

# 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

September 2022 (CIO)



# Services for ASC Adults



## Space4Autism

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



## Open Space

Monday - Thursdays 9am - 3pm

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

**Sensory Room/Art room** — open for adults with autism/on the waitlist for an autism diagnosis —  
Monday - Thursday 9am - 3pm

**Space4Autism Drop-In Sessions** (staff will be available to talk) — Monday – Thursday 9am - 3pm

**1:1 Advice and Support Appointments** — booking essential, for information and bookings please  
email outreach@space4autism.org

**Café** — Open Monday - Thursday 8am - 3pm, sit in from 9am (open to the public)

**Fried-ay Breakfast** — Friday mornings 9:30 - 11:00am

**Adult Art Sessions** — Tuesdays, Thursdays and Fridays in term time (booking essential, please  
email bookings@space4autism.org)

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

**Galaxy Lunch** — First Wednesday of the month during term time 12 - 1:30pm (booking  
essential, please email bookings@space4autism.org)

**ASC Counselling Space for Adults** — booking essential, please email info@space4autism.org

**Walking Group** — 4th Wednesday of the month (booking essential, please email  
bookings@space4autism.org)

**Smart Bright Training Drop In** — booking essential, max 2 appointments, please email  
bookings@space4autism.org

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

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



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# Services for ASC Adults

## S4A CAFE

### Opening Times (Monday—Thursday)

8am-9am Takeaway only

9am-3pm Eat in or Takeaway

### We will be serving

8:00am-10:00am Pastries and Drinks

10:00am-3:00pm Cakes and Drinks

12:00pm-1:30pm Hot and Cold Menu

### SAMPLE MENU

Soup of the day with Freshly Baked Bread Roll £2.75

Ham Salad Baguette £3.00

Chicken Tikka Wrap £2.50

Cheese and Red Onion Cob with Salad & Chips £4.20

Chicken Bourguignon with Pimento Braised Rice & Broccoli Florets £8.00

Stir Fry Vegetables with Noodles £6.50

Portion of Chips £1.50

Sweet Meadow Ice-Cream as priced in our ice cream shop.

All our food is made on the premises by our Award winning Chef Bozzie and his team.

### Why not join our loyalty scheme?

Collect a stamp with each transaction over £5.

Fill your loyalty card to get a free drink and cake!

Pop in and ask for your card today!

S4A CAFE



## S4A CAFE

### Opening Times (Friday)

8am-9am Takeaway only

9am-11am Eat in or Takeaway

### We will be serving

8:00am-9:30am Pastries and Drinks

9:30am-11:00am Hot Breakfast Menu

### FRIED-AY MENU

Full Breakfast £5.50

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

Bacon Bap/Sandwich £2.50

Bacon and Egg Bap/Sandwich £3.00

Sausage Bap/Sandwich £2.50

Sausage and Egg Bap/Sandwich £3.00

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S4A CAFE





# Services for ASC Adults



## S4A Café

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info@space4autism.org



## ASC Adult Free monthly 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 ASC Adult lunch club!

First Wednesday of each month 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](mailto:bookings@space4autism.org)

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

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## Walking Group

Our new walking group will be run in conjunction with  
**Blackdog Outdoors** who are kindly funding the sessions.



Time: 9.30am - 1pm (subject to change depending on location)

Date: 4th Wednesday of the month

Location: Confirmed the week before the event

Transport: Space Bus

Refreshments: 1 drink Included

Cost: No cost

Attendees: Open to Adults 18+ as well as Parents/Carers

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



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# Services for ASC Adults



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## Adult Art Sessions

Our resident artist Jackie will be providing Art Sessions.

Tuesday 1-3pm (for adults that can attend independently)

Thursdays 1-3pm (this session is for adults that bring carers)

Fridays 10:00-12:00 (open to both those with carers and attending independently)

At Space4Autism.  
Must be pre-booked.

You will be sent a link to Eventbrite to book  
£5.00 per person



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](mailto:bookings@space4autism.org)

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15-17 Mill Lane,  
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[www.space4autism.com](http://www.space4autism.com)



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## Smart Bright for Adults

Are you an Adult with ASC or a Parent/Carer?

Come and chat with Karen!

Karen from Smart Bright Training and Consultancy will be running a drop in at Space4Autism and can offer support and advice.

10:30am—2:00pm



8th September  
22nd September  
6th October  
20th October  
3rd November  
17th November  
1st December  
15th December



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The Queen's Award

## 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](mailto: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](http://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](mailto: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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## 1:1 Advice and Support Appointments

We are now taking bookings for 1:1 face to face or phone Advice and Support Appointments for parent/cares and ASC Adults (apologies, no children can attend these appointments at the moment)

These will be held at Space4Autism by our trained staff team

They will be able to give you advice and support relating to:-

- What goes on at Space4Autism
- Signposting to other services
- Put together an action plan (if required)
  - Reduce Isolation
- Maximise income streams through benefits working with DWP
- Accessing statutory services e.g. obtaining carers assessments, EHCP's etc
- And much more besides



**Bookings essential**  
Email [info@space4autism.org](mailto:info@space4autism.org) to book your appointment

  
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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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## 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.



