



November and December 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**.

October [Registration Form](#)

November & December: [Registration Form](#)

CHESTER:

KidConnect (7-11 years old) at Brio Northgate, CH2 2AU

October/November

- Monday 19th October, 4.45-6.15pm
- Monday 26th October, 4.45-6.15pm
- Monday 9th November, 4.45-6.15pm
- Monday 16th November, 4.45-6.15pm
- Monday 23rd November, 4.45-6.15pm
- Monday 30th November, 4.45-6.15pm

December

- Monday 7th December, 4.45-6.15pm
- Monday 14th December, 4.45-6.15pm

KidConnect (7-11 years old) at SPACE Cheshire, CH2 2AN

October/November

- Friday 16th October, 4.30-5.45pm
- Friday 23rd October, 4.30-5.45pm
- Friday 6th November, 4.30-5.45pm
- Friday 13th November, 4.30-5.45pm
- Friday 20th November, 4.30-5.45pm
- Friday 27th November, 4.30-5.45pm

December

- Friday 4th December, 4.30-5.45pm
- Friday 11th December, 4.30-5.45pm

The Zone (11-18 Year Olds) at Brio Northgate, CH2 2AU

October / November

- Monday 19th October, 6.30-8pm
- Monday 26th October, 6.30-8pm
- Monday 2nd November, 6.30-8pm
- Monday 9th November, 6.30-8pm
- Monday 16th November, 6.30-8pm
- Monday 23rd November, 6.30-8pm
- Monday 30th November, 6.30-8pm

December

- Monday 7th December, 6.30-8pm
- Monday 14th December, 6.30-8pm

The Zone (11-18 Year Olds) at SPACE Cheshire, CH2 2AN

October/November

- Friday 16th October, 6-7.15pm
- Friday 23rd October, 6-7.15pm
- Friday 6th November, 6-7.15pm
- Friday 13th November, 6-7.15pm
- Friday 20th November, 6-7.15pm
- Friday 27th November, 6-7.15pm

December

- Friday 4th December, 6-7.15pm
- Friday 11th December, 6-7.15pm

NORTHWICH

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

October/November

- Monday 19th October, 5-6.15pm
- Monday 26th October, 5-6.15pm
- Monday 2nd November, 5-6.15pm
- Monday 9th November, 5-6.15pm
- Monday 16th November, 5-6.15pm
- Monday 23rd November, 5-6.15pm
- Monday 30th November, 5-6.15pm

December

- Monday 7th December, 5-6.15pm
- Monday 14th December, 5-6.15pm

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

October/November

- Tuesday 20th October, 5-6.30pm
- Tuesday 27th October, 5-6.30pm
- Tuesday 3rd November, 5-6.30pm
- Tuesday 10th November, 5-6.30pm
- Tuesday 17th November, 5-6.30pm
- Tuesday 24th November, 5-6.30pm

December

- Tuesday 1st December, 5-6.30pm
- Tuesday 8th December, 5-6.30pm
- Tuesday 15th December, 5-6.30pm

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

October/November

- Monday 19th October, 6.30-8pm
- Monday 26th October, 6.30-8pm
- Monday 2nd November, 6.30-8pm
- Monday 9th November, 6.30-8pm
- Monday 16th November, 6.30-8pm
- Monday 23rd November, 6.30-8pm
- Monday 30th November, 6.30-8pm

December

- Monday 7th December, 6.30-8pm
- Monday 14th December, 6.30-8pm

Activities for Children and Young Adults

Active Futures - Fit For All

Connect Hour (Ages 12-17)

Connect Hour takes place **every Tuesday at APS Sension House in Northwich 11am-12pm, and Theatre Porto Cafe in Ellesmere Port 1.30-2.30pm**. Led by our qualified counsellor, Felicia, these relaxed group sessions give young people the opportunity to connect with others, build friendships, share experiences and grow in confidence.

Northwich:

- **Every Tuesday 11am-12pm at APS Sension House, CW9 7LU**

Parents are welcome to stay or leave their young person with staff for this session

Ellesmere Port:

- **Every Tuesday 1.30-2.30pm at Theatre Porto Cafe, CH65 6QY**

Please note that Parents and carers are required to remain at the cafe during the session.

