



November 2025 Activity Bookings (For Members Only)

Activities for Autistic Adults

NORTHWICH

Adults' Meet Northwich

- Thursday 6th November, 1-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Thursday 13th November, 1-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Thursday 20th November, 1-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Thursday 27th November, 1-2.30pm at APS Room, Sension House, CW9 7LU [Book Here](#)

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](#)

Parents' & Adults Walk Delamere Forest

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

[Book Here](#)

Spectrum Connect Northwich

- Monday 17th November, 7-8.30pm 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](#)

RUNCORN:

Adults' Meet Runcorn

- Tuesday 4th November, 11am-12.30pm at Community Shop Runcorn, WA7 2FS

[Book Here](#)

- Tuesday 11th November, 11am-12.30pm at Community Shop Runcorn, WA7 2FS

[Book Here](#)

- Tuesday 18th November, 11am-12.30pm at Community Shop Runcorn, WA7 2FS

[Book Here](#)

- Tuesday 25th November, 11am-12.30pm at Community Shop Runcorn, WA7 2FS

[Book Here](#)

WARRINGTON

Adults' Meet Warrington

- Wednesday 5th November, 12-1.30pm at Saint Paul's Church, WA5 2RX
[Book Here](#)
- Wednesday 12th November, 12-1.30pm at Saint Paul's Church, WA5 2RX
[Book Here](#)
- Wednesday 19th November, 12-1.30pm at Saint Paul's Church, WA5 2RX
[Book Here](#)
- Wednesday 26th November, 12-1.30pm at Saint Paul's Church, WA5 2RX
[Book Here](#)

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 12th November, 5-6pm
- Wednesday 19th November, 5-6pm
- Wednesday 26th November, 5-6pm

If you are interested in joining the sessions, please email
[**aj.jackson@cheshireautism.org.uk**](mailto:aj.jackson@cheshireautism.org.uk)

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.