

OCTOBER

NEWSLETTER



Join Our Advisory Board!

At APS, our members' voices are at the heart of everything we do. That's why we're inviting members to join one of our three Advisory Boards: Family, Adults, or Youth (ages 12-18).

Our Advisory Boards play an important role in shaping the future of APS. By sharing your experiences, ideas and feedback, you'll help influence our services, activities, and future plans, ensuring the voices of autistic individuals and their families remain central to the decisions we make.

Meetings take place every three months, either in person or via Microsoft Teams, providing a flexible and accessible way to get involved. If you'd like to shape the future of APS and have your say [register your interest here](#)

No Mask Halloween Drop In

**Drop In Monday 26th October,
10:30am-2:00pm at APS Sension House**



We know Halloween can sometimes be an overwhelming or challenging time for autistic children, young people, and adults. That's why we're inviting members, families, and non-members to join us at APS for a fun, relaxed, autism-friendly Halloween experience.

Enjoy apple bobbing, Halloween crafts, sweet treats, tea and coffee, and more. Whether you'd like to join in the activities, catch up with friends, or simply enjoy a cuppa, we'd love to see you there. Fancy dress is welcome, but to help create a comfortable environment for everyone, we kindly ask that no masks or face coverings are worn.

[Book Your Tickets Here](#) **Free for members | £2.50 for Non Members**

APS 2026 Christmas Card

Our 2026 APS Christmas Card is now available to purchase for the festive season!

A huge thank you to **Michelle and Kayden** for creating this year's wonderful festive design. We're delighted to share their artwork and make it part of our Christmas celebrations

Prices:

60p per card

£2.50 for a pack of 5 cards



Cards can be purchased online and collected from either APS, Sension House or at our Chester Club venues. If you'd prefer your cards to be posted, simply add on the postage and packaging cost and we'll send them directly to your address. They will also be available to purchase at selected APS activities and events.

Every purchase helps support the work of APS, with all proceeds going directly to our charity.

[Order online here](#) - Thank you for your support ❤️

Help Us Create a Magical Christmas

APS is organising sensory-friendly festive events for local families and we'd love your support.

You can help by:

- Hosting a Selection Box Collection at your workplace (we'll provide the collection box and poster)
- Sponsoring a Christmas Box for £10, helping us provide a festive gift box for a local child

Your support will be recognised on our social media, event signage and, where possible, in local press coverage. **To get involved, email info@autismpracticalsupport.org.uk or call 0344 850 8607.**



Emma Survived Tough Mudder!

On Saturday our Head of Service, Emma, took on the incredible challenge of Tough Mudder to raise vital funds for APS.

Facing mud, ice-cold water, climbing walls and a range of physical and mental obstacles, she pushed herself well outside her comfort zone in support of autistic individuals and families across our community.



We're incredibly proud of Emma's determination, resilience and commitment. This challenge reflects the same passion and dedication she brings to supporting our members every day.

The donation page is still open, so there's still time to show your support. Every donation, no matter the size, helps us continue creating opportunities, building connections and providing support where it's needed most.

A massive thanks to Emma and to everyone who has supported her so far.

[**Donate Here to Emma's Fundraiser and Support APS**](#)

Thanks For Your Support

Your membership already helps us make a real difference, thank you. If you'd like to support us further, you can donate or get involved in fundraising.

[**Donate**](#)

[**Fundraise**](#)

It doesn't cost anything to help. You can raise awareness by sharing our posts, talking about APS, and spreading the word which will help us reach more families.



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