

Space4Autism

15-17 Mill Lane, Macclesfield, Cheshire, SK11 7NN

info@space4autism.org

01625 617884

Charity Nos: 1141860

WHAT'S ON GUIDE

Our Usual Drop In will now be open from
September Monday – Thursday 10-3pm

We are still distancing so only have limited tables
for the café and open space so if you would prefer
to book please let us know

For Parent/Carers and ASC Adults



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SK11 7NN



The Queen's Award

Open Space

Monday-Thursday 10-3
Open to anyone who is or has a family member with ASC.
We are also inviting professionals throughout each month for you to come
Please call 01625 617884 or email info@space4autism.org

Cheshire and Warrington Carers Trust Carers Coffee Morning
1st Wednesday of every month 10-12am

Art Therapy– Adults
Every Tuesday and Thursday 1-3pm

1:1 Advice and Support Appointments– Monday-Thursday 9.00am-1.00pm

Bozzie's Breakfast Club– Friday's 9.30-11.00am (pre-booking essential)

Occupational Therapist
Information/advice for parents/carers of children– please call or email for availability

Sleep Clinic with Nicki Sutton, call/email for dates

CEIAS–Cheshire East Information and Advice service
3rd Thursday of each month 10-12pm Pre book through CEIAS

Talking Therapies– Step 1 drop in, 3rd Thursday of each month 1-2.30pm, come and talk to the team about housing, benefits, isolation etc. (Pre book through Space4Autism)

CEAT– Cheshire East Autism Team, a chance to speak to someone from the team 1:1 on the 4th Thursday of each month 1-3pm (booking essential through Space4Autism)

CEAT– Cheshire East Autism Team Workshops with Alison Lyndop (SALT)- 2nd Wednesday of each month 10-12

Department of Work and Pensions– every Wednesday 1-4pm

ASC Training Programme – see Blog for more details

ASC Adults Support Group– 1st Wednesday of the month 1-3pm



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1:1 Advice and Support Appointments

**Monday to Thursdays
9am to 4pm**

We are now taking bookings for 1:1 face to face Advice and Support Appointments for parent/cares and ASC Adults (apologies, no children can attend these appointments at the moment)

These will be held at Space4Autism by our trained staff team

They will be able to give you advice and support relating to:-

- What goes on at Space4Autism
- Signposting to other services
- Put together an action plan (if required)
- Reduce Isolation
- Maximise income streams through benefits working with DWP
- Volunteering and employment opportunities
- Accessing statutory services eg obtaining carers assessments

And much more besides



Bookings essential
Ring 01625 617884 or email info@space4autism.org to book your appointment



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Coming soon



S4A Café

15-17 Mill Lane, Macclesfield,
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Bozzie's Breakfast Club

Why not start your Friday with a lovely breakfast at
Space4Autism
9.30am-11.00am
An ideal opportunity to meet new friends

£6 per person to attend.

Places must be booked in advance

This will be every Friday during term time and is
open for all to attend

Price includes: Bacon, sausage, toast, fried egg,
beans, hash browns, black pudding fresh juice, tea
and coffee.

Gluten free options available

Please email info@space4autism.org



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S4A Café MENU

From Mon-Thurs 1st Sept to 10th Sept

Bakery Selection open from 10am-3.30pm

Chocolate Brownie
Flap Jack
Rocky Road
Chocolate Crunch
Caramel Short Bread
Doughnuts
Cinnamon and Oat Cookies
Melted Moments
Fresh Scones with Jam and Clotted Cream £1.80
Sweet Meadow Ice Cream cones 1 scoop £1.80/2 scoops £3
Box of 4 selective cakes £4.00

Lunch Menu

Booking Advisable 12.30-2pm

Soup and a Roll £2.50
Cheese and Onion Cob, salad and Chips £3.50
Spaghetti Bolognese and Garlic Bread £6.00
Wild Mushroom Risotto served with Truffle Oil £6.50
Vanilla Panna Cotta and Minted Strawberries £3.25

The Bakery will still be open for takeaway cakes, cookies, hot and cold drinks, ice cream and fresh bread and rolls

You can come in and sit in the café for coffee and cake any time from 10-3.30pm

If you have a booked a table in the café you will only be able to stay in the café area and within your table area, no toys will be available but you will be able to use the toilet facilities—Payment by debit/credit card only

Parent/Carers and ASC Adults



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Department of Work and Pensions Appointments

From 19th August 2020

Space4Autism have been working closely with the DWP to improve outcomes for people with Autism.