To register your interest in attending: [Click Here](#)

CHESTER

Dance Club (8-16 years old) at Brio Northgate Arena, CH2 2AU

October/November

- Thursday 15th October, 5-6pm [Book Here](#)
- Thursday 22nd October, 5-6pm [Book Here](#)
- Thursday 5th November, 5-6pm [Book Here](#)
- Thursday 12th November, 5-6pm [Book Here](#)
- Thursday 26th November, 5-6pm [Book Here](#)

December

- Thursday 3rd December, 5-6pm [Book Here](#)
- Thursday 10th December, 5-6pm [Book Here](#)
- Thursday 17th December, 5-6pm [Book Here](#)

WARRINGTON

Climbing Club (7-17 years old) at North West Face Climbing Centre, WA2 7NE

October/November

- Wednesday 21st October, 6.30-7.30pm [Book Here](#)
- Wednesday 4th November, 6.30-7.30pm [Book Here](#)
- Wednesday 18th November, 6.30-7.30pm [Book Here](#)

December

- Wednesday 2nd December, 6.30-7.30pm [Book Here](#)
- Wednesday 16th December, 6.30-7.30pm [Book Here](#)

WIDNES

Anti-Gravity Yoga (6-18 years old) at Martial Arts Centre, WA8 0GZ

November/December

- Sunday 8th November, 1.30-2.15pm [Book Here](#)
- Sunday 13th December, 1.30-2.15pm [Book Here](#)

Activities for Families

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

CHESTER

Multi Sports at Brio Northgate, CH2 2AU

- Saturday 14th November, 3-4pm [Book Here](#)
- Saturday 12th December, 3-4pm [Book Here](#)

Swim Session at Brio Northgate, CH2 2AU

- Saturday 14th November, 4-5.15pm [Book Here](#)
- Saturday 12th December, 4-5.15pm [Book Here](#)

NORTHWICH

Swim Session at Memorial Court Northwich, CW9 5QJ

- Saturday 7th November, 4-5pm [Book Here](#)
- Saturday 5th December, 4-5pm [Book Here](#)

No Mask Halloween Drop In at APS Sension House

- Monday 26th October, 10.30am-2pm [Book Here](#)

Festive Beetle Drive Fundraiser at APS Sension House, CW9 7LU

- Saturday 5th December, 1-3pm [Book Here](#)

Meet Santa - various times at APS Sension House, CW9 7LU

- Saturday 19th December [Book Here](#)

RUNCORN:

Swim Session at Beechwood Community Centre, WA7 2PZ

- Saturday 17th October, 4.45-5.45pm [Book Here](#)
- Saturday 21st November, 4.45-5.45pm [Book Here](#)

WINSFORD:

Urban Air Trampoline Park at Urban Air Trampoline Park, CW7 3RL

October/November

- Thursday 15th October 5-6pm (all ages allowed) [Book Here](#)
- Wednesday 28th October:
5-6pm (under 10 years old) [Book Here](#)
6-7pm (All Ages Allowed) [Book Here](#)
- Thursday 12th November 5-6pm (all ages allowed) [Book Here](#)
- Wednesday 25th November:
5-6pm (under 10 years old) [Book Here](#)
6-7pm (All Ages Allowed) [Book Here](#)

December

- Thursday 10th December 5-6pm (all ages allowed) [Book Here](#)
- Wednesday 16th December:
5-6pm (under 10 years) [Book Here](#)
6-7pm (all ages allowed) [Book Here](#)

Activities for Parents/Carers

KNUTSFORD

Parents' of Adults' Meet at Curzon Knutsford, WA16 0PE

Friday 13th November, 11am-1pm [Book Here](#)

NORTHWICH

Creative Company at APS Room, Sension House, CW9 7LU

October/November

- Monday 19th October, 12-2pm [Book Here](#)
- Monday 2nd November, 12-2pm [Book Here](#)
- Monday 9th November, 12-2pm [Book Here](#)
- Monday 16th November, 12-2pm [Book Here](#)
- Monday 23rd November, 12-2pm [Book Here](#)
- Monday 30th November, 12-2pm [Book Here](#)

December

- Monday 7th December, 12-2pm [Book Here](#)
- **Festive Creative Company** Monday 14th December, 12-2pm [Book Here](#)

Parents' & Adults' Walk Delamere Forest

- Friday 16th October, 11.45am-2pm at Delamere Forest, CW8 2HZ [Book Here](#)

Drop-in Sessions at APS Room, Sension House, CW9 7LU

- Every Thursday morning, 10am-12pm

Online Sessions: 1:1 Support

Please email 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.

Caron - Support Advisor

For Advice, Signposting,
Parent Empowerment
& Support



Lisa- Business Support & Support Advisor

For Advice, Signposting
and Support, Halton &
Warrington Post-diagnostic
support and everything else
admin!



Chloe - Activities and Fundraising Manager

For Activities, Room Bookings, Fundraising and Strategic Leader



Emma - Head of Service

For Safeguarding, 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.