

September and October Activity Bookings (For Members Only)

Activities for Autistic Adults

Activities listed in alphabetical order by location/town

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 Ins at APS Room, Sension House, CW9 7LU

For Socialisation - Every Monday morning, 10am-12pm

For Support - Every Thursday morning, 10am-12pm

Spectrum Connect Northwich at APS Room, Sension House, CW9 7LU

- Tuesday 15th September, 7-8.30pm [Book Here](#)
- Tuesday 20th October, 7-8.30pm [Book Here](#)

WARRINGTON

Adults' Meet Warrington at The Oaks Centre, WA5 2QS

September

- Wednesday 2nd September, 12-1.30pm [Book Here](#)
- Wednesday 9th September, 12-1.30pm [Book Here](#)
- Wednesday 16th September, 12-1.30pm [Book Here](#)
- Wednesday 23rd September, 12-1.30pm [Book Here](#)
- Wednesday 30th September, 12-1.30pm [Book Here](#)

October

- Wednesday 7th October, 12-1.30pm [Book Here](#)
- Wednesday 14th October, 12-1.30pm [Book Here](#)
- Wednesday 21st October, 12-1.30pm [Book Here](#)
- Wednesday 28th October, 12-1.30pm [Book Here](#)

ONLINE SESSIONS

Adult Mental Health Support Group

September

- Wednesday 9th September, 5-6pm
- Wednesday 23rd September, 5-6pm

October

- Wednesday 14th October, 5-6pm
- Wednesday 28th October, 5-6pm

If you are interested in joining any of the sessions, please email aj.jackson@cheshireautism.org.uk

Community Lounge

An exciting new opportunity with Petty Pool in the Community. The sessions are open to adults from the local community who are neurodiverse, with attendees able to participate independently or attend with their own support when required.

The sessions will rotate weekly between Northwich, Ellesmere Port, and Warrington, with the first dates confirmed as:

- **1 September 6pm - 9pm** - White Barn Pub, Northwich
- **8 September 6pm - 9pm** - Green Oak Farm, Ellesmere Port
- **15 September 6pm - 9pm** - Chapelford Farm, Warrington

The programme will then continue to rotate between these venues on a weekly basis.

To view all dates and to book: [Click 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.