One of the work coaches David will be available for half hour phone appointments. Once restrictions are lifted these will be face to face in the centre.

These appointments are only available to people who are in receipt of the following benefits and are wanting to find employment or having difficulties with the following benefits.

**Universal Credit
Job Seekers Allowance
ESA**

Please email: info@space4autism.org to book your appointment.

For any other benefits advice i.e. DLA or PIP please contact the Disability Information Bureau or Citizen's Advice Bureau.



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For ASC Adults



Workspace for Autism

The **Workspace for Autism** programme blends skills development in the form of:

- Employability training programme - CVs, Interview Skills etc
- Careers guidance - who is hiring, how transferable skills can be utilised
- Assisted job search - identifying opportunities
- Mentoring and life coach services - working towards goals

The programme is aimed at those candidates who require a more personalised service and includes the following elements:

- Lack of knowledge regarding new/emerging occupations
- Beliefs relating to moving away from benefits and use of in work benefits
- Beliefs relating to employer reactions and value for unemployed people
- Understanding how best to communicate with potential employers
- Improving opportunities to sustain employment
- Activities to support independent travel
- Activities to support working with recruitment agencies

In addition to the above sessions will focus on:

- a) Self presentation for Interviews and Job Fairs
- b) Employment Placements and Volunteering
- c) Self Perception and how this relates to confidence and self esteem

Candidates receive 1 to 1 support over a 12 - week period.

This programme commences in September 2020, with initial meetings at:
Macclesfield Library, Jordangate, Macclesfield, Cheshire, SK10 1EE


The drop in is a chance to meet the team and find out about the programme.

For further information, please contact your work coach


ASC Adult Services

Currently being run via Skype

If you feel you would like an assessment for ASC please visit your GP first who will refer you to this service



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ASC Adult Support Group

This group will be run by the Adult Assessment and Diagnosis Team from the NHS


If anyone wants to book a 1:1 session, if you have something to discuss with them in private, please book an appointment with Space4Autism on info@space4autism.org These appointment's will be 15 minutes long. There is only 4 appointments at the 1:1 sessions, they area happy if you want to bring your concerns written down or emailed in advance if this makes it easier to communicate with them.

This is for ASC diagnosed adults only 18+


01625 617884
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NHS
Cheshire and Wirral Partnership
NHS Foundation Trust



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CWP's Autism Spectrum Disorder Assessment and Diagnostic Service

A locally contracted and managed diagnostic service for adults who may have Autism Spectrum Disorder across Cheshire and Wirral, who do not meet the threshold for community learning disability services.



Feedback from people who have accessed the service put into a word cloud

The Service offers:


- * A co-produced assessment format
- * A NICE compliant Multi –disciplinary assessment including Occupational Therapy & Psychiatry.
- * More than a yes/no assessment report- ie, whatever the opinion, helpful advice on what it means to the person & their supporter's.
- * Clear recommendations on the application of reasonable adjustments, how to maximise the person's strengths, address their needs & support them in achieving their aspirations.
- * Appointments in every CCG locality
- * Centralised information, advice and support to wider CWP services to maximise the engagement of autistic adults and the outcomes of any interventions.

Referrals accepted directly from a GP or any CWP service.
Acceptance criteria:


- Adults aged 18+ Wirral and East Cheshire CCGs (16+ for West Cheshire, South Cheshire and Vale Royal CCGs)
- Adults who score 6 or above on an initial self- assessment screening tool (AQ10) and where traits appear to be longstanding.

For more information or to refer, please contact us directly at:
cwp.ASDService@nhs.net

Helping people to be the best they can be



@cwpnhs



www.cwp.nhs.uk

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ASC Adult Services



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Counselling Space For ASC Adults

Jodie is with us to provide
counselling sessions for our ASC adults.

Jodie is an accredited CBT Therapist with
extensive knowledge of Autism

Criteria: You must be on the pathway or have a diagnosis of
ASC and be a member of Space4Autism.

