

Space4Autism

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

info@space4autism.org

01625 617884

Charity Nos: 1189689

WHAT'S ON GUIDE

JULY 2021(CIO)

Our Centre is now open

S4A Drop In open Monday to Thursday 10-3pm



Space4Autism
Space4Autism
15-17 Mill Lane, Macclesfield,
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 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 email for availability

CEIAS–Cheshire East Information and Advice service

3rd Thursday of each month 10-12pm Pre book through CEIAS

CEAT– Cheshire East Autism Team, a chance to speak to someone from the team 1:1 on the 4th Thursday of each month 10am-12pm (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– currently via telephone

ASC Training Programme–

ASC Counselling Space for Adults–Every Thursday 8am-1pm- Must be pre-booked

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

ASC Adult Walking Group– Thursday's 11-12pm



Space4Autism Registered Charity Number: 1189689



S4A Café

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



The Queen's Award

S4A Café is open

Tables all distanced, all tables and chairs are sanitized between use

All Staff team wear PPE

Angies Sensory Garden also open (weather permitting) so you can also sit outside if you prefer

COME AND SUPPORT US IF YOU CAN

Opening times:

**Monday -Thursday from 10am -3pm for drinks ,
snacks and homemade cakes and cookies,
including Gluten Free and Vegan
Delicious hot food served at
12.00-1.30pm**

Please check our Facebook page for the weekly menu.



Some of our wonderful dishes prepared by our Award Winning Chef Bozzie and his fantastic assistant Amanda. All our dishes are freshly made on the premises.



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Services for Parent/Carers



S4A Cafe
15-17 Mill Lane, Macclesfield,
SK11 7NN



Space4Carers ***Free weekly lunch club***



Are you a parent/carer of a
child, young person or adult
with ASC?

Would you like to join other
parent/carers for lunch?



If so then come and join our new lunch club

Every Tuesday during term time 12-.1.30pm

We can only take a table of 6 due to social distancing, therefore, you
would only be able to book for the lunch club once a month to allow
us to offer this to as many parent/carers as possible.

If you would like to book please email info@space4autism.org

Lunch will be 2 courses either starter/main course or main course/
cake – refreshments also included.

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EHCP Workshops and 1:1's ***Delivered by Smart Bright Training and Consultancy***



We are pleased to announce that Smart Bright Training and Consultancy are
going to be delivering workshops and 1:1's about EHCP's
(Education, Health and Care Plans)

We have also booked Smart Bright Training and Consultancy to come into
Space from September to deliver 1:1 sessions every fortnight
(dates to be confirmed)

Please see below details of the course dates and times

Wednesday 3rd Nov 6.30-8.30pm

What is an EHCP & how to apply

Wednesday 10th Nov 6.30-8.30pm

What should be included in the EHCP & what to do if things go wrong

**All attendees will then be offered a 1:1 consultation on either
Wed 17th or Wed 24th November**

You must be able to attend both workshops and a 1:1 consultation

If you would like to book please email info@space4autism.org

You must be a member of Space4Autism to attend

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Services for Parent/Carers



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EHCP Help and Advice
1:1 Appointments
Delivered by
Smart Bright Training
and Consultancy



Do you need help and advice with EHCP's
(Education, Health and Care Plans)?

We are pleased to announce that Smart Bright Training and Consultancy are going to be delivering 1:1 appointments at Space4Autism from September

about EHCP's
(Education, Health and Care Plans)

Appointments are available on:-
Thursday 9th Sept
Thursday 23rd Sept
Thursday 7th Oct
Thursday 21st Oct
10am, 11am, 12noon and 1pm

We will be booking more slots from November dates to be confirmed

If you would like to book an appointment please email info@space4autism.org

You must be a member of Space4Autism to attend



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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

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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Services for Parent/Carers



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Yoga classes

Specialist Yoga classes
with Georgia for
members of
Space4Autism including
family members 18yrs+
Part of our Round the
World Challenge, (Ask
Georgia for more details)



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



Every Wednesday
term time only
7.00-8.00pm

£5 per person, payable in
advance.

Sessions must be pre
booked by emailing
info@space4autism.org



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Training for Parent/Carers



Space4Autism

15-17 Mill Lane,
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SK11 7NN
info@space4autism.org



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





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.



Autism Training Programme for Parent/Carers

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

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.


