

# 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

March 2023



# S4A Drop In open on Wednesdays 10am - 3pm



**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.

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

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

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

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

**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, the sessions run  
once a month 10am -12pm - (booking essential, please email bookings@space4autism.org)

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

**SEND Advice and Support 1:1 appointments** – 10am-12pm fortnightly, available  
in-person or online (booking essential, please email info@space4autism.org)

**Carer's Hub Drop In** – throughout the week, contact them directly on 01925 581 777 for more  
information and availability.

**Crafty Carers** – second and fourth Thursday's of the month during term time, 10am-12pm,  
minimum £1 donation for resources.

Please note that during Open Space hours children will only be able to  
access the Café .

twitter  
@Space4Autism



Space4Autism Registered Charity Number: 1189689



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

# Services for Parent/Carers

## 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

### **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 Café, 15-17 Mill Lane, Macclesfield,  
Cheshire, SK11 7NN

**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.

**S4A CAFE**



S4A Café, 15-17 Mill Lane, Macclesfield,  
Cheshire, SK11 7NN



# Services for Parent/Carers



## Space4Autism

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



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



Space4Autism Registered Charity Number: 1189689



## Space4Autism

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



## 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](mailto:outreach@space4autism.org) to register your interest.

@Space4Autism



Space4Autism Registered Charity Number: 1189689

# Services for Parent/Carers

Please note SUSO will be joining us from March

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

  
The Queen's Award

## Space4Carers

### ASC Coffee, Cake, Chat and Learn Club

Are you a carer of a child, young person or adult with ASC?

Would you like to join other carers in the same boat?

If so then come and join our new ASC Coffee, Cake, Chat and Learn Club

**3rd Tuesday of the month during term time  
10-12noon**

Free refreshment and cake provided

There will be a therapist attending to offer complimentary 20 minute treatments, attendees can access one of the following treatments quarterly:

- Manicure
- Pedicure
- Facial
- Refresher facial
- Scalp massage

These treatments will need to be booked in advance, email  
info@space4autism.org for information, availability and bookings.





Space4Autism Registered Charity Number: 1189689

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

  
The Queen's Award

As well as being able to speak to the Space4Autism Outreach Team, please see below examples of who are often in attendance:

**Manchester Occupational Therapy Services Limited** - a representative from Manchester OT will be available to share information on their services and workshops.

**Carers Hub** - whether you are a child, parent, family member or friend, you could be entitled to emotional, practical and financial support through our service.

**Disability Information Bureau** - who can help with:  
Information & Advice  
Welfare Benefit Advice which includes support filing in forms and budgeting  
IT Centre which covers community sessions and accredited training relating to basic keyboard skills, internet & spreadsheet

**Just Drop In** - They provide free and friendly services for children and young people in Macclesfield and surrounding areas. They do all that we can to provide support to those who need a bit of help in finding their feet or who are struggling with their emotional health and wellbeing. Their activities range from practical support, such as help in applying for jobs or making benefits applications, to safe spaces to make new friends.

**Parent Carer Forum** - Cheshire East Parent Carer Forum is led by parents for parents and education. The aim of the Forum is to enable parents and commissioners focus their efforts on effective, high quality support. They also aim to signpost parents to advice and information, to help them through their journey as carers of a disabled child or young person. You may prefer to attend face to face support groups, coffee mornings or you may find on-line forums helpful.

**Local Area Coordinator** - Your Local Area Coordinators work with social workers, can help you get out and about in your community, with working/volunteering, with your home, with money, with making new friends in the community and much more.

**Speech and Language Therapist** - A SALT from CWP





Space4Autism Registered Charity Number: 1189689



# Services for Parent/Carers



## Space4Autism

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



## SEND Advice and Support

Smart Bright Training and Consultancy are an organisation that deliver SEND and Sensory training workshops and individual sessions. They offer information, advice and signposting for parents and carers or other family members.

Sometimes, people feel overwhelmed and are not sure what it is that they need help with, this is something that they can support you with and aid you to work out next steps you would like to consider.