To express an interest please email:
info@space4autism.org



To find out more call
01625 617884

www.space4autism.com

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Counselling Space For ASC Adults

About Me

My name is Jodie and I am a cognitive behaviour psychotherapist.
I am passionate about providing accessible support for autistic
people.

About My Training

I have completed the following courses:
BA Joint (hons) Childhood Studies and English
MA Social Work
PG Dip in Cognitive Behaviour Psychotherapy
Masterclass: CBT and Autism, by Tony Attwood

I am accredited by the British Association for Behavioural and
Cognitive Psychotherapies (BABCP).

About My Experience

I have personal experience of autistic people in my life and I have
worked with autistic people since 2008 in education settings,
criminal justice and mental health services.

To find out more call
01625 617884
Claire@space4autism.org

www.space4autism.com



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ASC Adult Services

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Galaxy Group

The Galaxy Group is an adult social group for people aged 18+ years who are on the Autistic Spectrum or who are waiting to be diagnosed.



It is a great time to socialise in a safe environment with like minded people and find out more about how Space4autism can support you.



SPACE4AUTISM'S mission is to run clubs specifically to enhance the lives of people on the Autistic Spectrum. All our clubs are run by trained professionals who all carry enhanced DBS checks.



Activities include: chat and chill, quizzes, games nights, movies, sensory room, art room and guest speakers.£5 per session to attend, clubs run once a fortnight

Please complete a membership form to register your interest in the club. This will also enable us to keep you informed of all the activities that take place throughout the year at Space4Autism.
Email: info@space4autism.org for a form or to find out more.

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Employment Support Course

Are you aged 21-30 years?
Do you have a diagnosis of Autistic Spectrum Condition (ASC)?
Are you un-employed?

All sessions will run from 10-12pm at the Space Centre
Once you have completed the training we will then be selecting two of the trainees for work experience at the Radisson Hotel in Manchester (transport and transport training will be covered)



To find out more please call **Space4Autism** on **01625 617884**
info@space4autism.org
www.space4autism.com

This exciting opportunity is made possible with funding from the MPI Foundation

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Services for Parent/Carers, Children and Adults with ASC

Being run via Zoom and Inhouse

Starting again soon



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Art Sessions

Our resident artist Jackie will be providing some Art sessions

Adults– Tuesday and Thursday 1-3pm
Must be pre-booked.

Children age 8-14 years
Tuesday and Thursday 3.30-5pm
Must be pre-booked and paid at the time of booking
£3 per child



To find out more call Space4Autism on 01625 617884
info@space4autism.org

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Yoga Classes

Specialist Yoga classes with Rebecca from Guest Fitness for members of Space4Autism including family members 18yrs+



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

www.space4autism.com

Alternate Wednesday's term time only
7.00-8.30pm

£5 per person, payable at the door.




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Services for Parent/Carers, Children and Adults with ASC

Starting again soon



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Social Clubs







Space for Kids, The Saturday Club, Fun Friday and Space for You are tailor made Social Clubs for children and young people aged between 5-18yrs who are on the Autistic Spectrum.

As well as being a time to socialise in a safe environment, the clubs incorporate a programme of activities designed to help your child or young person to become more independent.


It also aims to provide a short period of respite for carers. Our activities provide loads of fun whilst also teaching your children and young people key skills, such as team work, social skills and independence.


SPACE4AUTISM'S mission is to run clubs specifically to enhance the lives of children and young people on the Autistic Spectrum. All our clubs are run by trained professionals who all carry enhanced DBS checks.

SPACE4AUTISM aims to offer a safe environment



Please complete a Club Registration Form to register interest in your child or young person to attend our exciting clubs - **we will also need to have a copy of either your assessment or diagnosis of Autistic Spectrum Conditions, you will not have access to the clubs until we have seen this (this will be shredded once seen, also, we cannot accept children into the clubs who only have a diagnosis of ADHD**

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S4A Football

We have our own Football Club here at Space4Autism Suitable for children aged 9-18yrs. 1st Monday of each month at Fallibroome Academy
Priory Lane
Macclesfield
Cheshire
SK10 4AF
7.00-8.30pm

Run by the fantastic coaches from Macc Juniors Football Club and supported by Space staff and volunteers.



**To find out more call
Space4Autism on
01625 617884
info@space4autism.org**

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Services for Children and Families



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Afterschool Club

The afterschool club is for the whole family to attend.

