

Space4Autism

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

info@space4autism.org

01625 617884

Charity Nos: 1189689

WHAT'S ON GUIDE

ASC Adults

November 2021(CIO)



S4A Drop In open Monday to Thursday 10-3pm



Space4Autism

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



Open Space

Monday - Thursdays 10am - 3pm

Open to anyone who has ASC, or, has a family member with ASC.
Professionals are welcome to attend also.

Please note if you want to speak to a member of staff they will only be available on a Wednesday, see below for details.

Sensory Room/art room - open for adults with autism/on the waitlist for an autism diagnosis -
Monday - Thursday 10am - 3pm

Space4Autism Drop-In Sessions (staff will be available to talk) - Wednesdays 10am - 3pm

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

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

Adult Art Sessions - Every Tuesday and Thursday 1 - 3pm (booking essential, please email bookings@space4autism.org)

Department of Work and Pensions - every Wednesday 1 - 4pm - currently via telephone (booking essential, please email info@space4autism.org)

ASC Adults Hub Support Group - 1st Wednesday of the month 1 - 3pm via teams (booking essential, please email info@space4autism.org)

ASC Adults Supporting Each Other Group - Tuesdays in term time 1 - 3pm via skype (booking essential, please email bookings@space4autism.org)

ASC Adult Bocchia Club - Wednesday's 11 - 12pm (booking essential, please email bookings@space4autism.org)

Galaxy Lunch - Wednesdays in term time 12pm - 1:30pm (booking essential, please email bookings@space4autism.org)

ASC Counselling Space for Adults - Every Thursday 8am - 1pm (booking essential, please email info@space4autism.org)

Please note that during open space hours children will only be able to access the Café.



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S4A Café

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Space4Autism Café

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

All Staff team wear PPE.

Angie's Sensory Garden is now open (weather permitting) so if you would prefer 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.

Please come along and support us, as all hospitality it's been a tough year so lets make it great again.



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



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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 bookings@space4autism.org

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

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Fried-ay Breakfast

We will be serving breakfasts to eat in or take away 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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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 30 minute 1:1 session to discuss autism, accessing assessments, coping strategies or accessing support with a member of the CWP adult autism team please book an appointment through Space4Autism on info@space4autism.org

These will be delivered via phone call, video call or email exchange, whatever is your preference.

This is for ASC diagnosed adults only 18+


01625 617 884
www.space4autism.com

Hub Meeting Session Dates 2021/2022
(all sessions are 1-2pm)


- 3rd November - Routine and Change
- 1st December - Sensory Processing
- 5th January - Anxiety Management
- 2nd February - Understanding Emotions
- 2nd March - Executive Functioning
- 6th April - Communication and Social Interaction
- 4th May - Routine and Change
- 1st June - Sensory Processing
- 6th July - Anxiety Management
- 3rd August - Understanding Emotions
- 7th September - Executive Functioning

If you would like to book onto any of the sessions please email info@space4autism.org and we will send you the link.


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



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Cheshire and Wirral Partnership
NHS Foundation Trust

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ASC Adults

Supporting each other group

Are you an adult on the autism spectrum?

Would you like to chat with other adults on the spectrum?

If so then this is the group for you.

This group is being led by Amanda who is on the Autism Spectrum, will be informal and a chance to socialise in a safe environment

This is for ASC diagnosed adults only 18+

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DATES

November 3rd, 10th, 17th, 24th
Dec 1st, 8th
1-3pm

If you would like to attend please email bookings@space4autism.org



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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: bookings@space4autism.org for a form or to find out more.



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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 **contact the Disability Information Bureau or Citizen's Advice Bureau.**


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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 and to book
please email:
info@space4autism.org**


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Gardening and Nature Project

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

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. To attend these sessions you must be a member of Space4Autism.

These sessions are 6:30 - 8:30pm

Please email for information and to book a place

bookings@space4autism.org

Booking is essential



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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 please contact us on:
bookings@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 aged 16 and over, and, diagnosed with Autism, or, on the pathway to take part.

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 bookings@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 held on alternate Wednesday evenings
7.00pm – 8.00pm

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

You must be aged 16 or over, and, diagnosed with Autism, or, on the pathway to take part.



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Yoga Classes

Specialist Yoga classes with Georgia for members of Space4Autism aged 18+ (including family members.) 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
bookings@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
bookings@space4autism.org

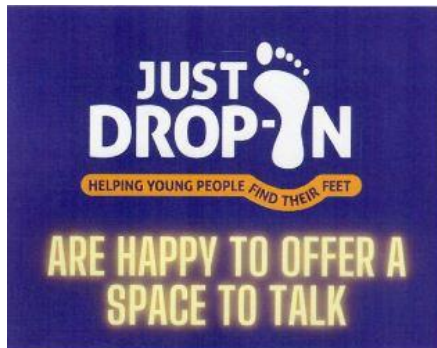


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OTHER SERVICES FOR ASC ADULTS AND YOUNG PEOPLE



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.

