

# Space4Autism

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

[info@space4autism.org](mailto:info@space4autism.org)

01625 617884

Charity Nos: 1189689

## WHAT'S ON GUIDE

### ASC Adults

October 2021(CIO)



# S4A Drop In open Monday to Thursday 10-3pm



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



## Open Space

Drop in Sessions - Wednesdays 10am - 3pm  
Open to anyone who has ASC, or, has a family member with ASC.  
Professionals are welcome to attend also.

Café – Open Monday - Thursday 10am - 3pm (open to the public)

Art Therapy – Adults – Every Tuesday and Thursday 1 - 3pm (booking essential, please email Space4Autism)

Fried-ay Breakfast – Every Friday morning 9:30 - 11:00am

Department of Work and Pensions – every Wednesday 1 - 4pm – currently via telephone (booking essential, please email Space4Autism)

ASC Counselling Space for Adults – Every Thursday 8am - 1pm (booking essential, please email Space4Autism)

ASC Adults Hub Support Group – 1st Wednesday of the month 1 - 3pm via skype (booking essential, please email Space4Autism)

ASC Adult Boccia Club – Thursday's 11 -12pm (booking essential, please email Space4Autism)

Ruby's Fund Parent Carer SEND Group – 1st Monday of the month 10am - 12pm – contact Ruby's Fund for information.

EHCP Help and Advice 1:1 Appointments – 10am - 2pm (booking essential, please email Space4Autism)

Galaxy Lunch – 12 pm–1:30pm (booking essential, please email Space4Autism)

Please note children will only be allowed in the café area during open space.



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**S4A Café**  
15-17 Mill Lane, Macclesfield,  
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## 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 ASC Adults

Currently being run via Skype



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## ASC Adult Hub 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](mailto:info@space4autism.org)

These appointments will be 15 minutes long. There is only 4 appointments at the 1:1 sessions, if you want to you may 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](http://www.space4autism.com)

**Dates 2021/ 2022**  
**(all sessions are 1-2pm)**

1st September 2021  
6th October 2021  
3rd November 2021  
1st December 2021  
5th January 2022  
2nd February 2022  
2nd March 2022  
6th April 2022  
4th May 2022  
1st June 2022  
6th July 2022  
3rd August 2022

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

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## 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](mailto:info@space4autism.org) for a form or to find out more.

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# Services for ASC Adults

For Adults only – via telephone



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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](mailto:info@space4autism.org) to book your appointment.

**For any other benefits advice i.e. DLA or PIP please**



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Delivered by telephone, zoom and Telegram



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## *Counselling Space For ASC Adults*

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

Sessions are offered in a variety of ways. Some people prefer to see a face and have sessions on Zoom. Some people just need a voice and prefer sessions to be over the phone. Sometimes a voice or face can be a bit too much, so we can 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](mailto:info@space4autism.org)



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# Services for ASC Adults



**S4A Cafe**  
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## **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](mailto:info@space4autism.org)

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

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## *Art Sessions*

Our resident artist Jackie will  
be providing Art Sessions.



**Adults**  
Tuesday 1-3pm  
Thursdays 1-3pm  
At Space4Autism.  
**Must be pre-booked.**

**Children**  
age 8-14 years  
Tuesday's 3.30-5pm at  
Space4Autism  
**Must be pre-booked and  
paid at the time of  
booking**  
**£3.50 per child**

**There will be hot and cold drinks,  
as well as cakes available in the  
Café.**

**To find out more contact  
Space4Autism on  
01625 617 884  
[info@space4autism.org](mailto:info@space4autism.org)**

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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](mailto: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 and Zumba will be held on alternate Wednesday evening 7.00pm – 8.00pm**

**Boccia will be held on alternate Wednesdays 11.00am – 12.00pm**

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



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# Services 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



Alternate Wednesdays  
term time only  
7.00-8.00pm

£5 per person, payable in advance.

Sessions must be pre booked by emailing [info@space4autism.org](mailto:info@space4autism.org)



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## Adult Zumba classes

Specialist Zumba 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

Alternate Wednesdays  
term time only  
7.00-8.00pm

£5 per person, payable in advance.

