

June Activity Bookings (For Members Only)

Activities for Autistic Adults

Activities listed in alphabetical order by location/town

NORTHWICH

Adults' Meet Northwich

- Thursday 11th June, 1-2.30pm at APS Room, Senson House, CW9 7LU [Book Here](#)

Creative Company at APS Room, Senson House, CW9 7LU

- Monday 1st June, 12-2pm [Book Here](#)
- Monday 8th June, 12-2pm [Book Here](#)
- Thursday 18th June, 12-2pm [Book Here](#)
- Monday 22nd June, 12-2pm [Book Here](#)
- Monday 29th June, 12-2pm [Book Here](#)

Parents' & Adults Walk Delamere Forest

- Friday 26th June, 11.45am-1pm at Delamere Forest, CW8 2HZ [Book Here](#)

Spectrum Connect Northwich

- Tuesday 16th June, 7-8.30pm at APS Room, Senson House, CW9 7LU [Book Here](#)

Yoga

- Thursday 25th June, 1.30-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)

RUNCORN

Adults' Meet Runcorn at Community Shop, Runcorn, WA7 2FS

- Tuesday 2nd June, 10.30am-12pm [Book Here](#)
- Tuesday 16th June, 10.30am-12pm [Book Here](#)
- Tuesday 23rd June, 10.30am-12pm [Book Here](#)
- Tuesday 30th June, 10.30am-12pm [Book Here](#)

WARRINGTON

Adults' Meet Warrington at Oaks Centre, WA5 2QS

- Wednesday 3rd June, 12-1.30pm [Book Here](#)
- Wednesday 17th June, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)
- Wednesday 24th June, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)

ONLINE SESSIONS

Adult Mental Health Support Group

- Wednesday 3rd June, 5-6pm
- Wednesday 10th June, 5-6pm
- Wednesday 17th June, 5-6pm
- Wednesday 24th June, 5-6pm

If you are interested in joining any of the sessions, please email aj.jackson@cheshireautism.org.uk

Activities for Parents/Carers

Activities listed in alphabetical order by location/town

KNUTSFORD

Parents' of Adults Meet

- Friday 19th June, 11am-1pm, at Curzon Knutsford, WA16 OPE [Book Here](#)

NORTHWICH:

Creative Company

- Monday 1st June, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Monday 8th June, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Thursday 18th June, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Monday 22nd June, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Monday 29th June, 12-2pm at APS Room, Sension House, CW97LU [Book Here](#)

Parents' & Adults Walk Delamere Forest

- Friday 26th June, 11.45am-1pm at Delamere Forest, CW8 2HZ [Book Here](#)

Yoga

- Thursday 25th June, 1.30-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)

PARENTS' MEET

CHESTER

- Thursday 18th June, 9.30am-11am at SPACE Cheshire, CH2 2AN [Book Here](#)

ELLESMERE PORT

- Friday 12th June, 10am-12pm at Ground Up Café, Theatre Porto, CH65 6QY [Book Here](#)

NORTHWICH

- Tuesday 9th June, 5-6.30pm at APS Sension House, CW9 7LU [Book Here](#)

DROP-IN SESSIONS:

NORTHWICH

Drop In:

- 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:

- Every Tuesday afternoon, 12-12.30pm at Community Shop, Runcorn, WA7 2FS

ONLINE SESSIONS: 1:1 Support

Please email 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

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.