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 <u>info@space4autism.org</u>



Space4Autism Registered Charity Number 1141860

Appointments now either by telephone or face to face



Delayed till Jan 2021



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



S4A Café MENU From Mon-Thurs 19th Oct to 26th Oct

Bakery takeaway open from 10am - 3.30pm

Soup of the week and Bread Roll £2.50 Chicken and Bacon BLT £2.50 Beef and Horseradish Wrap £1.80 Cheese and Onion Cob £1.30 Baked Potato, choice of either Tuna Mayonnaise or Cheese and Baked Beans £3.25

Pop in for Coffee and Cake from 10am-3.30pm Our selection of cakes and cookies along with Sweet Meadow Ice cream will also be available (cone or dish).

> Lunch Menu Booking advisable 12.30-2pm

Soup of the week and Fresh Bread Roll £2.50 Cheese and Onion Cob, Salad and Chips £2.30 Chicken and Bacon BLT on Homemade Bread Pinch of Salad and Chips. £3.50 Beef and Horseradish Wrap, Salad and Chips £2.80 Baked Potato choice of filling: Tuna Mayonnaise or Cheese and Bakes Beans £3.25

The Bakery will still be open for takeaway cakes, cookies, hot and cold drinks, ice cream and fresh bread between 10.00am-3.30pm

If you have 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

Be sure to like our S4A Café Facebook page!

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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.

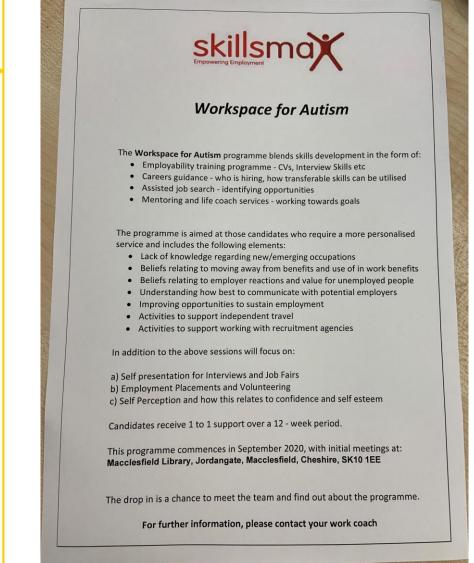
These appointments are only available to people who are in receipt of the following benefits and are wanting to find employment or having difficulties with the following benefits.

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.

For ASC Adults



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Find us on

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

CWP's Autism Spectrum Disorder NHS **Cheshire and Wirral** Assessment and Diagnostic Service Partnership NHS Foundation Tru 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. 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



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

ASC Adult Services

Currently being delivered via telephone, zoom or telegram. This project will end on the 31st December 2020.





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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

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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

Facebook



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

Postponed until further notice



Postponed untill further notice



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

Alternate Wednesday's term time only 7.00-8.30pm

£5 per person, payable at the door.

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

www.space4autism.com



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Services for Parent/Carers, Children and Adults with ASC

Currently being run via Zoom

SYA

Spectrum.



Postponed till further notice



S4A Football

We have our own Football Club here at Space4Autism Suitable for children aged 9-18vrs. 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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signed 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

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Postponed till further notice



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Afterschool Club

The afterschool club is for the whole family to attend.

Monday-Thurday 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.















Postponed until further notice.





Supported with a grant from the following organisation's



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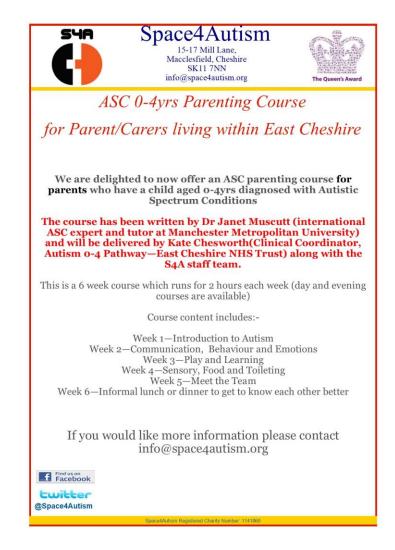
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Active

Currently being run via telephone





Parent/Carer Services

Postponed until further notice



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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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Find us on Facebook



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.

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Family services



You need to book to attend with Cheshire and Warrington Carers





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.



Email: info@space4autism.org for more information

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



Cygnet

The Barnardo's Cygnet 6-week programme is widely recognised as an award winning parentling 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 Cygnet Course,

6 sessions delivered over 6 weeks for 3 hours per week.

On completion of the Cygnet/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.



Challenge 15

As many of you know, lots of our fundraising has had to stop due to Covid-19. Of our own fundraising we have lost approximately £40,000 during lockdown. So we need your help more than ever.

This year Space4Autism had it 15th Birthday in May. We had planned a big party which couldn't go ahead.

So we are challenging you to raise £15 for our 15th Birthday.

-Ideas you can do: Cake Bake, Sponsored Silence, 15 Minute or 15 mile walk/run.15 Star jumps.

We have a just giving page that you can link in to. Why not send the link to your friends and family?

Please send photos for our display wall.

We know times are difficult for everyone but we need your support now more than ever.

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@Space4Autism



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 BOB IF YOU WANT TO MAKE A NIGHT OF IT I SIMPLY CALL: 01625 575575 QUOTE SPACE4AUTISM.

JOIN US ON FACEBOOK SPACE 4 AUTISM CHARITY EVENT SHRIGLEY HALL HOTEL & SPA MACCLESFIELD SK10 5SB