

# 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

Parents/Carers

December 2021(CIO)



The Centre will be closing for Christmas  
on Friday 17<sup>th</sup> December 2021.

And

The centre will re-open on Tuesday 4<sup>th</sup>  
January 2022.

The café will open on Wednesday 5<sup>th</sup>  
January 2022.



# 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](mailto: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](mailto:bookings@space4autism.org))

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

**ASC Training Programme** – See training programme brochure (booking essential, please email [training@space4autism.org](mailto:training@space4autism.org))

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

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

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

**Space4Carers Project** – email [bookings@space4autism.org](mailto: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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[info@space4autism.org](mailto:info@space4autism.org)



## 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



## S4A Café

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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](mailto:bookings@space4autism.org)

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Sessions must be pre-booked.

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



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## S4A Café

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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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# Services for Parent/Carers



## Space4Autism

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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](mailto:bookings@space4autism.org)

You must be a member to access Space4Carers

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

Space4Carers has been made possible with a grant from



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## S4A Café

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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](mailto:bookings@space4autism.org).

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

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## Space4Carers Meals Out

Are you a carer living in Cheshire East? Would you like the opportunity to join us for a meal out? This is a great opportunity to take a break from your caring role whilst meeting with other carers in a similar situation to have a giggle, let your hair down and share experiences.



Dates and Times:  
2<sup>nd</sup> Dec 2021 Poynton  
3<sup>rd</sup> March 2022 Chelfrod  
2<sup>nd</sup> June 2022 Eaton  
7pm - 9pm

Spaces are limited and booking is essential.  
For information and to book a place please email  
info@space4autism.org



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## Relaxation Sessions

As part of our Space4Carers project, Cecilia will be running relaxation therapy appointments in which you will have a choice of 30 minute massages. This will be a great opportunity to take some time for yourself and walk away feeling revitalised.



Spaces are limited and booking is essential.  
For information and to book a place please email  
bookings@space4autism.org



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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](mailto:kathy@bowentechniquebykathy.co.uk)



**S4A** Here at Space4Autism, Please enquire within, members only  
non members can contact Kathy 07852252001 to book individual treatments **S4A**

- 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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The Queen's Award

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

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## Planning Ahead Workshop

Joseph from Money Box Wills & Trusts will be holding workshops at Space4Autism to educate parents/carers of vulnerable people about ways to protect themselves and their loved ones after they are gone.

There will be an opportunity to chat with Joseph, or, book a 1:1 session after the workshop.

Dates and Times:

18th January 2022 1:00pm — 2:30pm

18th January 2022 6:30pm — 8:00pm

Spaces are limited and booking is essential.  
For information and to book a place please email  
info@space4autism.org

*Protecting tomorrow today*  
**MONEY BOX**  
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## 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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## Managing Behaviour Workshops

As part of our Space4Carers project, Youth Fed will be running Managing Behaviour workshops. These sessions will look at the effects of high emotions, how to manage them, and how to avoid them. They will be looking at what to do if someone is action angry and aggressive in front of you.

Dates and times:

21<sup>st</sup> Jan 2022 — 9.30am-12.30pm  
4<sup>th</sup> Feb 2022 — 12.00pm-2.30pm  
18<sup>th</sup> Feb 2022 — 9.30am-12.30pm  
25<sup>th</sup> March 2022 — 9.30am-12.30pm



Spaces are limited and booking is essential.  
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## Outreach Project

Space4Autism are delighted to announce a 2 year project to provide new and enhanced services for people of all ages with autism and their families. The National Lottery Community Fund, the largest supporter of community activity in the UK, is supporting the project "Revive and Strive". The funding will provide a new outreach project to engage with families and to support them following the pandemic, and an expansion of the successful Open Space drop in project.