Sessions must be pre booked by emailing [info@space4autism.org](mailto:info@space4autism.org)



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## Boccia Club



Boccia is a target ball sport which tests both muscle control and accuracy

Alternate Wednesdays, in term time only

11am -12pm

Members of Space4Autism including family members  
18yrs+

Part of our Round the World Challenge (for more  
details please speak with Georgia)

Sessions are free of charge but must be pre booked,  
for more information please email  
[info@space4autism.org](mailto:info@space4autism.org)



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## Paddle-Boarding & Sailing Afternoon

DATE TO BE CONFIRMED  
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 the session  
will need to be rearranged for health and safety reasons**



Meeting at Redesmere Sailing Club

Redesmere Sailing Club  
Congleton Road  
Siddington  
Macclesfield  
Cheshire  
SK11 9JU



To book please email [bookings@space4autism.org](mailto:bookings@space4autism.org)

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## Gardening and Nature Project

We are delighted to announce that Kate will be delivering some workshops at Space4Autism

Thursday 21<sup>st</sup> October - Spring Bulbs: bring a pot of your choice and plant it up with a selection of spring bulbs and winter pansies

January 2022 - Garden Diary - date TBC

March 2022 - "Fun with Grow Your Own Food" - date TBC

May 2022 - "Planting for a Summer Display" - date TBC

These workshops are available to Carers and ASC Adults and are free to attend, you must be a member of Space4Autism to attend.

These sessions are 6:30 - 8:30pm

Please email  
[info@space4autism.org](mailto:info@space4autism.org)  
Booking is essential



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## Fried-ay Breakfast

We will be serving breakfasts to eat in or take out on  
Friday mornings  
9:30 - 11:00am

**Full Breakfast - £5.50**

2 bacon, 2 sausage, 2 fried eggs, black pudding, tomato, beans, hash brown, slice of toast

**Bacon Bap - £2.50**

**Bacon and Egg Bap - £3.00**

**Sausage Bap - £2.50**

**Sausage and Egg Bap - £3.00**

**Tea - £1.50**

**Coffee - £2.00**

(Gluten free options available)



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## ***Tunnickliffe Drawing Workshop***

Join Jacki, our resident artist, for a drawing workshop  
Celebrating the 120<sup>th</sup> anniversary of the Tunnickliffe  
festival.



Free to attend- at the Silk Museum  
Saturday, 23<sup>rd</sup> October 2021

1 - 3pm

Open to all ages and abilities

Limited places so please book early

Booking is essential, please email  
[info@space4autism.org](mailto:info@space4autism.org)

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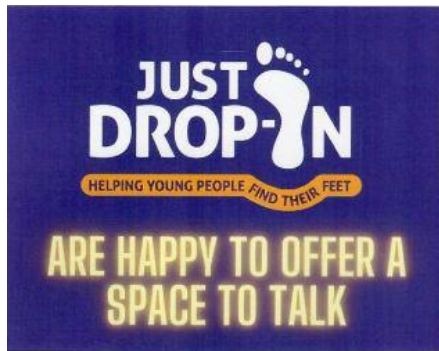
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# OTHER SERVICES FOR ASC ADULTS AND YOUNG PEOPLE



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



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.

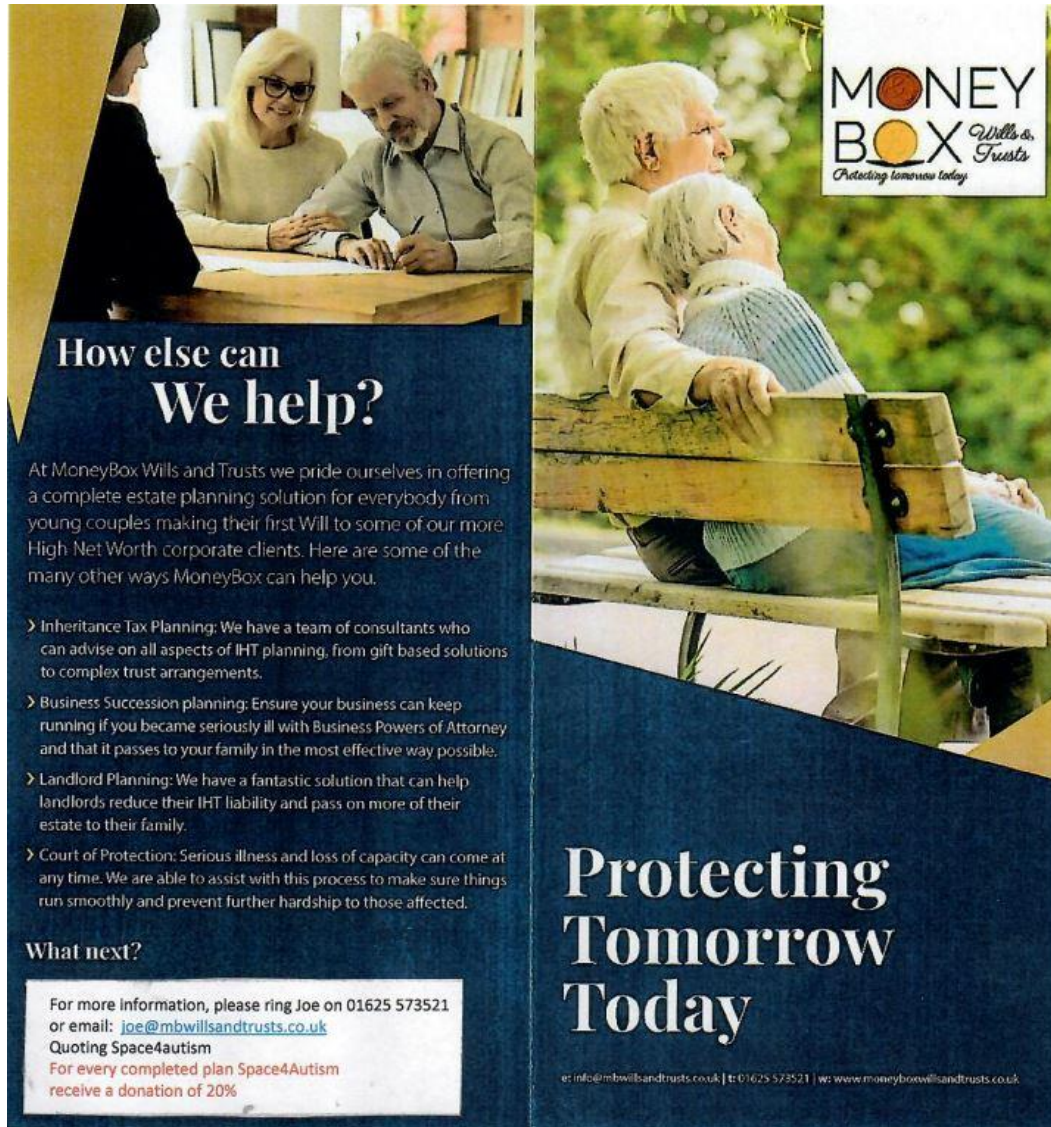
For more information or to refer, please contact us directly at:  
**cwp.ASDService@nhs.net**

