

Space4Autism

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

info@space4autism.org

01625 617884

Charity Nos: 1189689

WHAT'S ON GUIDE

Parents/Carers

November 2021(CIO)



S4A Drop In open on Wednesdays 10am - 3pm



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



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.

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)

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

Occupational Therapist – Information/advice for parents/carers of children – (booking essential, please email bookings@space4autism.org)

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 Thursday of each month 10am -12pm - (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 Training Programme – See training programme brochure (booking essential, please email training@space4autism.org)

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

EHCP Help and Advice 1:1 Appointments – 10am - 2pm (booking essential, please email bookings@space4autism.org)

Space4Carers Lunch – 12 pm—1:30pm (booking essential, please email bookings@space4autism.org)

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

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



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S4A Café

15-17 Mill Lane,
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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 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.

To find out more and to book
please email:
bookings@space4autism.org

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Sessions must be pre-booked.

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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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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 12.00 - 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 bookings@space4autism.org.

Lunch will be 2 courses either starter/main course, or, main course/cake. Refreshments also included.

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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 for various
activities either in our Space
Centre or out on socials

They will be held at various times so
working carers can
attend too

Activities inc:

Carers weekly lunch,, Theatre trip, Meals out,
EHCP 1:1 support, Yoga, Zumba,
Mindfulness and Relaxation sessions,
Cookery Classes, Boot Camp, Bowen Therapy,
Gardening and Nature



To find out what
activities are taking place and
request a booking from please
email Space4Autism on:
bookings@space4autism.org

You must be a member to
access Space4Carers

www.space4autism.com

Space4Carers has been made
possible with a grant from



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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 4th November
Thursday 18th November
Thursday 2nd December
Thursday 13th January
Thursday 21st January
10am, 11am, 12noon and 1pm

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

You must be a member of Space4Autism to attend



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Occupational Therapy Appointments for Parent/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 chal-
lenges in daily life activities?
Please email for dates and availa-
bility. You must be registered with
Space4autism to attend and ei-
ther 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:

bookings@space4autism.org

APPOINTMENTS MUST BE
BOOKED

This is an opportunity to meet
with a specialist Occupational
Therapist from the team based at
Pavilion House Children's Service
at Space4Autism.



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Suicide Prevention Training

12th November 2021

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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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
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Services for Parent/Carers



Bowen Technique By Kathy

CBS Bowen Technique Practitioner
Advanced Practitioner in NST
(Neuro Structural Intergration Technique)
Lower Limbs, Shoulders, Pelvic & Hips,
Sports, Spinal, Cranial,


ARE YOU IN PAIN?
*ARE YOU GETTING SPORTS INJURIES? NOT AS MOBILE AS YOU WOULD LIKE?
BOWEN TECHNIQUE MAYBE YOUR ANSWER!!!
Don't stay in Pain... Call me today!*

07852 252001 E: kathy@bowentechniquebykathy.co.uk





Here at Space4Autism,
Please enquire within, members only
non members can contact Kathy 07852252001
to book individual treatments



- Back Pain, Neck Pain and all Spinal Conditions
- Asthma and Respiratory Conditions • Repetative Strain Injuries
- Digestive and Intestinal Conditions like IBS
- Leg, Knee, Ankle & Foot Pain • Arthritis and Joint Conditions

4 BOWEN Pain Relief

All Kinds of Conditions
All Kinds of People

Suitable for anyone from new born babies to the elderly & everyone in-between



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Gardening and Nature Project

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

13th January 2022 - Garden Diary

10th March 2022 - "Fun with Grow Your Own Food"

19th May 2022 - "Planting for a Summer Display"

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



PLANTING BY DESIGN



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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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The Queen's Award

Space4Carers Quiz

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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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
training@space4autism.org**



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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
training@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

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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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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Fundraising Events



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The Queen's Award

BNI Gala Awards Dinner



GET YOUR SPARKLE ON FOR THE
BNi Gala Awards Night
THE COTTONS HOTEL
20TH NOVEMBER 2021
IN AID OF OUR BNI CHARITIES

Smile Group
Space4Autism
SUSO
Learning Disability
No More Barriers
Warrington & Halton
Hospitals Charity

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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