

June and July Activity Bookings (For Members Only)

Activities for Autistic Adults

Activities listed in alphabetical order by location/town

NORTHWICH

Adults' Meet Northwich

June

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

July

- Thursday 9th July, 1-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)

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](#)

Spectrum Connect Northwich

- Tuesday 16th June, 7-8.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Tuesday 21st July, 7-8.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)

Yoga

- Thursday 25th June, 1.30-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Thursday 23rd July, 1.30-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)

RUNCORN

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

June

- 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](#)

July

- Tuesday 7th July, 10.30am-12pm [Book Here](#)
- Tuesday 14th July, 10.30am-12pm [Book Here](#)
- Tuesday 21st July, 10.30am-12pm [Book Here](#)
- Tuesday 28th July, 10.30am-12pm [Book Here](#)

WARRINGTON

Adults' Meet Warrington at Oaks Centre, WA5 2QS

June

- Wednesday 3rd June, 12-1.30pm [Book Here](#)
- Wednesday 17th June, 12-1.30pm [Book Here](#)
- Wednesday 24th June, 12-1.30pm [Book Here](#)

July

- Wednesday 1st July, 12-1.30pm [Book Here](#)
- Wednesday 8th July, 12-1.30pm [Book Here](#)
- Wednesday 15th July, 12-1.30pm [Book Here](#)
- Wednesday 22nd July, 12-1.30pm [Book Here](#)
- Wednesday 29th July, 12-1.30pm [Book Here](#)

ONLINE SESSIONS

Adult Mental Health Support Group

June

- Wednesday 10th June, 5-6pm
- Wednesday 24th June, 5-6pm

July

- Wednesday 8th July, 5-6pm
- Wednesday 22nd July, 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](#)
- 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.