**To book on any of the above
courses please email**

Services for ASC Adults

Currently being run via Skype




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The Queen's Award

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 appointments 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+

01625 617884
www.space4autism.com


Dates 2021 (all sessions are 1-2pm)

**3rd March
7th April
5th May
2nd June
7th July
4th August**


At the moment these sessions are being delivered remotely via Skype, we will keep you updated when they move back into the Space Centre



NHS
Cheshire and Wirral Partnership
NHS Foundation Trust



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The Queen's Award

Galaxy Social 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 ASC Adults

For Adults only – via telephone

Delivered by telephone and zoom



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Department of Work and Pensions Appointments

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

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Counselling Space For ASC Adults

Jodie will be continuing to provide counselling sessions for our ASC adults.

Jodie is an accredited CBT Therapist with extensive knowledge of Autism

Sessions are offered in a variety of ways. Some people prefer to see a face and we would have sessions on Zoom. Some people just need a voice and we could do sessions over the phone. Sometimes a voice or face is a bit too much, so I also offer typing therapy using an app called Telegram.

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



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

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Services for ASC Adults



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Round the World Challenge

We are delighted to be taking part in the Mencap Round the World Challenge.

Virtually travel the world by taking part in a range of fun physical activities.

Hours of activities = distance travelled.

You must be diagnosed with autism or on the pathway to take part and it is for people aged 16 and over.

What a better way to keep active during lockdown and gain rewards along the way.

If you are interested in taking part in this exciting opportunity please email info@space4autism



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Round the World Challenge- Activities

We are delighted to be taking part in the Mencap Round the World Challenge.

**Yoga will be on a Wednesday evening 7-8.30
Walking Group- Thursdays 11-12**

You must be diagnosed with autism or on the pathway to take part and it is for people aged 16 and over.

If you are interested in taking part in this exciting opportunity please email info@space4autism



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SERVICE FOR ASC ADULTS



S4A Cafe
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SK11 7NN



Galaxy ***Free weekly lunch club***



Are you an adult with ASC?

Would you like to join other
ASC adults for lunch?



If so then come and join our new Galaxy lunch club

Every Wednesday during term time 12-1.30pm

We can only take a table of 6 due to social distancing, therefore, you would only be able to book for the Galaxy lunch club once a month

Note: if you are bringing a carer they will need to sit on a separate table and pay for their own meal

If you would like to book please email info@space4autism.org

Lunch will be 2 courses either starter/main course or main course/ cake – refreshments also included.

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SK11 7NN



Art Sessions

Our resident artist Jackie will
be providing some Art
sessions

Adults

Tuesday 1-3pm
Thursdays 1-3pm
At Space4Autism.

Must be pre-booked.

Facebook Live once a week



Children

age 8-14 years
Tuesday's 3.30-5pm at
Space4Autism

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

**Please note: There will be no
hot drinks sold in the café
until the 17th May.
Cold drinks and cakes will be
available however.**

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



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SERVICE FOR ASC ADULTS



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Yoga classes

Specialist Yoga classes
with Georgia for
members of
Space4Autism including
family members 18yrs+
Part of our Round the
World Challenge, (Ask
Georgia for more details)



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



Every Wednesday
term time only
7.00-8.00pm

£5 per person, payable in
advance.

Sessions must be pre
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Paddle-Boarding & Sailing Afternoon

**Sunday 15th August
2:30pm - 6:30pm**

Includes paddle boarding, sailing taster and BBQ

Open to Adults with ASC Diagnosis
Over 18s Only
Carers to accompany and are welcome to join in the activities.

If the weather is not suitable for the activities on the day, it will be re-scheduled for Sunday 22nd August.



Meeting at Redesmere Sailing Club

Redesmere Sailing Club
Congleton Road
Siddington
Macclesfield
Cheshire
SK11 9JU



To book please email bookings@space4autism.org

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OTHER SERVICES FOR ASC ADULTS AND YOUNG PEOPLE



ARE HAPPY TO OFFER A SPACE TO TALK

Did you know Just Drop-In offer FREE counselling to young people with ASC?



We are ready to support you



If you would like to speak to one of our friendly and qualified counsellors, please get in touch to find out more.



We are excited to be based at both Space 4 Autism and Just Drop In, you can choose where you would feel most comfortable seeing your counsellor each week.

