



Autism Practical Support

November 2025 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 interest form below:

[Kids and Youth Club Form \(One Form Per Child Please\)](#)

CHESTER DATES

Kids Club (7-11 years old)

Monday 10th November, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Monday 24th November, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Youth Club (11-17 years old)

Monday 3rd November, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

Monday 17th November, 4.30-6pm at St Mary's Handbridge Centre, CH4 7HL

ELLESMERE PORT DATES

Kids Club (7-11 years old)

Tuesday 18th November, 6-7.30pm at Theatre Porto, CH65 6QY

Youth Club (10-17 years old)

Thursday 13th November, 6-7.30pm at Theatre Porto, CH65 6QY

NORTHWICH DATES

Kids Club (7-11 years old)

Monday 3rd November, 5-6.30pm at APS, Sension House, CW9 7LU

Monday 17th November, 5-6.30pm at APS, Sension House, CW9 7LU

Youth Club (11-17 years old)

Monday 10th November, 5-6.30pm at APS Room, Sension House, CW9 7LU

Monday 24th November, 5-6.30pm at APS Room, Sension House, CW9 7LU

Activities for Children and Young People:

BRIDGE TRAFFORD

Animal Therapy (4-18 years old)

Sunday 16th November, 12.30-4.30pm at Freedom Equine, CH2 4JT

Please email chloe.carter@cheshireautism.org.uk by Friday 7th November at 12pm to register your interest.

Home Education Animal Therapy (4– 18 years old)

Wednesday 5th November, 10.30-11.15am at Freedom Equine, CH2 4JT

Please email chloe.carter@cheshireautism.org.uk by Sunday 2nd November at 4pm to register your interest.

CHESTER

Teen Independence and Living Skills Course (13-18 years old)

• Every Tuesday evening starting Tuesday 11th November until Tuesday 16th December, 6.15-8.15pm at St Mary's Handbridge Centre, CH4 7HL

[Book Here](#)

NORTHWICH

Teen Independence and Living Skills Course (13-18 years old)

- Every Thursday evening starting from Thursday 13th November until Thursday 18th December, 6.15-8.15pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

Art for Wellbeing (13-18 years old)

- Wednesday 19th November, 5-6.30pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

WARRINGTON

Climbing Club (7-17 years old)

- Wednesday 12th November, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

[Book Here](#)

- Wednesday 26th November, 6.30-7.30pm at North West Face Climbing Centre, WA2 7NE

[Book Here](#)

WIDNES

Anti-Gravity Yoga (6-18 years old)

- Sunday 9th November, 1.30-2.15pm at Martial Arts Centre, WA8 0GZ

[Book on Here](#)

Activities for Families

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

ELLESMERE PORT

Multi Sports

Saturday 22nd November, 3.30-4.30pm at Ellesmere Port Sports Village, CH65 9LB

[Book Here](#)

Swim Session

- Saturday 8th November, 3.15-4.15pm at Ellesmere Port Sports Village, CH65 9LB [Book Here](#)
- Saturday 22nd November, 4.45-5.45pm at Ellesmere Port Sports Village, CH65 9LB [Book Here](#)

NORTHWICH

Swim Session

- Saturday 1st November, 4-5pm at Memorial Court Northwich, CW9 5QJ [Book Here](#)

RUNCORN:

Swim Session

- Saturday 15th November, 4.45-5.45pm at Beechwood Community Centre, WA7 2PZ [Book Here](#)

WINSFORD:

Urban Air Trampoline Park CW7 3RL:

- Tuesday 11th November: **5pm-6pm (under 10 years old)** [Book Here](#)
6pm-7pm (11-18 years old) [Book Here](#)
- Wednesday 26th November: **5pm -6pm (under 10 years old)** [Book Here](#)
6pm-7pm (11-18 years old) [Book Here](#)

Activities for Parents/Carers

Activities listed in alphabetical order by location/town

CHESTER

Holding the Space Mindfulness Course

- Every Thursday afternoon starting from Thursday 6th November until Thursday 4th December, 1-3.30pm at St Mary's Handbridge Centre, CH4 7HL

<https://buytickets.at/chapscarerbreaks/1920532>

Mindfulness Movement

- Friday 21st November, 1-2pm at St Mary's Handbridge Centre, CH4 7HL

<https://buytickets.at/chapscarerbreaks/1551613>

My Time

- Saturday 15th November, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

<https://buytickets.at/chapscarerbreaks/1524162>

Parents' Meet

- Wednesday 26th November, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

[Book Here](#)

Yoga with Laura

- Monday 10th November, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

[Book Here](#)

ELLESMERE PORT

Parents' Meet

- Thursday 13th November, 7.45-9pm at Theatre Porto, CH65 6QY

[Book Here](#)

KNUTSFORD

Parents' of Adults Meet

- Friday 28th November, 11am-1pm, at Curzon Knutsford, WA16 OPE

[Book Here](#)

NORTHWICH

Creative Company

- Monday 3rd November, 12-2pm at APS Room, Sension House, CW9 7LU
[Book Here](#)
- Monday 10th November, 12-2pm at APS Room, Sension House, CW9 7LU
[Book Here](#)
- Monday 17th November, 12-2pm at APS Room, Sension House, CW9 7LU
[Book Here](#)
- Monday 24th November, 12-2pm at APS Room, Sension House, CW9 7LU
[Book Here](#)

Holding the Space Mindfulness Course

- Every Tuesday evening starting from Tuesday 4th November until Tuesday 2nd December, 6.30-9pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

My Time

- Saturday 8th November, 10am-12.30pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

Parents' & Adults Walk Delamere Forest

- Friday 14th November, 11.45am-1pm at Delamere Forest, CW8 2HZ

[Book Here](#)

Parents' Meet

- Tuesday 25th November, 7.30-8.45pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

Yoga for Adults

- Thursday 27th November, 1.30-2.30pm at APS Room, Sension House, CW9 7LU

[Book Here](#)

Need More Help?

Contact Our Team

To make initial contact with staff, please use:
info@cheshireautism.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 & 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 at The Ark, 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 ChAPS (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.