



Autism Practical Support

March 2026 Activity Bookings (For Members Only)

Activities for Autistic Adults

Activities listed in alphabetical order by location/town

NORTHWICH

Adults' Meet Northwich

· Thursday 12th March, 1-2.30pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

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](#)

Spectrum Connect Northwich

- Tuesday 17th March, 7-8.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)

Yoga

- Thursday 26th March, 1.30-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)

RUNCORN:

Adults' Meet Runcorn

- Tuesday 3rd March, 10.30am-12pm at Community Shop Runcorn, WA7 2FS [Book Here](#)
- Tuesday 10th March, 10.30am-12pm at Community Shop Runcorn, WA7 2FS [Book Here](#)
- Tuesday 17th March, 10.30am-12pm at Community Shop Runcorn, WA7 2FS [Book Here](#)
- Tuesday 24th March, 10.30am-12pm at Community Shop Runcorn, WA7 2FS [Book Here](#)
- Tuesday 31st March, 10.30am-12pm at Community Shop Runcorn, WA7 2FS [Book Here](#)

WARRINGTON:

Adults' Meet Warrington

- Wednesday 4th March, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)
- Wednesday 11th March, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)
- Wednesday 18th March, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)
- Wednesday 25th March, 12-1.30pm at Oaks Centre, WA5 2QS [Book Here](#)

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 4th March, 5-6pm
- Wednesday 11th March, 5-6pm
- Wednesday 18th March, 5-6pm
- Wednesday 25th March, 5-6pm

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

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.