



September & October 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**.

[APS Children Club Registration form for September and October 2026](#)

CHESTER:

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

September

- Monday 7th September, 4.45-6.15pm
- Monday 14th September, 4.45-6.15pm
- Monday 21st September, 4.45-6.15pm
- Monday 28th September, 4.45-6.15pm

October

- Monday 5th October, 4.45-6.15pm
- Monday 12th October, 4.45-6.15pm
- Monday 19th October, 4.45-6.15pm
- Monday 26th October, 4.45-6.15pm

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

September

- Friday 11th September, 4.30-5.45pm
- Friday 18th September, 4.30-5.45pm
- Friday 25th September, 4.30-5.45pm

October

- Monday 5th October, 6.30-8pm
- Monday 12th October, 6.30-8pm
- Monday 19th October, 6.30-8pm
- Monday 26th October, 4.45-6.15pm

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

September

- Monday 7th September, 6.30-8pm
- Monday 14th September, 6.30-8pm
- Monday 21st September, 6.30-8pm
- Monday 28th September, 6.30-8pm

October

- Monday 5th October, 6.30-8pm
- Monday 12th October, 6.30-8pm
- Monday 19th October, 6.30-8pm
- Monday 26th October, 4.45-6.15pm

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

September

- Friday 11th September, 6-7.15pm
- Friday 18th September, 6-7.15pm
- Friday 25th September, 6-7.15pm

October

- Friday 2nd October, 6-7.15pm
- Friday 9th October, 6-7.15pm
- Friday 16th October, 6-7.15pm
- Friday 23rd October, 6-7.15pm

NORTHWICH



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

September

- Monday 7th September, 5-6.15pm
- Monday 14th September, 5-6.15pm
- Monday 21st September, 5-6.15pm
- Monday 28th September, 5-6.15pm

October

- Monday 5th October, 5-6.15pm
- Monday 12th October, 5-6.15pm
- Monday 19th October, 5-6.15pm
- Monday 26th October, 5-6.15pm

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

September

- Tuesday 8th September, 5-6.30pm
- Tuesday 15th September, 5-6.30pm
- Tuesday 22nd September, 5-6.30pm
- Tuesday 29th September, 5-6.30pm

October

- Tuesday 6th October, 5-6.30pm
- Tuesday 13th October, 5-6.30pm
- Tuesday 20th October, 5-6.30pm
- Tuesday 27th October, 5-6.30pm

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

September

- Monday 7th September, 6.30-8pm
- Monday 14th September, 6.30-8pm
- Monday 21st September, 6.30-8pm
- Monday 28th September, 6.30-8pm

October

- Monday 5th October, 6.30-8pm
- Monday 12th October, 6.30-8pm
- Monday 19th October, 6.30-8pm
- Monday 26th October, 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

September

- Thursday 10th September, 4-5pm [Book Here](#)
- Thursday 17th September, 4-5pm [Book Here](#)
- Thursday 24th September, 4-5pm [Book Here](#)

September

- Thursday 1st October, 4-5pm [Book Here](#)
- Thursday 8th October, 4-5pm [Book Here](#)
- Thursday 15th October, 4-5pm [Book Here](#)
- Thursday 22nd October, 4-5pm [Book Here](#)

WARRINGTON

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

September

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

October

- Wednesday 7th October, 6.30-7.30pm [Book Here](#)
- Wednesday 21st October, 6.30-7.30pm [Book Here](#)

WIDNES

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

September

- Sunday 13th September, 1.30-2.15pm [Book Here](#)

October

- Sunday 11th October, 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:

Minions and Monsters Relaxed Screening

- Monday 31st August, 6-7.30pm at Storyhouse Chester, CH1 2AR [Book Here](#)

Multi Sports at Brio Northgate, CH2 2AU

- Saturday 12th September, 3-4pm [Book Here](#)
- Saturday 10th October, 3-4pm [Book Here](#)

Swim Session at Brio Northgate, CH2 2AU

- Saturday 12th September, 4.15-5.30pm [Book Here](#)
- Saturday 10th October, 4.15-5.30pm [Book Here](#)

ELLESMERE PORT:

Hayrack Farm with BBQ (hot dog and fries), CH2 4HU

- Thursday 27th August, 4-6pm [Book Here](#)

NORTHWICH:

Beetle Drive Fundraiser at APS Sension House, CW9 7LU

- Saturday 3rd October, 1-3pm [Book Here](#)

Swim Session at Memorial Court Northwich, CW9 5QJ

- Saturday 5th September, 4-5pm [Book Here](#)
- Saturday 3rd October, 4-5pm [Book Here](#)

RUNCORN:

Swim Session at Beechwood Community Centre, WA7 2PZ

- Saturday 19th September, 4.45-5.45pm [Book Here](#)
- Saturday 17th October, 4.45-5.45pm [Book Here](#)

WINSFORD:

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

September

- Thursday 10th September 5-6pm (all ages allowed) [Book Here](#)
- Wednesday 23rd September:
5-6pm (under 10 years old) [Book Here](#)
6-7pm (11-18 years old) [Book Here](#)

October

- Thursday 15th October 5-6pm (all ages allowed) [Book Here](#)
- Wednesday 28th October:
5-6pm (under 10 years old) [Book Here](#)
6-7pm (11-18 years old) [Book Here](#)

Activities for Parents/Carers

NORTHWICH:

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

September

- Monday 14th September, 12-2pm [Book Here](#)
- Monday 21st September, 12-2pm [Book Here](#)
- Monday 28th September 12-2pm [Book Here](#)

October

- Monday 5th October, 12-2pm [Book Here](#)
- Monday 12th October, 12-2pm [Book Here](#)
- Monday 19th October, 12-2pm [Book Here](#)

DROP-IN SESSIONS:

NORTHWICH

Drop In:

- Every Thursday morning, 10am-12pm at APS Room, Sension House, CW9 7LU

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.