



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

ELLESMERE PORT

Kids Club (7-11 years old)

- **Tuesday 20th January** 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

- **Thursday 15th January**, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH

KidConnect (7-11 years old)

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

The Zone (11-15 years old)

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

Vibe Tribe (16-18 years old)

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

Activities for Children and Young People

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BRIDGE TRAFFORD

Animal Interactions (4-18 years old)

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

Please email chloe.carter@cheshireautism.org.uk by Friday 9th January at 12pm to register your interest.

WARRINGTON

Climbing Club (7-17 years old)

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

[Book Here](#)

WIDNES

Anti-Gravity Yoga (6-18 years old)

• **Sunday 11th 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 10th January**, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

[Book Here](#)

RUNCORN

Swim Session

• **Saturday 17th January**, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

[Book Here](#)

WINSFORD

Urban Air Trampoline Park

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

[Book Here](#)

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

[Book Here](#)

• **Wednesday 28th 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 15th January, 7.45-9pm at Theatre Porto, CH65 6QY

[Book Here](#)

KNUTSFORD

Parents' of Adults Meet

- Friday 30th January, 11am-1pm, at Curzon Knutsford, WA16 OPE

[Book Here](#)

NORTHWICH

Creative Company:

- Monday 12th January, 12-2pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

- Monday 19th January, 12-2pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

- Monday 26th 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](#)

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.

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.