesday 21<sup>st</sup> January, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE**

[Book Here](#)

## WIDNES

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

- **Sunday 11<sup>th</sup> January**, 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)**

## ELLESMERE PORT

### Swim Session

- **Saturday 10<sup>th</sup> January**, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB  
[Book Here](#)

## RUNCORN

### Swim Session

- **Saturday 17<sup>th</sup> January**, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ  
[Book Here](#)

## WINSFORD

### Urban Air Trampoline Park

- **Thursday 15<sup>th</sup> January** 5pm - 6pm at Urban Air Trampoline Park, CW7 3RL (all ages allowed)

[Book Here](#)

- **Wednesday 28<sup>th</sup> January**, 5pm-6pm at Urban Air Trampoline Park, CW7 3RL (under 10 years old)

[Book Here](#)

- **Wednesday 28<sup>th</sup> January**, 6-7pm at Urban Air Trampoline Park, CW7 3RL (11-18 years old)

[Book Here](#)

## Activities for Parents/Carers

Activities listed in alphabetical order by location/town

### ELLESMERE PORT

#### Parents' Meet

- **Thursday 15<sup>th</sup> January, 7.45-9pm at Theatre Porto, CH65 6QY**

[Book Here](#)

### KNUTSFORD

#### Parents' of Adults Meet

- **Friday 30<sup>th</sup> January, 11am-1pm, at Curzon Knutsford, WA16 0PE**

[Book Here](#)

### NORTHWICH

#### Creative Company:

- **Monday 12<sup>th</sup> January, 12-2pm at APS Room, Sension House, CW9 7LU**

[Book Here](#)

- **Monday 19<sup>th</sup> January, 12-2pm at APS Room, Sension House, CW9 7LU**

[Book Here](#)

- **Monday 26<sup>th</sup> January, 12-2pm at APS Room, Sension House, CW9 7LU**

[Book Here](#)

### ONLINE SESSIONS

#### Parents' Meet

- **Wednesday 28th January, 7-8.30pm on Microsoft Teams**

[Book Here](#)



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# Need More Help?

## Contact Our Team

To make initial contact with staff, please use:  
**info@cheshireautism.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

