



June and July 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 Clubs:

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

[APS Children Club Registration form - June 2026](#)

[APS Children Club Registration form- July 2026](#)

CHESTER:

KidConnect (7-11 years old) at SPACE Cheshire, CH2 2AN

June

- Friday 5th June, 4.30-5.45pm
- Friday 12th June, 4.30-5.45pm
- Friday 19th June, 4.30-5.45pm
- Friday 26th June, 4.30-5.45pm

July

- Friday 3rd July, 4.30-5.45pm
- Friday 10th July, 4.30-5.45pm
- Friday 17th July, 4.30-5.45pm
- Friday 24th July, 4.30-5.45pm

The Zone (11-15 years old) & Vibe Tribe (16-18 years old) at SPACE Cheshire, CH2 2AN

June

- Friday 5th June, 6-7.15pm
- Friday 12th June, 6-7.15pm
- Friday 19th June, 6-7.15pm
- Friday 26th June, 6-7.15pm

July

- Friday 3rd July, 6-7.15pm
- Friday 10th July, 6-7.15pm
- Friday 17th July, 6-7.15pm
- Friday 24th July, 6-7.15pm

All Ages Club (7-17 years old) at SPACE Cheshire, CH2 2AN

June

- Tuesday 23rd June, 6-7.30pm

July

- Tuesday 7th July, 6-7.30pm
- Tuesday 21st July, 6-7.30pm

ELLESMERE PORT:

Kids Club (7-11 years old) at Theatre Porto, CH65 6QY

June

- Thursday 11th June, 6-7.30pm
- Thursday 25th June, 6-7.30pm

July

- Thursday 9th July, 6-7.30pm
- Thursday 23rd July, 6-7.30pm

Youth Club (10-17 years old) at Theatre Porto, CH65 6QY

•June

- Thursday 11th June, 6-7.30pm
- Thursday 25th June, 6-7.30pm

July

- Thursday 9th July, 6-7.30pm at Theatre Porto, CH65 6QY
- Thursday 23rd July, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH

KidConnect (7-11 years old) at APS Room, Sension House, CW9 7LU

June

- Monday 1st June, 5-6.15pm
- Monday 8th June, 5-6.15pm
- Monday 15th June, 5-6.15pm
- Monday 22nd June, 5-6.15pm
- Monday 29th June, 5-6.15pm

July

- Monday 6th July, 5-6.15pm
- Monday 13th July, 5-6.15pm
- Monday 20th July, 5-6.15pm
- Monday 27th July, 5-6.15pm

The Zone (11-15 years old) at APS Room, Sension House, CW9 7LU

June

- Tuesday 2nd June, 5-6.30pm
- Tuesday 9th June, 5-6.30pm
- Tuesday 16th June, 5-6.30pm
- Tuesday 23rd June, 5-6.30pm
- Tuesday 30th June, 5-6.30pm

July

- Tuesday 7th July, 5-6.30pm
- Tuesday 14th July, 5-6.30pm
- Tuesday 21st July, 5-6.30pm
- Tuesday 28th July, 5-6.30pm

Vibe Tribe (16-18 years old) at APS Room, Sension House, CW9 7LU

June

- Monday 1st June, 6.30-8pm
- Monday 8th June, 6.30-8pm
- Monday 15th June, 6.30-8pm
- Monday 22nd June, 6.30-8pm
- Monday 29th June, 6.30-8pm

July

- Monday 6th July, 6.30-8pm
- Monday 13th July, 6.30-8pm
- Monday 20th July, 6.30-8pm
- Monday 27th July, 6.30-8pm

Activities for Children and Young Adults

CHESTER

Mindfulness Movement (8-16 years old)

June

- Tuesday 9th June, 4-5pm at Hoole Community Centre, CH2 3AP [Book here](#)
- Tuesday 23rd June, 4-5pm, Hoole Community Centre, CH2 3AP [Book Here](#)

July - TBC - Details will be sent out at a later date

WARRINGTON

Climbing Club (7-17 years old) at North West Face Climbing Centre, WA2 7NE

June

- Wednesday 3rd June, 6.30-7.30pm [Book Here](#)
- Wednesday 17th June, 6.30-7.30pm [Book Here](#)

July

- Wednesday 1st July, 6.30-7.30pm [Book Here](#)
- Wednesday 15th July, 6.30-7.30pm [Book Here](#)

WIDNES

Anti-Gravity Yoga (6-18 years old) at Martial Arts Centre, WA8 0GZ

June

- Sunday 14th June, 1.30-2.15pm [Book Here](#)

July

- Sunday 12th July, 1.30-2.15pm [Book Here](#)

Activities for Families

These activities are for the whole family, including siblings. Activities listed in alphabetical order by location/town)

CHESTER:

Multi Sports

Saturday 11th July, 3-4pm at Brio Northgate, CH2 2AU [Book Here](#)

Swim Session

· Saturday 11th July, 4.15-5.30pm at Brio Northgate, CH2 2AU [Book Here](#)

ELLESMERE PORT:

Multi Sports

Saturday 13th June, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB
[Book Here](#)

Swim Session

· Saturday 13th June, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB
[Book Here](#)

NORTHWICH:

Swim Session

- Saturday 6th June, 4-5pm at Memorial Court Northwich, CW9 5QJ [Book Here](#)
- Saturday 4th July, 4-5pm at Memorial Court Northwich, CW9 5QJ [Book Here](#)

RUNCORN:

Swim Session

- Saturday 25th July, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

[Book Here](#)

WINSFORD:

Urban Air Trampoline Park

June

- Thursday 11th June at Urban Air Trampoline Park, CW7 3RL 5-6pm (all ages allowed)

[Book Here](#)

- Wednesday 24th June at Urban Air Trampoline Park, CW7 3RL

5-6pm (under 10 years old) [Book Here](#)

6-7pm (11-18 years old) [Book Here](#)

July

- Thursday 16th July at Urban Air Trampoline Park, CW7 3RL 5-6pm (all ages allowed)

[Book Here](#)

- Wednesday 22nd July at Urban Air Trampoline Park, CW7 3RL

5-6pm (under 10 years old) [Book Here](#)

6-7pm (11-18 years old) [Book Here](#)

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](#)
- Monday 17th July, 11am-1pm, at Curzon Knutsford, WA16 OPE [Book Here](#)

NORTHWICH:

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

June

- 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](#)

July

- Monday 6th July, 12-2pm [Book Here](#)
- Monday 13th July, 12-2pm [Book Here](#)
- Monday 27th July, 12-2pm [Book Here](#)

Parents' & Adults Walk Delamere Forest

- Friday 26th June, 11.45am-1pm at Delamere Forest, CW8 2HZ [Book Here](#)
- Friday 10th July, 11.45am-1pm at Delamere Forest, CW8 2HZ [Book Here](#)

Yoga at at APS Room, Sension House, CW9 7LU

- Thursday 25th June, 1.30-2.30pm [Book Here](#)
- Thursday 23rd July, 1.30-2.30pm [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](#)
- Friday 24th July, 9.30am-11am 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](#)
- Monday 6th July, 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.