

# Space4Autism Covid-19 Services



## Space4Autism Helpline

Our helpline is open 10-3pm 07845 007033 Monday to Friday, Please call or text if you feel the need to speak to someone confidentially – this is being manned by our staff clinicians Nickie and Kath



## Space4Autism - Email

**Open Monday to Friday 10am-6pm**

info@space4autism.org for any support or information questions



## Space4Autism Facebook Support Page

We have a new **S4A Supporting each other** page on fb so please ask to join as there are lots of activities, helpful info and much more being put on there all the time, so ask join and if you are member we will add you to the group. There are lots of fantastic advice on there and parents and families are supporting each other with shopping, home schooling or just a shoulder to cry on



## Space4Autism Online Art

Jacki our art therapist is delivering online art sessions every Monday and Thursday at 10am so email info@space4autism.org for more information on how to join this group



## **Space4Autism Facebook usual page – Space4Autism**

Our usual facebook page is there for messaging us privately on messenger so again if you need to speak to us but feel you cannot ring then use this its a great way of communicating. It is manned Monday to Friday 10-3pm by either one of our clinicians, myself or Claire our Operations Manager



## **Space4Autism – ASC COUNSELLING SPACE FOR ADULTS**

Our counselling services for ASC Adults will continue via phone, zoom, skype or online, Claire will contact you regarding pre-booked sessions but if you would like to book a session contact Claire on [Claire@space4autism.org](mailto:Claire@space4autism.org)



## **Space4Autism – ASC ADULT HUB**

All those ASC adults who access the monthly hub meetings will be receiving monthly updates via email and Kerry is on hand to have 1:1 discussion sessions with you – please email [info@space4autism.org](mailto:info@space4autism.org) for more information.



## **Space4Autism – Occupational Therapy Appointments**

If you would like a phone conversation with the OT please email [info@space4autism.org](mailto:info@space4autism.org) for more information



## **Space for You – Zoom chat**

If you are a member of the Space for You 2 group we are putting together zoom chats – if you are interested in joining in please email [info@space4autism.org](mailto:info@space4autism.org)



## **Space4Autism - Galaxy Group**

If you are a member of the Galaxy social Group we are putting together zoom chats and activities – if you are interested in joining in please email [info@space4autism.org](mailto:info@space4autism.org)



## **Space4Autism - Space4Cares**

If you are a member of Space4Autism and are a parent/carer we are putting together a zoom chat – if you are interested in joining please email [info@space4autism.org](mailto:info@space4autism.org)



## **Space4Autism - Geoff Evans 1:1 appointment's**

Geoff has kindly offered to do his 1:1 appointments via telephone, if you would be interested in making an appointment please email [info@space4autism.org](mailto:info@space4autism.org)



## **Space4Autism - Sleep 1:1 appointments**

We are still running our sleep 1:1 appointments via telephone, if you would like more information please email [info@space4autism.org](mailto:info@space4autism.org)



## **Space4Autism — Cheshire East Autism Team 1:1 appointments**

CEAT have very kindly offered us some 1:1 appointments for our parent/cares, Please email [info@space4autism.org](mailto:info@space4autism.org) for more information

## Other useful contacts

### **CEAT – Cheshire East Autism Team**

You can email them on [theautismteam@cheshireeast.gov.uk](mailto:theautismteam@cheshireeast.gov.uk) and they will contact you directly

**NHS Mental Health Crisis Line** – open to provide 24/7 Mental Health Support run by NHS CWP Trust Staff. This telephone line is for anyone who may need support in and across Cheshire East, Cheshire West and Wirral. Anyone can call and talk to a dedicated Mental Health Professional, including children, young people and all adult age groups

Telephone Number is 0300 303 3972

### **NHS Helplines**

There is also a list of helplines on the NHS website – see link below

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

**Cheshire East Council** have also set up “Cheshire East People Helping People” which is for anyone wanting advice and support on wellbeing, support, shopping and much much more

Telephone Number – 0300 123 5034 or take a look at the link

[https://www.cheshireeast.gov.uk/council\\_and\\_democracy/council\\_information/coronavirus/cheshire-east-people-helping-people.aspx](https://www.cheshireeast.gov.uk/council_and_democracy/council_information/coronavirus/cheshire-east-people-helping-people.aspx)



**Space4Autism**  
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15-17 Mill Lane, Macclesfield,  
SK11 7NN



## *Yoga classes*

Specialist Yoga  
classes over Zoom  
with Rebecca from  
Guest Fitness for  
members of  
Space4Autism  
including family  
members



It helps with anxiety,  
depression, mental health  
and a place to come and  
unwind from the world

**To find out more call  
Space4Autism on  
01625 617884  
[info@space4autism.org](mailto:info@space4autism.org)**

**[www.space4autism.com](http://www.space4autism.com)**

**Every Tuesday  
Families 10-11am  
Adults Only 6-7pm**

Please email  
[info@space4autism.org](mailto:info@space4autism.org)  
To request the link





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## *Space for Kids Story Time*

Kirsten who works at our Space for Kids Social group will be sending a story each Thursday for you to share with your children. We will send you the link on the following dates;

**7th May  
14th May  
21st May  
28th May**

We will review future dates towards the end of May

Please call 07845 007033  
or email  
[info@space4autism.org](mailto:info@space4autism.org)



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Space4Autism Registered Charity Number: 1141860





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## *Space Tutoring Sessions*

Sian who works at our Social Clubs is a  
qualified teacher and will be running some  
tutoring  
sessions via Zoom on Fridays throughout May

Primary age 10.30-11.30am

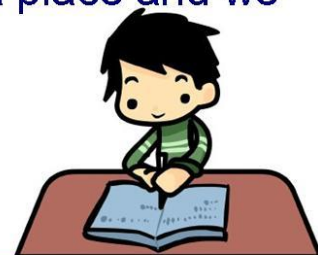
Secondary age 4.00-5.00pm

15th May will focus on Maths

22nd May will focus on English

29th May will focus on Science

Places are limited so please email  
[info@space4autism.org](mailto:info@space4autism.org) to request a place and we  
will send a link.





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# *Family Bingo via Face book Messenger*

We like to try new ways of working here at Space4Autism so we are doing a first for us. Would you like to play a game of Bingo via Facebook Messenger, if so please email [info@space4autism](mailto:info@space4autism). And we can add you to our group.

Wednesday 27th May  
6pm



twitter  
@Space4Autism

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