Helping people to be  
the best they can be



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# OTHER SERVICES FOR ASC ADULTS AND YOUNG PEOPLE



**MONEY BOX** Wills & Trusts  
*Protecting tomorrow today*

## How else can We help?

At MoneyBox Wills and Trusts we pride ourselves in offering a complete estate planning solution for everybody from young couples making their first Will to some of our more High Net Worth corporate clients. Here are some of the many other ways MoneyBox can help you.

- › Inheritance Tax Planning: We have a team of consultants who can advise on all aspects of IHT planning, from gift based solutions to complex trust arrangements.
- › Business Succession planning: Ensure your business can keep running if you became seriously ill with Business Powers of Attorney and that it passes to your family in the most effective way possible.
- › Landlord Planning: We have a fantastic solution that can help landlords reduce their IHT liability and pass on more of their estate to their family.
- › Court of Protection: Serious illness and loss of capacity can come at any time. We are able to assist with this process to make sure things run smoothly and prevent further hardship to those affected.

**What next?**

For more information, please ring Joe on 01625 573521 or email: [joe@mbwillsandtrusts.co.uk](mailto:joe@mbwillsandtrusts.co.uk)  
Quoting Space4autism  
For every completed plan Space4Autism receive a donation of 20%

## Protecting Tomorrow Today

en: info@mbwillsandtrusts.co.uk | t: 01625 573521 | w: www.moneyboxwillsandtrusts.co.uk

# 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](mailto:info@space4autism.org)**

**[www.space4autism.com](http://www.space4autism.com)**

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S4A Café

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## 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



Please email  
[info@space4autism.org](mailto:info@space4autism.org)  
to book.  
Places are limited so please  
book early to avoid  
disappointment.

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# Fundraising Events



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## BNI Gala Awards Dinner



### BNI Gala Awards Dinner

Fundraising Event  
20<sup>th</sup> November 2021  
Cottons Hotel, Knutsford  
**Tickets £60**  
Black Tie  
Overnight accommodation available  
Sponsorship packages available

More information to follow

BNI are holding a Gala Awards Dinner in support of Space4Autism and the other charities they support.

For information and booking please contact Space4Autism on [info@space4autism.org](mailto:info@space4autism.org)

If you are interested in sponsoring the event there are sponsor packages available, please email [info@space4autism.org](mailto:info@space4autism.org)

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## Christmas Market

Sunday 28th November  
11.00am-4.00pm  
Come and join us for a festive day of Shopping. Also, treats available from the S4A café including Bozzie's famous Royal Mince Pies.



There will be a huge range of stalls from local makers.



Open to everyone, no need to book as we will be using all our rooms

If you would a stall please email [info@space4autism.org](mailto:info@space4autism.org) and we can send you a booking form



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