

Summer Activity Bookings (For Members Only)

Activities for Autistic Adults

APS Wellbeing & Connection Day

Saturday 8th August, 10am-3pm

Join us for a relaxing and uplifting Wellbeing & Connection Day, open to all adults. This special event is designed to give parents and carers the chance to unwind, recharge, and spend time with likeminded peers in a calm and welcoming environment.

Throughout the day, you'll be able to take part in a variety of wellbeing activities, enjoy meaningful conversations, and connect with others who understand the challenges and joys of caring.

A complimentary lunch will be provided, giving you even more time to relax and enjoy the experience.

Full day £12.50 | Half day (Morning or Afternoon) £7

[Book Here](#)

NORTHWICH:

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

- Monday 3rd August, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Monday 10th August, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Monday 17th August, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)
- Monday 24th August, 12-2pm at APS Room, Sension House, CW9 7LU [Book Here](#)

Spectrum Connect : At the Clock Tower, Northwich CW9 5NF

• Monday 17th August, 7-8.30pm [Book Here](#)

Join us for Spectrum Connect at The Clock Tower! Please note that members will need to cover the cost of their own food and drinks.

RUNCORN

I Am I Can Course: At Community Shop, WA7 2FS

Every Tuesday from Tuesday 28th July - Tuesday 1st September, 10.30am-12pm

The I Am, I Can course has been funded by Warburtons Community Grant and runs for 6 weeks.

- The first 3 weeks focus on “I Am”, exploring autistic identity, communication, relationships, and sensory needs.
- The final 3 weeks move into “I Can”, building practical skills such as online safety, managing money, and planning ahead.

This course will be led by Megan with the support of Diane, and will help explore autism and neurodiversity.

[Book Here](#)

WARRINGTON

Adults' Meet Warrington at Oaks Centre, WA5 2QS

Wednesday 29th July, 12-1.30pm [Book Here](#)

Wednesday 5th August, 12-1.30pm [Book Here](#)

Wednesday 12th August, 12-1.30pm [Book Here](#)

Wednesday 19th August, 12-1.30pm [Book Here](#)

Wednesday 26th August, 12-1.30pm [Book Here](#)

Wednesday 2nd September, 12-1.30pm [Book Here](#)

Cinema Trip

Wednesday 5th August, leaving the Oaks Centre at 1.45pm and returning to the Oaks Centre after the film.

There is a £3 charge to attend. The film and transport will be arranged nearer the time. [Book Here](#)

Visit to Penketh Gardens

Wednesday 12th August, leaving the Oaks Centre at 1.45pm and returning to the Oaks Centre at 3pm. [Book Here](#)

Visit to Chester Zoo

Wednesday 19th August, leaving the Oaks Centre at 1.45pm and returning to the Oaks Centre at 5pm. [Book Here](#)

Lunch at The Oaks Centre

Wednesday 26th August, 11am-12pm - No need to book, just turn up!

Please note that members will need to cover the cost of their own food and drinks or bring your own food and drink.

ONLINE SESSIONS

Adult Mental Health Support Group

- Wednesday 5th August, 5-6pm
- Wednesday 19th August, 5-6pm

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

Activities for Parents/Carers

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Throughout the day, you'll be able to take part in a variety of wellbeing activities, enjoy meaningful conversations, and connect with others who understand the challenges and joys of caring.

Whether you're looking for a peaceful moment to yourself or a chance to meet new people, the day offers something for everyone.

A complimentary lunch will be provided, giving you even more time to relax and enjoy the experience.

We'd love for you to join us for a day focused on rest, connection, and community.

Full day £12.50 | Half day (Morning or Afternoon) £7

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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.

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, Parent Empowerment & 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, 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 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.