

Space4Autism

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

info@space4autism.org

01625 617884

Charity Nos: 1189689

WHAT'S ON GUIDE

Parents/Carers

October 2021(CIO)



S4A Drop In open on Wednesdays 10am - 3pm



Space4Autism
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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)

Cheshire and Warrington Carers Trust Carers Coffee Morning – 3rd Tuesday of every month
10-12am (Pre book through Cheshire and Warrington Carers Trust directly)

Bozzie's Breakfast Club – Every Friday morning 9:30 - 11:00am

Occupational Therapist – Information/advice for parents/carers of children – (booking essential,
please email Space4Autism)

CEIAS – Cheshire East Information and Advice Service (Pre book through CEIAS directly)

CEAT – Cheshire East Autism Team, a chance to speak to someone from the team 1:1 on the 4th Thurs-
day of each month 10am -12pm (booking essential, please email Space4Autism)

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

ASC Training Programme – See training programme brochure

ASC Counselling Space for Adults – Every Thursday 8am - 1pm (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)

Space4Carers Lunch – 12 pm – 1:30pm (booking essential, please email Space4Autism)

Space4Carers Project – email bookings@space4autism.org for a booking form and information



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S4A Café
15-17 Mill Lane, Macclesfield,
Cheshire, SK11 7NN



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



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Space4Carers

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

Do you need a short break
from your caring role?

Do you live in Cheshire
East?

If the answer is Yes then
Space4Carers
is for you

We meet up monthly for
various fun activities
either in our Space
Centre or out on socials

They will be held in the
evening or at weekends
so working carers can
attend too

You must be a member to access
Space4Carers



To find out what activities are
taking place and request a
booking from please email-
Space4Autism on

info@space4autism.org

www.space4autism.com

Space4Carers has been made
possible with a grant from



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S4A Cafe
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Space4Carers

Free weekly lunch club



Are you a parent/carers 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 12.00 - 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 Help and Advice
1:1 Appointments
Delivered by
Smart Bright Training



**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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Suicide Prevention Training For Carers

10th September 2021

8th October 2021

12th November 2021

14th January 2022

11th February 2022

11th March 2022

9.30am—3.00pm

The Suicide Prevention Training is an informative session that is aimed at supporting both children and adults.

Identify signs that might suggest someone is thinking about suicide.

Knowledge and understanding to challenge stigma.

Be able to recognise risk and identify key risk factors.

Have increased confidence to ask direct questions about suicide.

Understanding safety planning to empower recovery and manage risk.

Be able to list key support services for people who feel suicidal.



NO
MORE
Suicide

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Tunnickliffe Drawing Workshop

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



Free to attend- at the Silk Museum
Sunday, 23rd October 2021

1 - 3pm

Open to all ages and abilities

Limited places so please book early

Booking is essential, please email
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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



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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
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Alternate Wednesdays
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Gardening and Nature Project

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

Thursday 21st 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
Booking is essential



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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



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Stress and Anxiety Group Sessions

These sessions will look at things you can do to help yourself and hypnosis to change your mindset



ALISON RALPH
HYPNOTHERAPY & COUNSELLING

10am - 12pm

1st October 2021
7th January 2022
1st April 2022
24th June 2022

Booking is essential as there are limited spaces available

Only available to carers as part of our Space4Carers Project

For more information and bookings please email
info@space4autism.org

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Space4Carers Quiz Night

We are pleased to
announce that our quiz
night is back.

Christmas Quiz
9th December 2021

Easter Quiz
21st April 2022

7.00 - 9.00pm

To book please email
info@space4autism.org

**A great opportunity to
test your self whilst
having fun!**



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Services for Parent/Carers



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carer's cookery classes

Come and enjoy our monthly cookery lessons with our resident Chef Bozzie.

Once a month on a Friday morning
9:30 - 11:30am

There will be a variety of cooking styles and skills to learn i.e. pastry, dessert, main courses, soups, fish, vegetarian, gluten free, dairy free etc.

Sessions must be pre-booked.



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

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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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Autism Training Programme for Parent/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.



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.

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

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



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15-17 Mill Lane,
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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



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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
Quoting Space4Autism
For every completed plan Space4Autism receive a donation of 20%

Protecting Tomorrow Today

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

Fundraising Events



S4A Café

15-17 Mill Lane, Macclesfield,
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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
to book.
Places are limited so please
book early to avoid
disappointment.

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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



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

www.space4autism.com

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

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Fundraising Events



Space4Autism
Space4Autism
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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 and
we can send you a booking
form



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BNI Gala Awards Dinner



BNI Gala Awards Dinner

Fundraising Event
20th 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

If you are interested in sponsoring the event there are
sponsor packages available, please email
info@space4autism.org

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