



October 2025 Activity Bookings (For Members Only)

Activities for Autistic Adults

NORTHWICH

Adults' Meet Northwich

- Thursday 9th October, 1-2.30pm at ChAPS Room, Sension House, CW9 7LU
[Book Here](#)

Crafty Club:

- Friday 10th October, 1-2.30pm at ChAPS Room, Sension House, CW9 7LU
[Book Here](#)
- Monday 20th October, 1-2.30pm at Room, Sension House, CW9 7LU
[Book Here](#)

Parents' & Adults Walk Delamere Forest

- Friday 10th October, 11.45am-1pm at Delamere Forest, CW8 2HZ
[Book Here](#)

Spectrum Connect Northwich

- Monday 20th October, 7-8.30pm at ChAPS Room, Sension House, CW9 7LU, CW8 1BE
[Book Here](#)

Yoga for Adults

- Thursday 23rd October, 1.30-2.30pm at ChAPS Autism Ark, CW8 1BE
[Book Here](#)

RUNCORN:

Adults' Meet Runcorn

- Wednesday 1st October, 12-1.30pm at Old Police Station, WA7 1DF
Plus a visit to our new venue, 1.30-2.30pm at Community Shop Runcorn, WA7 2FS

[Book Here](#)

More activities in Runcorn will be added soon!

WARRINGTON:

Adults' Meet Warrington

- Wednesday 8th October, 12-1.30pm at Saint Paul's Church, WA5 2RX

[Book Here](#)

- Wednesday 15th October, 12-1.30pm at Saint Paul's Church, WA5 2RX

[Book Here](#)

- Wednesday 22nd October, 12-1.30pm at Saint Paul's Church, WA5 2RX

[Book Here](#)

ONLINE SESSIONS:

Adult Mental Health Support Group

- Wednesday 1st October, 5-6pm
- Thursday 9th October, 5-6pm
- Thursday 16th October, 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

My Time

- Saturday 18th October, 10am-12.30pm at St Mary's Handbridge Centre, CH4 7HL

[Book Here](#)

Parents' Meet

- Wednesday 22nd October, 9.30-11am at St Mary's Handbridge Centre, CH4 7HL

[Book Here](#)

Yoga with Laura

- Monday 6th October, 1.15-2.15pm at St Mary's Handbridge Centre, CH4 7HL

[Book Here](#)

Zippy's Playworld

- Wednesday 1st October, 9.30-11.30am at Zippy's Playworld, CH2 2AN

[Book Here](#)

ELLESMERE PORT

Parents' Meet

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

[Book Here](#)

KNUTSFORD

Parents' of Adults Meet

- Friday 31st October, 11am-1pm, at Curzon Knutsford, WA16 OPE

[Book Here](#)

NORTHWICH

Crafty Club

· Friday 10th October, 1-2.30pm at ChAPS Rooms, Sension House, CW9 7LU

[Book Here](#)

· Monday 20th October, 1-2.30pm at ChAPS Rooms, Sension House, CW9 7LU

[Book Here](#)

Mindfulness Movement

· Wednesday 22nd October, 6-7pm at ChAPS Room, Sension House, CW9 7LU

[Book Here](#)

My Time

· Saturday 11th October, 10am-12.30pm at ChAPS Room, Sension House, CW9 7LU

[Book Here](#)

Parents' & Adults Walk Delamere Forest

· Friday 10th October, 11.45am-1pm at Delamere Forest, CW8 2HZ

[Book Here](#)

Parents' Meet

· Tuesday 28th October, 7.30-8.45pm at ChAPS Room, Sension House, CW9 7LU

[Book Here](#)

Yoga for Adults

· Thursday 23rd October, 1.30-2.30pm at ChAPS Room, Sension House, CW9 7UL

[Book Here](#)

Need More Help?

To make initial contact with staff, please use info@cheshireautism.org.uk and your email will be forwarded to the relevant person.

Ruth - Business Support

For Attention Cards, Gift Aid, Child Registration Forms and everything else admin

T: 03448508607

**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.