Contact Us



Call
01625 665079



Text
07718 425405



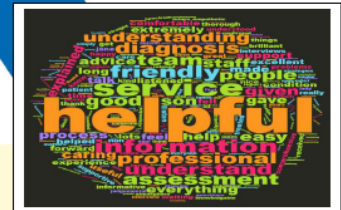
Email
hello@justdropin.co.uk



CWP's Autism Spectrum Disorder Assessment and Diagnostic Service

NHS
Cheshire and Wirral
Partnership
NHS Foundation Trust

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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Services for Children and Young People



Space4Autism

15-17 Mill Lane
Macclesfield
SK11 7NN



Art Sessions

Our resident artist Jackie will be providing some Art sessions

Adults

Tuesday 1-3pm
Thursdays 1-3pm
At Space4Autism.

Must be pre-booked.

Facebook Live once a week



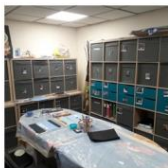
Please note: There will be no hot drinks sold in the café until the 17th May. Cold drinks and cakes will be available however.

Children

age 8-14 years
Tuesday's 3.30-5pm at
Space4Autism

**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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S4A Café

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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 within which your children and young people can forge long and lasting friendships whilst developing those skills others gain naturally.



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. These clubs are only available to children living in Cheshire East.**

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Services for Children and Young People



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info@space4autism.org





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



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Gaming Club



After much demand from our social groups we have created a new club specifically for gaming!

The group will run every other Tuesday between 4-5pm.

Parents must stay within Space4Autism for the duration of the session..

Please note: The first Gaming Group session starts on the 20th April, there will be **no** hot drinks sold in the café until the 17th May but cakes and cold drinks will be available.

Now we are able to run the sessions In-house we have access to an Xbox, Wii and our computers. We will also be doing some fun, gaming inspired activities!

This session is for ages 6-12.
Siblings are welcome but must be booked also.



This session **MUST** be pre-booked and is a £3 entry.

If you would like to book your young person on the club then please email halle@space4autism.org

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Services for Children and Young People



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



Paddle-Boarding & Sailing Afternoon

Sunday 18th July
2:30pm - 6:30pm

Includes paddle boarding, sailing taster and BBQ

Ages 11-18

Parents/Carers to accompany and are welcome to join in the activities.

If the weather is not suitable for the activities on the day, it will be re-scheduled for Sunday 25th July

Meeting at Redesmere Sailing Club



Redesmere Sailing Club
Congleton Road
Siddington
Macclesfield
Cheshire
SK11 9JU



To book please email bookings@space4autism.org

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Training for Professionals



Space4Autism
15-17 Mill Lane, Macclesfield,
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01625 617884



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”

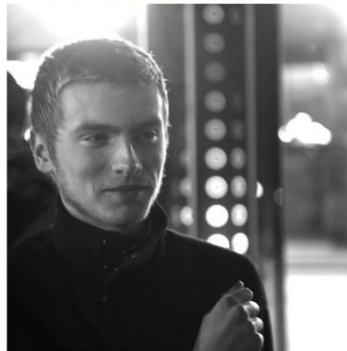
If you would like to book your team in please email

info@space4autism.org

Minimum of 10 per organisation

Courses will run on a Monday evening.

www.space4autism.com



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Fundraising Events



Space4Autism
15-17 Mill Lane, Macclesfield,
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Adults Quiz Night *With Pie and Pea Supper*

We are pleased to
announce that our quiz
night will be coming back
in-house.

Thursday 1st July
8pm-10pm
£10 per person



To book please email
info@space4autism.org

A great opportunity to
test your self whilst
having fun



Please bring your own
drinks.

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Family Bingo *23rd September*

We are holding a family Bingo Night on 23rd
September 2021 7pm-9pm

Please email info@space4autism to book your place.

We look forward to seeing you all.



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Fundraising Events



Space4Autism

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Karaoke & Curry Night

**Saturday 16th
October
7-9.30pm**

**Come and enjoy a night
of singing, laughing,
chatting and a curry**
Bring your own beer and
wine.

Soft drinks will be
available to buy from our
cafe

Ticket price £12 per
person inc: Curry, Rice,
Poppadum's and Naan
Bread

**This event is for adults
only so you must be
over 18 to attend**



**To book email
info@space4autism.org**

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S4A Café

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



Afternoon Tea

Sunday 7th November

12.30-2.30pm

£12.50 per person with
tea and coffee.

£15.00 per person with
prosecco.



**Variety of
Sandwiches such as:**

Smoked salmon and cucumber
Beef and horseradish
Ham and tomato
Cheese and pickle



**Variety of cakes such
as:**

Mini scone with jam and clotted
cream
Bakewell tart
Gluten free chocolate brownie
Victoria sponge
Rocky Road
Mini fruit vacherin



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