



Autism Practical Support

## January 2026 Activity Bookings (For Members Only)

### Activities for Autistic Adults

#### NORTHWICH:

##### Adults' Meet Northwich

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

##### 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](#)

##### Spectrum Connect Northwich

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

## RUNCORN

### Adults' Meet Runcorn

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

## WARRINGTON:

### Adults' Meet Warrington

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

## **ONLINE SESSIONS:**

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

- Wednesday 14<sup>th</sup> January, 5-6pm
- Wednesday 21<sup>st</sup> January, 5-6pm
- Wednesday 28<sup>th</sup> January, 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

### 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  
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