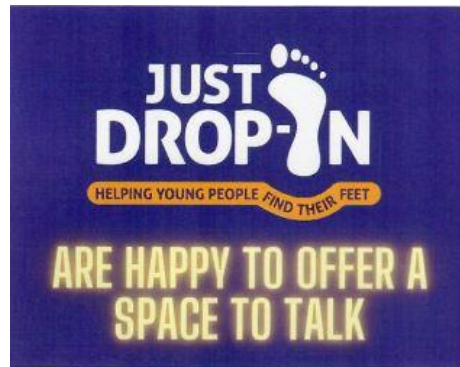
To find out more and to book  
please email:  
[info@space4autism.org](mailto:info@space4autism.org)



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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**

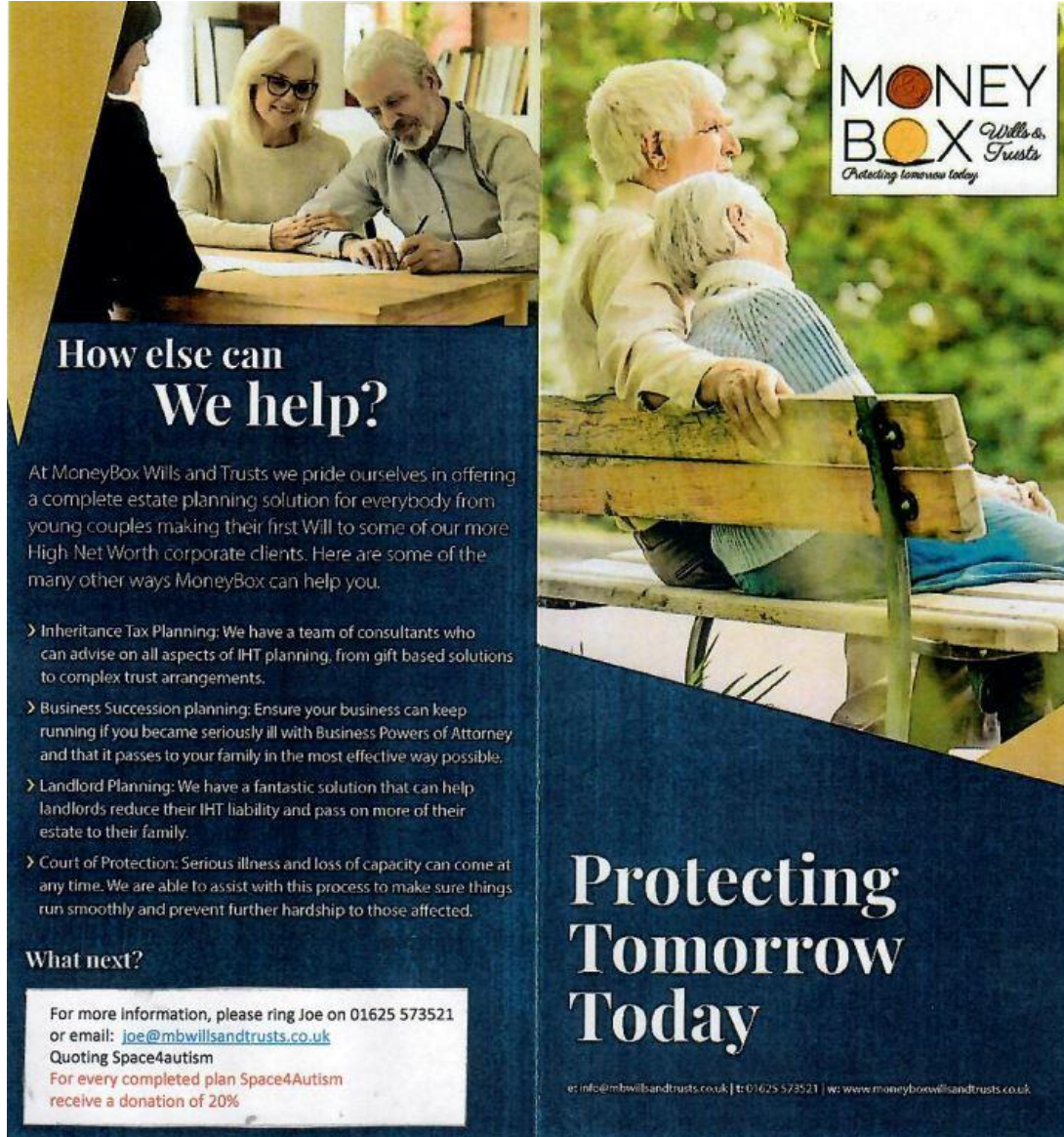
Helping people to be  
the best they can be



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

## Protecting Tomorrow Today

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

# Fundraisers and Events



**Space4Autism**

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info@space4autism.org



## Curry and Karaoke

Saturday 17th Sept  
7-10pm



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 café.  
Tickets are £15 per person and include Curry, Rice,  
Poppadum's and Naan Bread.

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

For more information please email  
bookings@space4autism.org

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@Space4Autism



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*Andy Crosby & Pete Valentine*  
**ROCKETWHAM!**  
ELTON JOHN & GEORGE MICHAEL DOUBLE SHOW

**SATURDAY 19TH NOVEMBER 2022**

HELD AT THE TILDEN SUITE, SHRIGLEY HALL

DOORS OPEN AT 6:30PM  
DINNER SERVED AT 7:30PM PROMPT  
FINISHES AT 1AM

TICKETS ARE £49.50 AND WILL INCLUDE DINNER AND  
ENTERTAINMENT

IF YOU WOULD LIKE TO DONATE A PRIZE FOR OUR PREMIUM RAFFLE  
PLEASE EMAIL [INFO@SPACE4AUTISM.ORG](mailto:info@space4autism.org)

**HOSTED BY**  
**THE GREATEST**  
**SHOWMAN**