If you feel you would like some additional support please email  
[info@space4autism.org](mailto:info@space4autism.org)



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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 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](mailto: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 challenges in daily life activities? Please email 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)

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



To find out more or book please contact Space4Autism on:

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

APPOINTMENTS MUST BE BOOKED

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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](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

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](mailto:bookings@space4autism.org)

Booking is essential



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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:-

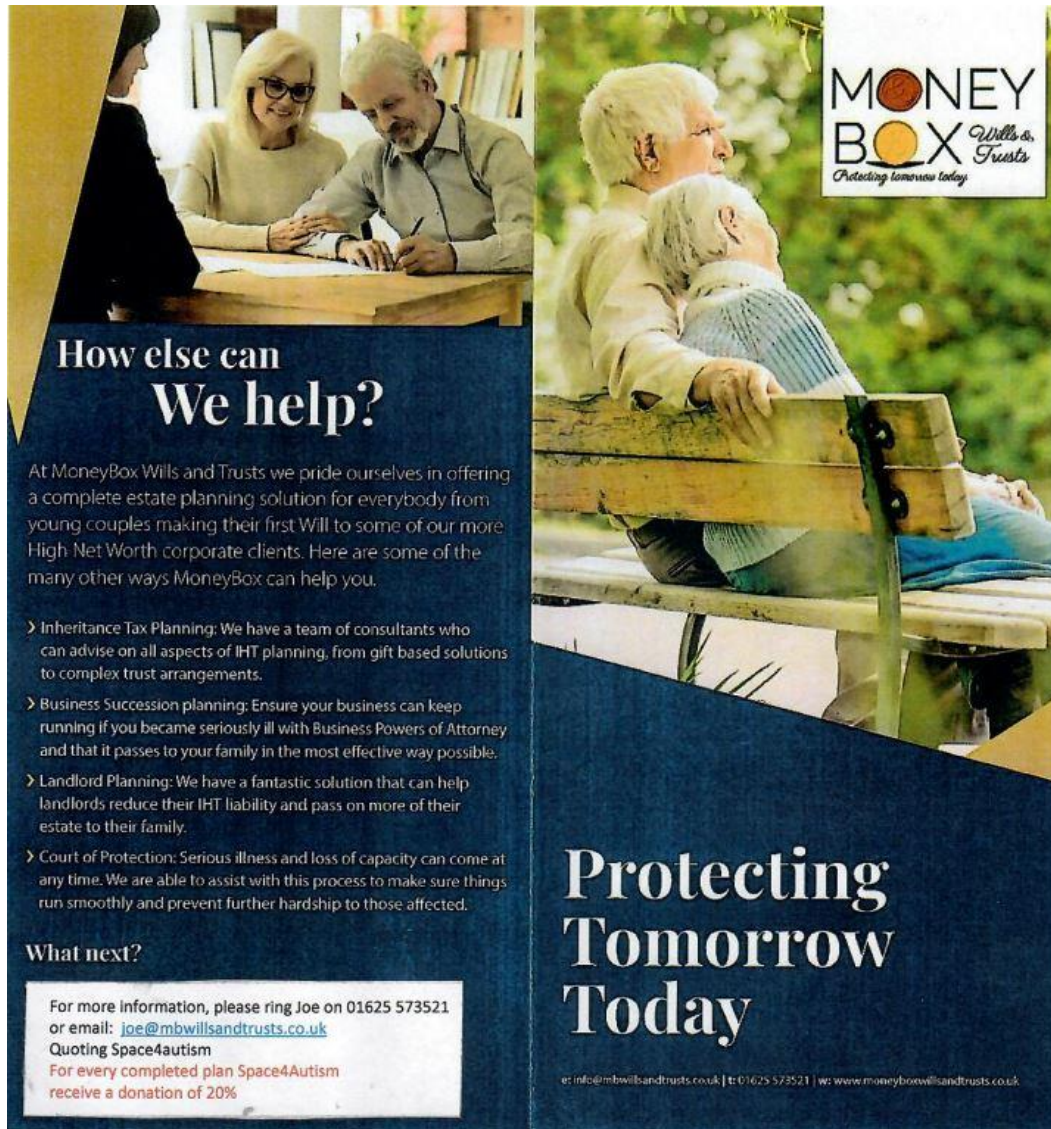
- Week 1—Introduction to Autism
- Week 2—Communication, Behaviour and Emotions
- Week 3—Play and Learning
- Week 4—Sensory, Food and Toileting
- Week 5—Meet the Team
- Week 6—Informal lunch or dinner to get to know each other better

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](mailto:joe@mbwillsandtrusts.co.uk)  
Quoting Space4autism  
For every completed plan Space4Autism receive a donation of 20%

## Protecting Tomorrow Today

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