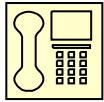


Space4Autism Updated Covid-19 Services

Services and Support



Space4Autism Helpline

Our helpline is open 10-3pm 07845 007033 Monday to Thursday, 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 – from 20th July we will be setting up face to face appointments but more information will be emailed about this soon



Space4Autism - Email

Open Monday to Friday 10am-6pm

info@space4autism.org for any support or information questions



Takeaway Bakery – open Mon-Thurs 10-2pm Bread, Cakes, Cookies, Ice-Creams, Hot and Cold Drinks available



S4A Café opening from 6th July, **BOOKING ESSENTIAL** please

check out website for more information. Opens Mon-Thurs 10-2pm, all tables are booked for 1hr and are distanced, children welcome but there are no toys and they must stay seated at the table



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 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



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 for more information.



Space4Autism – Occupational Therapy Appointments

If you would like a phone conversation with the OT please email info@space4autism.org for more information



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



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 for more information

ACTIVITIES



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



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



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



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



Space for Kids Story Time

Every Thursday morning we will be sending out a youtube story read by Kirsten from our Space for Kids staff team

Other useful contacts

CEAT – Cheshire East Autism Team

You can email them on 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

