

MARCH

Hello
Spring



NEWSLETTER

Last Chance to Have Your Say!

[APS 2026 Survey - Fill in form](#)



This is the last few days to take part in our Member Survey. Your feedback is vital in helping us shape our clubs, activities, and support. It only takes a few minutes, and your responses will directly guide our ongoing service review.

Please complete the survey by **Friday 27th February 2026**. All entries will be entered into a raffle to **win a Chester Zoo family pass!**

Thank you to everyone who has already taken part, and thank you in advance to everyone who can send in their feedback this week.



Mascot Design Competition



We're thrilled to launch our Autism Acceptance Mascot Design Competition! Your chance to create the official face of APS! Anyone aged 25 or under can take part by designing a mascot and submitting your design via our Facebook page using **#APSmascotcompetition** or by email **info@autismpracticalsupport.org.uk** (parent/guardian consent needed for under-16s).

Entries close 13th April 2026. The winner will be announced on 30th April and will receive a £20 Amazon Voucher, certificate and an invite to our mascot launch event. [Download the pack here for full details](#)

Buy a Brick! Help Us Build Our New Sensory Room



We're rebuilding something truly special in our new space. Our sensory room has always been a much-loved place for autistic children and young people, offering calm, safety and support.

To make the sensory room possible, we are fundraising to build the structure, including a brand new supporting wall.

You can be part of this by **'buying a brick' for £5**. Every brick helps us get closer, and once the wall is complete, your name will be proudly displayed as a thank you.



[Click Here to Donate!](#)

If you can support in other ways, such as donating materials or offering time or skills, we would be incredibly grateful.

Together, we can rebuild a space that means so much to so many!



Save the Dates!



We have some exciting Spring events soon to put in your diary:

- **Thursday 2nd April 2026** - APS Easter Egg Hunt, at Petty Pool College.
- **Tuesday 14th April 2026, 6pm** - Magic Faraway Tree, Relaxed Screening at Chester Storyhouse.
- **Thursday 16th April** - Craftathon at APS Sension House
- **Saturday 18th April** Silent Disco at APS Sension House
- **Sunday 26 April 2026** - APS Sponsored Walk, at Delamere Forest.

More information on each event will follow soon!

Adults' Mental Health Online Sessions



Weekly on Wednesdays, 5–6pm via Teams



A weekly, relaxed online space for autistic adults (18+) to chat, share experiences, and support their mental health. Led by AJ Jackson, one of our Mental Health Practitioners, who brings both professional expertise and lived experience.

You can join with your camera/mic off, and there's no pressure to share. Topics vary each week, from daily living and confidence, to relationships, routines, travel and even favourite biscuits!

Interested in joining? Email aj.jackson@cheshireautism.org.uk to arrange a short intro call.



Spring Offer: 2 for 1 at Venturewood Delamere

Venturewood, part of the Petty Pool Trust, is launching its new learning provision at Delamere Forest with an **Early Explorer Offer: 2-for-1 on all sessions**. Bring a friend or family member for free!

Enjoy a range of workshops and Forest School sessions for families, children, home-educators and adults, including nature crafts, woodwork and woodland learning.

Offer ends 31 March 2026. The discount is applied automatically when booking for two people. (Excludes Easter Holiday Club)

[See what's on and book here!](#)



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