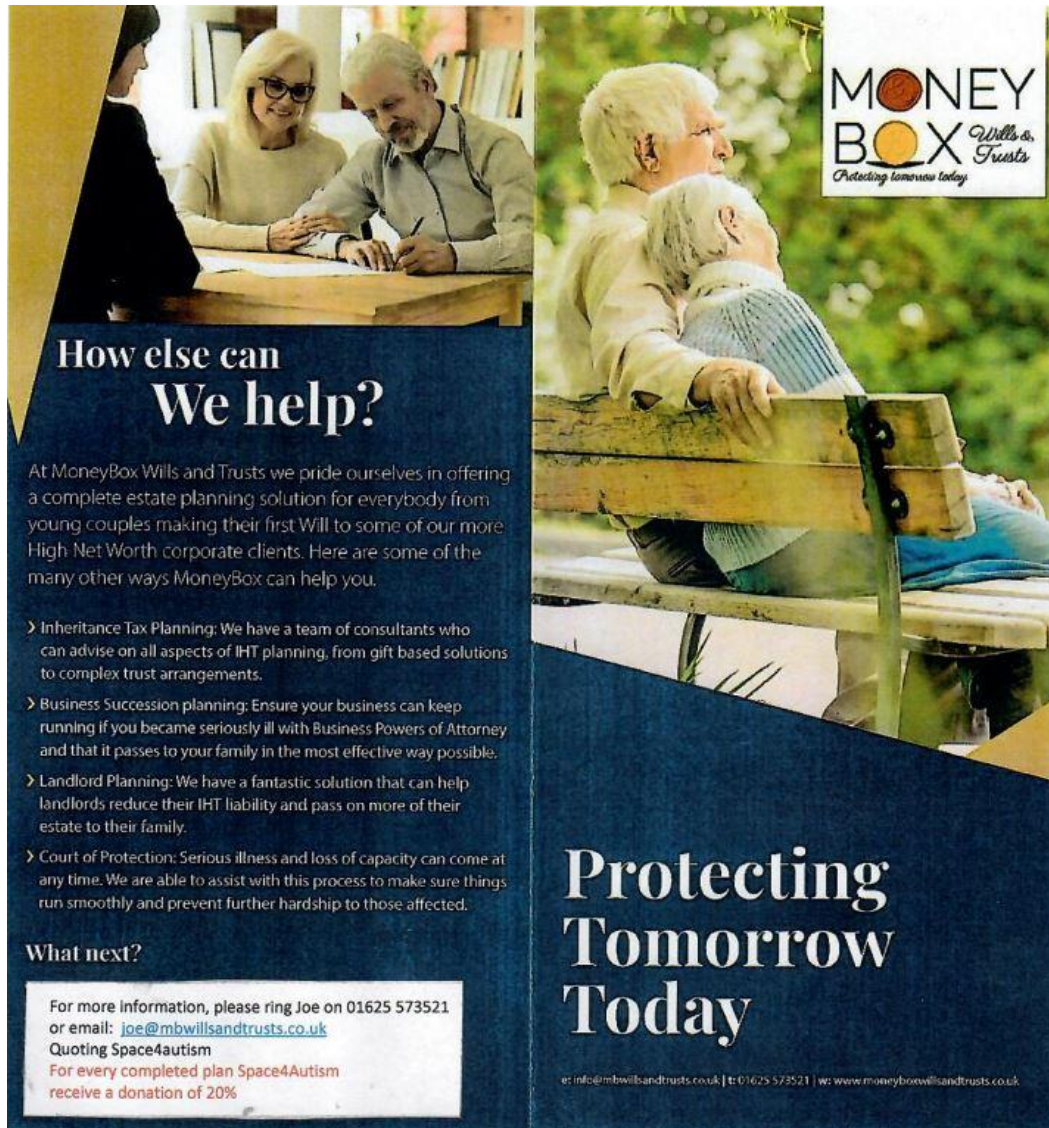
For more information or to refer, please contact us directly at:
cwp.ASDService@nhs.net

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
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



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
to book.

Places are limited so please
book early to avoid
disappointment.



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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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Fundraising Events



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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 have any tombola prizes
or raffle prizes for the event
please drop them off to
Space4Autism - it would be
hugely appreciated.



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