

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 is open

Monday – Thursday 10-3.30pm

All guidance and distancing is in place

We now ask that everyone entering the Space Centre wears a face covering unless you are exempt – at present this does not apply to the social clubs

For Parent/Carers and ASC Adults

Some projects not running at the moment, please check by emailing info@space4autism.org

Appointments now either by telephone or face to face



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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 1-3pm

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

Bozzie's Breakfast Club– Coming soon

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)- Currently on hold

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

ASC Training Programme–

ASC Adults Hub 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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Delayed till Jan
2021



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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Sample Menu



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S4A Café MENU

From Mon-Thurs 14th Sept to 24th 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

Roast Pork and Apple Bap with Sauté Potatoes and Salad £3.75

Mince Chicken Meatballs with a Salad Lunch Bowl £6.00

Crème Fraiche Mediterranean Carbonara £6.50

Slightly Warm Chocolate Fudge Cake with Fresh Cream £3.50

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/Cares and ASC Adults – being delivered via telephone



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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 are 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+

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 Cheshire and Wirral Partnership NHS Foundation Trust

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Cheshire and Wirral Partnership
NHS Foundation Trust

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

Currently being delivered via telephone, zoom or telegram



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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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Services for Parent/Carers, Children and Adults with ASC

Being run via Zoom and Inhouse

Postponed till further notice



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Art Sessions

Our resident artist Jackie will be providing some Art sessions

Adults
Tuesday at 1-3 at Space4Autism.
Must be pre-booked.
Facebook Live once a week



Children
age 8-14 years
Thursday 3.30-5pm at Space4Autism

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

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Must be pre-booked and paid at the time of booking £3 per child



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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.



GUEST FITNESS
Personal Training - Yoga - Bootcamp

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Services for Parent/Carers, Children and Adults with ASC

Postponed till further notice



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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

Postponed till further notice



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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



Supported with a grant from the following organisation's



Daren Thomas - Adventures Are Us Limited - Sheffield -UK
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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)



To find out more or book please contact Space4Autism on

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

APPOINTMENTS MUST BE BOOKED

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

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*ASC 0-4yrs Parenting Course
for Parent/Carers living within East Cheshire*

We are delighted to now offer an ASC parenting course for parents who have a child aged 0-4yrs diagnosed with Autistic Spectrum Conditions

The course has been written by Dr Janet Muscutt (international ASC expert and tutor at Manchester Metropolitan University) and will be delivered by Kate Chesworth (Clinical Coordinator, Autism 0-4 Pathway—East Cheshire NHS Trust) along with the S4A staff team.

This is a 6 week course which runs for 2 hours each week (day and evening courses are available)

Course content includes:-

- Week 1—Introduction to Autism
- Week 2—Communication, Behaviour and Emotions
- Week 3—Play and Learning
- Week 4—Sensory, Food and Toileting
- Week 5—Meet the Team
- Week 6—Informal lunch or dinner to get to know each other better

If you would like more information please contact
info@space4autism.org

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Parent/Carer Services



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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?**

**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**



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

www.space4autism.com

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

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Autism Awareness Training for professionals via Zoom

Are you a professional who wants to learn more about Autism Spectrum Conditions (ASC)?

Space4Autism are opening their doors to offer training sessions throughout the year for professionals inc: GP Practices, schools, colleges, businesses, family support workers, PA's and any other profession/ service who would like to learn more about ASC.

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

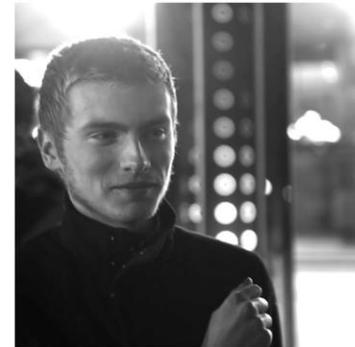
If you would like to book your team in please email

info@space4autism.org

Minimum of 10 per organisation

Courses will run on a Monday evening.

www.space4autism.com



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Restarts inhouse on 7th October 2020



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.



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@cheshirecarers1



**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

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 .



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