

Space4Autism

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

info@space4autism.org

01625 617884

Charity Nos: 1189689

WHAT'S ON GUIDE

ASC Adults

March 2023



Services for ASC Adults

**Space4Autism**
15-17 Mill Lane,
Macclesfield, Cheshire, SK11 7NN
info@space4autism.org


The Queen's Award

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 — Tuesday and 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 Calls — 1st Wednesday and Friday of the month via teams/phone (booking essential, please email cwp.autismparticipation@nhs.net)

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

**@Space4Autism****Find us on Facebook**

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S4A CAFE

Opening Times (Monday—Thursday)

8am-9am Takeaway only

9am-3pm Eat in or Takeaway

We will be serving

8:00am-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 Café, 15-17 Mill Lane, Macclesfield,
Cheshire, SK11 7NN

Services for ASC Adults

S4A CAFE BREAKFAST

TUESDAY & WEDNESDAY

9am-10.30am

Bacon or Sausage Sandwich £2.50

Tea Cakes with Butter £1.20

2 x slices Toast £1.00

FRIED-AY

9.30am-11am

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



S4A CAFE

Warm Space

In conjunction with **Cre8** we are bringing **WARM SPACE** to the local community.



You are invited to come in and keep warm from
Wednesday 5th October.

Monday-Thursday

9am-3pm

Fresh hot soup will be available for £1.50.

Takeaway chilled soup will be available for £1.

It is free to attend, no booking necessary.

Our full café menu will also be available as usual.

Please note our Sensory room and Garden area will not
be available to non-members.

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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.

£7.50 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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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)

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

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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



19th January
2nd February
16th February
2nd March
16th March
30th March



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ASC Adult Hub Calls

These calls will be run by the Adult Assessment and Diagnosis Team from the NHS and will be held on the first Wednesday and Friday of each month.

If you would like to book please email
cwp.autismparticipation@nhs.net

This is for ASC diagnosed adults only 18+



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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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Online Counselling Course

Our online Counselling Course has been compiled and written by Jodie Wozencroft-Reay, our in-house psychotherapist who specialises in working with Autistic people.

This course contains 7 modules.

In each module there are information sheets, worksheets and videos. There are also online resources linked, and, recommended reading at the end of each module.

This is a self-directed course, that means you can do it at a pace that suits you.



In order to access this course you must be a resident in Cheshire East, over the age of 18 and registered with Space4Autism.

Please email outreach@space4autism.org to register your interest.

 [@Space4Autism](https://twitter.com/Space4Autism)



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Outreach Project

Revive and Strive

Our Outreach Project is for members who have an Autism related problem and need support but don't know where to start.

We can help you to understand problems and refer/signpost you to the appropriate support.

This can either be a one-off appointment, or, up to a maximum of 6-weeks of support.

Please be aware we offer a "light-touch" approach, if you need significantly more help we will signpost you to the relevant service.

Meet our Outreach Team



Kate



Jane



Simon

If you feel you would like some additional support please email
outreach@space4autism.org



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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



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Planning Ahead Workshop

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

The workshop will take place on
22nd March 2023

10am-11:30am
Or
7pm-8:30pm

Email bookings@space4autism.org to book.

"We found the workshop very interesting and useful. Joe delivered the information really clearly and we felt very comfortable asking questions."

"What an insightful workshop! We left feeling very informed with a lot to think about before our appointment with Joe. Thank you Joe and Space4Autism!"

Protecting tomorrow today

MONEY BOX

Wills & Trusts

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Fundraisers and Events

**Space4Autism**
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The Queen's Award

Fundraiser Fashion Show

The Fabulous Moulina are once again joining us at
Space4Autism

Postponed Date to be confirmed



This event will take place on :
27th February 2023
7:00-9:00pm
£5 per person, include a glass of
Prosecco on arrival (or soft drink) and light snacks
Email bookings@space4autism.org to book
This is an adult only event

You will be able to purchase items on the night

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The Queen's Award

Macclesfield Rotary Sponsored Swimathon

Space4Autism are looking at putting a few teams together of all ages to
take part in the Macclesfield Rotary Sponsored Swimathon.

Could you be part of the S4A team?

Can you swim at least one length?

Then we need you!

Taking place at **Macclesfield Leisure Centre**
Sunday 5th March 2023
From 1pm

If you would like to take part then please email
info@space4autism.org

Sponsorship donations you raise will be split 50/50 with
Space4Autism and Macclesfield Rotary



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OTHER SERVICES FOR ASC ADULTS AND YOUNG PEOPLE

JUST DROP-IN

HELPING YOUNG PEOPLE FIND THEIR FEET

ARE HAPPY TO OFFER A SPACE TO TALK

Did you know Just Drop-In offer FREE counselling to young people with ASC?



