



Autism Practical Support

March 2026 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- March 2026 – Fill in form](#)

CHESTER:

KidConnect (7-11 years old)

- Friday 6th March, 4.30-5.45pm at SPACE Cheshire, CH2 2AN
- Friday 13th March, 4.30-5.45pm at SPACE Cheshire, CH2 2AN
- Friday 20th March, 4.30-5.45pm at SPACE Cheshire, CH2 2AN
- Friday 27th March, 4.30-5.45pm at SPACE Cheshire, CH2 2AN

The Zone (11-15 years old) & Vibe Tribe (16-18 years old)

- Friday 6th March, 6-7.15pm at SPACE Cheshire, CH2 2AN
- Friday 13th March, 6-7.15pm at SPACE Cheshire, CH2 2AN
- Friday 20th March, 6-7.15pm at SPACE Cheshire, CH2 2AN
- Friday 27th March, 6-7.15pm at SPACE Cheshire, CH2 2AN

All Ages Club (7-17 years old)

- Tuesday 3rd March, 6-7.30pm at SPACE Cheshire, CH2 2AN
- Tuesday 17th March, 6-7.30pm at SPACE Cheshire, CH2 2AN

ELLESMERE PORT:

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

- Tuesday 17th March, 6-7.30pm

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

- Thursday 12th March, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH

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

- Monday 2nd March, 5-6.15pm
- Monday 9th March, 5-6.15pm
- Monday 16th March, 5-6.15pm
- Monday 23rd March, 5-6.15pm
- Monday 30th March, 5-6.15pm

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

- Tuesday 3rd March, 5-6.30pm
- Tuesday 10th March, 5-6.30pm
- Tuesday 17th March, 5-6.30pm
- Tuesday 24th March, 5-6.30pm
- Tuesday 31st March, 5-6.30pm

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

- Monday 2nd March, 6.30-8pm
- Monday 9th March, 6.30-8pm
- Monday 16th March, 6.30-8pm
- Monday 23rd March, 6.30-8pm
- Monday 30th March, 6.30-8pm

WARRINGTON:

Climbing Club (7-17 years old)

- Wednesday 4th March, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

[**Book Here**](#)

· Wednesday 18th March, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

[Book Here](#)

WIDNES:

Anti-Gravity Yoga (6-18 years old)

· Sunday 8th March, 1.30-2.15pm at Martial Arts Centre, WA8 0GZ

[Book Here](#)

Activities for Families

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

ELLESMERE PORT

Swim Session

- Saturday 28th March, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB

[Book Here](#)

NORTHWICH

Swim Session

- Saturday 7th March, 4-5pm at Memorial Court Northwich, CW9 5QJ

[Book Here](#)

RUNCORN

Swim Session

- Saturday 21st March, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ

[Book Here](#)

WINSFORD:

Urban Air Trampoline Park

- Thursday 12th March at Urban Air Trampoline Park, CW7 3RL
5-6pm (all ages allowed) [Book Here](#)

- Wednesday 25th March 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

CHESTER:

Parents' Meet

· Thursday 26th March, 9.30am-11am, SPACE Cheshire, CH2 2AN

[Book Here](#)

KNUTSFORD:

Parents' of Adults Meet

· Friday 6th March, 11am-1pm, at Curzon Knutsford, WA16 OPE [Book Here](#)

NORTHWICH:

Creative Company

· Thursday 5th March, 12-2pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

· Monday 9th March, 12-2pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

· Thursday 19th March, 12-2pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

· Monday 23rd March, 12-2pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

· Monday 30th March, 12-2pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

Parents' & Adults Walk Delamere Forest

- Friday 27th March, 11.45am-1pm at Delamere Forest, CW8 2HZ

[Book Here](#)

Yoga

- Thursday 26th March, 1.30-2.30pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

Parents' Meet

Thursday 5th March, 10.30am-12pm, at APS Sension House, CW9 7LU

[Book Here](#)

Northwich Drop-In Sessions (No Need to book)

- 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 Sessions (No Need to book)

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

ONLINE SESSIONS:

Parents' Meet

Tuesday 10th March, 7-9pm on Microsoft Teams [Book Here](#)

1:1 Support

Please email [**info@autismpracticalsupport.org.uk**](mailto: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.