



January 2026 Activity Bookings (For Members Only)

Activities for Autistic Adults

NORTHWICH:

Adults' Meet Northwich

- **Thursday 15th January**, 1-2.30pm at APS Room, Sension House, CW9 7LU
[Book Here](#)

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](#)

Spectrum Connect Northwich

- **Tuesday 20th January**, 7-8.30pm at APS Room, Sension House, CW9 7LU
[Book Here](#)

RUNCORN

Adults' Meet Runcorn

- **Tuesday 6th January**, 10.30am-12pm at Community Shop Runcorn, WA7 2FS
[Book Here](#)
- **Tuesday 13th January**, 10.30am-12pm at Community Shop Runcorn, WA7 2FS
[Book Here](#)
- **Tuesday 20th January**, 10.30am-12pm at Community Shop Runcorn, WA7 2FS
[Book Here](#)
- **Tuesday 27th January**, 10.30am-12pm at Community Shop Runcorn, WA7 2FS
[Book Here](#)

WARRINGTON:

Adults' Meet Warrington

- **Wednesday 7th January**, 12-1.30pm at Oaks Centre, WA5 2QS
[Book Here](#)
- **Wednesday 14th January**, 12-1.30pm at Oaks Centre, WA5 2QS
[Book Here](#)
- **Wednesday 21st January**, 12-1.30pm at Oaks Centre, WA5 2QS
[Book Here](#)
- **Wednesday 28th January**, 12-1.30pm at Oaks Centre, WA5 2QS
[Book Here](#)

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 14th January, 5-6pm
- Wednesday 21st January, 5-6pm
- Wednesday 28th January, 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

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.