We are ready to support you

If you would like to speak to one of our friendly and qualified counsellors, please get in touch to find out more.

54A

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

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.


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**





**Cheshire and Wirral
Partnership**
NHS Foundation Trust



Feedback from people who have accessed the service put into a word cloud

Helping people to be the best they can be

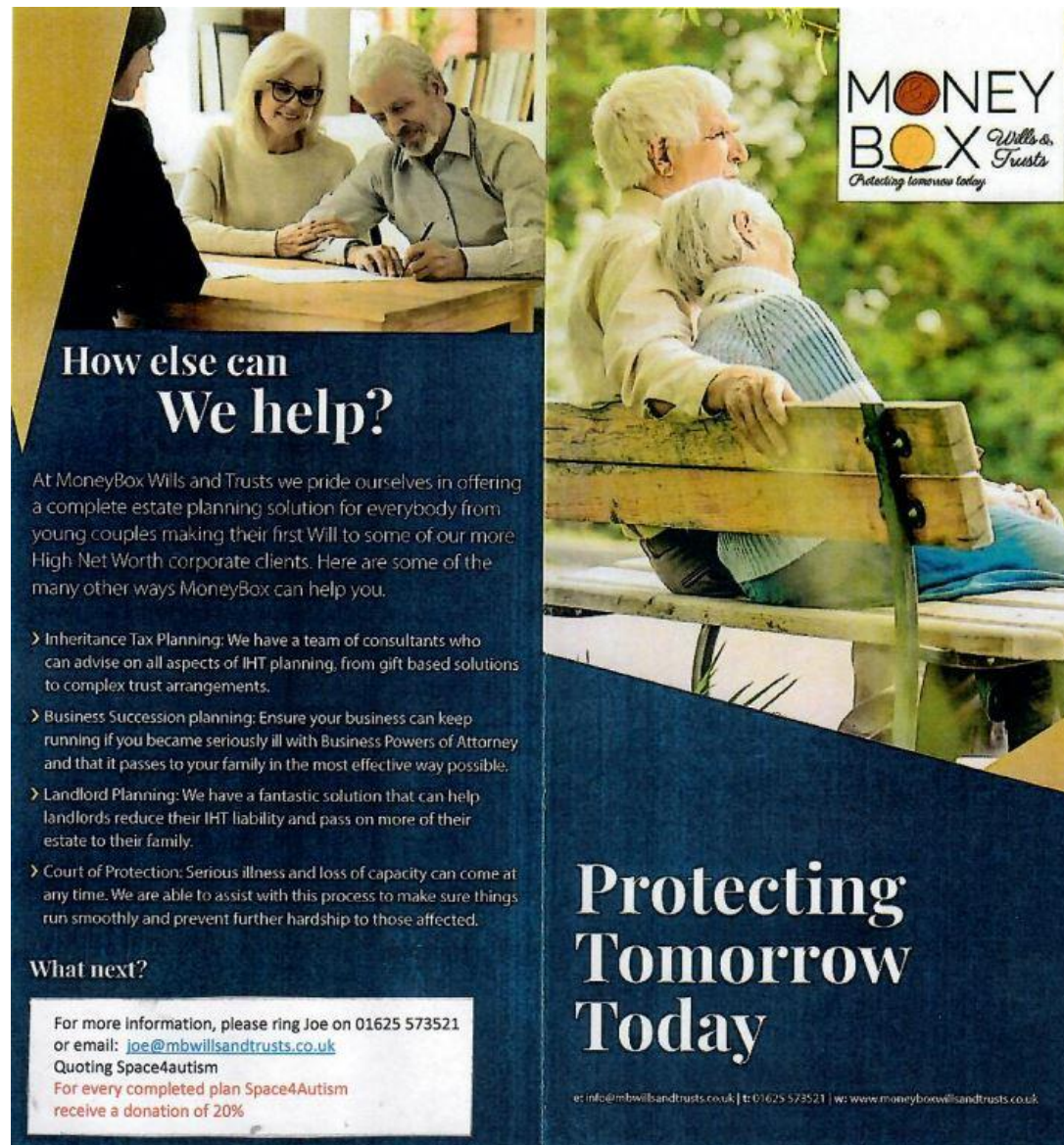



@cwpnhs

www.cwp.nhs.uk

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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

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