**Monday-Thursday
3.30pm-5.30pm**
during term time.

This is a chance for the whole family to come together for a chat, chill and play after school (this includes siblings)
£2 for first child, additional siblings £1 each to attend, parent/carers are free but the cafe will be open for light snacks and refreshments. We will have games, crafts, Lego, trains and more









we ask parent/carers to supervise their children at all times.

These sessions are open to all ages including college students who can attend on their own.

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Mission Impossible




Learn, Discover & Develop your skills
Test your wits and develop your skills at S4A with **Adventures Are Us** indoor team building activities open to all including siblings ages 11-16 years.

We have created a new education challenge game teaching children more about the Great Outdoor whilst still being either indoors or out. Starting October 2020

The games have multi levels that challenge both physical and cognitive learning undertook in small teams with the support and encouragement of S4A staff & our adventure leaders in a safe fun environment.

- Sessions will run for 2 hours at Space4Autism alternate Saturday afternoons during term time.

To book your place please email info@space4autism.org
Note: you must live in Cheshire to access this activity



Adventures Are Us
CLIMB | TRICK | CREEP | ABBEY | ZIP
Tel. 07939 743263
www.adventuresareus.com

Supported with a grant from the following organisation's





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Parent/Carer and Professional Services

Currently being run via telephone



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Occupational Therapy Drop In for carers of children

Looking for advice or support on your child's activities of daily living at home or school?
Wanting to learn more about sensory processing and how using a 'sensory lens' can help to identify your child's strengths and challenges in daily life activities?
Please email or call for dates and availability. You must be registered with Space4autism to attend and either have a diagnosis of ASC or be on the waiting list.
(appointments are 30-60 minutes in length)

This is an opportunity to meet with a specialist Occupational Therapist from the team based at Pavillion House Children's Service at Space4Autism



To find out more or book please contact Space4Autism on

01625 617884
info@space4autism.org
www.space4autism.com

APPOINTMENTS MUST BE BOOKED

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Currently being run via Zoom



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FREE Autism Awareness Training for professionals/Schools/Businesses etc

Do you want to learn more about Autism Spectrum Condition's (ASC)?
Do you belong to a: GP Practice, school, college, business, council, care organisation or any other profession/service

The training will be delivered by Ben Simpson – an adult with ASC who will speak to the attendees about "What it's really like"

If you would like Ben to come to your workplace please email
info@space4autism.org

These training sessions are free to all of the above organisations and are supported by



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Currently being run via Zoom



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Space4Carers Monthly group

**New group starting in
September 2020**

**Are you a carer for a
child or adult on the
Autistic Spectrum?**

**Do you need a short
break from your caring
role to come and chat
with other carers in a
similar situation?**



**To find out more email
Space4Autism on
info@space4autism.org**

www.space4autism.com

**If the answer is Yes then
Space4Carers
is for you**


**We meet up on the 3rd
Thursday of the month
6.30-8pm
At our Space**

**You must be a member to access
Space4Carers**


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Currently being run via Zoom



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Forest Tribe

Zoom meeting - Tuesday 22nd September 2020 - (time to be decided)

Virtual Roundtable to discuss development of show and support health and wellbeing Post-Covid-19.

FOREST TRIBE THEATRE WILL BE CREATING A BESPOKE IMMERSIVE THEATRE SHOW DESIGNED SPECIFICALLY FOR CHILDREN WITH AUTISM

Forest Tribe Theatre will be running an informal virtual information evening to welcome their work to parents, carers, children and volunteers. The evening is to listen and discuss ways to create a more inclusive experience for those on the autistic spectrum within neuro-typical spaces. Debbie Bandara the Artistic Director of Forest Tribe Theatre, would like to listen to you and hear your voice about the challenges and being to support your children's health and wellbeing through arts and creativity. She wants to know how to support the areas that might need development when creating completely new type of theatre - a "new" normal. Such questions may include: - What is a successful theatre show for you and your children? - What do your children find the most interesting (interaction, escape rooms, - What other aspects are important to the experience of theatre? - What information would help support the transition into a theatre space? - How would you like the information to be accessed? - What elements would appeal to your children (sound, touch, smell etc) It will be very informal with opportunity - an honest conversation.

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Closed due to Covid-19



Parent Carer Information & Support Service



Monthly Coffee Morning



If you care for a child or young person with additional needs and would like to meet other parent carers please join us. This is not an Autism Specific group.

A chance to chill and chat and enjoy a break for a couple of hours.

Speakers from local organisations.

Find out about how we can support you.

**All Welcome.
Friendly and Informal.**

Please enquire if school holidays.



**Make new friends
Enjoy a break**

**Find out about your Local
Parent Carer Forum**



**Please join us on
the first Wednesday of the month at:**

**Space4Autism
15-17 Mill Street
Macclesfield SK11 7NN**

**10.00am to 12.00pm
We look forward to seeing you!**

www.space4autism.com



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[@cheshirecarers1](https://twitter.com/cheshirecarers1)

Tel: 01606 352834

Email: dcd@cheshireandwarringtoncarers.org
www.carers.org/cheshire



Space4Autism Autism Training Programme

Do you live in Eastern Cheshire? Is your child or young person either waiting for, or has already received, a diagnosis of Autism?

NHS Eastern Cheshire Clinical Commissioning Group has recently commissioned Space4Autism to coordinate and arrange an Autism Training Programme, covering some of the key issues identified by people living with Autism and their parents/families.

All the courses will be delivered by trained professionals, including Speech and Language Therapists, Specialist Nurses, Therapists, Sleep Practitioners and our own in-house staff team.



Cygnnet

The Barnardo's Cygnnet 6-week programme is widely recognised as an award winning parenting support programme. It is now available to parents/carers of children aged 5-18 years who have been diagnosed with Autism.

6 sessions delivered over 6 weeks for 3 hours per week

Puberty, Sexual Wellbeing and Relationships (PSR)

This is an additional six sessions available to parents/carers of children aged 11-18 years upon completion of the Cygnnet Course.

6 sessions delivered over 6 weeks for 3 hours per week

On completion of the Cygnnet/PSR Course you can then be invited to the wider Parent/Carer Training Programme. This programme is also available to those families who are currently waiting for a diagnosis.

Parent/Carer Autism Skills Programme

- What it's really like living with Autism
- Communication
- Sensory
- Food
- Anxiety
- Sleep
- Promoting positive behaviour

7 sessions delivered over 7 weeks for 2 hours per week.

Sensory Knowledge and Skills

Offers parent/carers a better insight into sensory issues and how making small changes can make a huge difference to your child/young person.

2 sessions delivered over 2 weeks for 2 hours per week

Promoting Good Sleep

Improve your knowledge and understanding of techniques that can help your child/young person sleep.

3 sessions delivered over 3 weeks for 2 hours per week

Promoting Positive Behaviour

Focused on behaviour and communication skills and how to promote positive behaviour to help your child/young person to self-regulate their emotions more effectively.

3 sessions delivered over 3 weeks for 2 hours per week

Anxiety Skills Programme

An intensive approach aimed to support parent/carers to manage their own and their child/young person's anxieties related to Autism.

7 sessions delivered over 7 weeks for 2 hours per week

Supporting Siblings

Aimed at siblings aged 10-16 years to provide an improved understanding of Autism and how this can affect a brother or sister. This will be delivered in an informal 'play' environment and lunch will be provided with access to our Staff team.

1 x 6 hour session on Saturday or Sunday

To book on any of the above courses please email

Email
info@space4autism.org for
more information

Andy Crosby & Pete Valentine
ROCKETWHAM!
ELTON JOHN & GEORGE MICHAEL DOUBLE SHOW



TEAM VALENTINE

IN CONJUNCTION WITH SHRIGLEY HALL
& THE ROCKETMAN

BRING YOU A CHARITY NIGHT LIKE NO
OTHER IN AID OF SPACE4 AUTISM
SATURDAY 27TH OF FEBRUARY

TICKETS ON SALE NOW £39.50

Tickets include Show entry- 3 course meal & coffee

TICKETS available on :07766137970 or Email:: caro_beth@hotmail.com

SPECIAL RATE ON B&B IF YOU WANT TO MAKE A NIGHT OF IT ! SIMPLY CALL: 01625 575575 QUOTE SPACE4AUTISM .



JOIN US ON FACEBOOK SPACE 4 AUTISM CHARITY EVENT

SHRIGLEY HALL HOTEL & SPA MACCLESFIELD SK10 5SB