Space4Autism is delighted to be able to offer 1:1 consultations in partnership with Smart Bright Training for those families that would like information and explanation of education, health or care support and processes, perhaps signposting for services for their child or themselves, planning for meetings, advice on educational plans such as SEN Support or EHCPs, early years support and more!



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

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

@Space4Autism

twitter



Space4Autism Registered Charity Number: 1189689



## Space4Autism

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



## 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



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

@Space4Autism

twitter



Space4Autism Registered Charity Number: 1189689

# Autism Training Programme for Parent/Carers



Space4Autism

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



## Crafty Carers

Come and join our new crafty carers group!

Crafty carers will be meeting up between 10am and 12pm, on the 2nd and 4th Thursday of month during term time

We will be trying our hand at all sorts of crafts such as card making, crocheting and needle felting.

Minimum donation £1 for resources.



For more information please email [bookings@space4autism.org](mailto:bookings@space4autism.org)

twitter  
@Space4Autism

Find us on  
Facebook

Space4Autism Registered Charity Number: 1189689



Space4Autism

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



## 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](mailto: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

twitter  
@Space4Autism

Find us on  
Facebook

Space4Autism Registered Charity Number: 1189689



# Fundraisers and Events

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

  
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](mailto:bookings@space4autism.org) to book  
This is an adult only event

You will be able to purchase items on the night

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

 Find us on  
Facebook

 Find us on  
Facebook

Space4Autism Registered Charity Number: 1189689

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

  
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](mailto:info@space4autism.org)

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



 Find us on  
Facebook

 Find us on  
Facebook

Space4Autism Registered Charity Number: 1189689



# 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 Cheshire Clinical Commissioning group (CCG) 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.



### Cygnets

The Barnardo's Cygnets 6 week programme is widely recognised as an award winning parenting support programme. It is now available to parent/carers of children aged 5-18 years who have been diagnosed with Autism.

*6 sessions delivered over 6 weeks for 2 hours per week.*

### Puberty, Sexual Wellbeing and Relationships (PSR)

This is an additional 6 sessions available to parent/carers of children aged 11-18 years upon completion of the Cygnets Course.

*6 sessions delivered over 6 weeks for 2 hours per week.*

### Parent/Carer Autism Skills Programme for parent/carers of school aged children 4yrs+

- What it's really like living with Autism delivered by Ben Simpson (adult on the spectrum)
- Communication
- Sensory
- Food
- Anxiety
- Sleep
- Promoting positive behaviour

*7 sessions delivered over 6 weeks for 2 hours per week.*

### Promoting Positive Behaviour for parent/carers of school aged children 4yrs+

Offers parent/carers a better insight into sensory issues and behaviour, and how small changes can make a huge difference to your child/young person.

*3 sessions delivered over 3 weeks for 2 hours per week.*

### Promoting Good Sleep delivered by Nickie Sutton from Peak Sleep for parent/carers of school aged children 4yrs+

Improve your knowledge and understanding of techniques that can help your child/young person sleep.

*2 sessions for 2hrs then an individual session 1hr 1:1, delivered over 3 weeks.*

### Anxiety Skills Programme for parent/carers of school aged children 4yrs+

An intensive approach aimed to support parent/carers to manage their own and their child/young person's anxieties related to Autism.

*6 sessions delivered over 6 weeks for 2 hours per week.*

### 0-4's Parent Course

This course has been specifically written for parent/carers of children 0-4 who have a diagnosis.

- Introduction to Autism
- Sensory, Food and Toileting
- Behaviour and Emotions
- Meet the Team
- Play and Learning
- Informal lunch and get to know each other better

*6 sessions delivered over 6 weeks for 2 hours per week.*

# Autism Training Programme for Parent/Carers

## Focus on Food for parent/carers of school aged children 4yrs+

This course is looking at issues with food relating to Autism. Building up a picture of your child's development and how making small changes can make a difference.

*3 sessions delivered over 2 weeks for 2hrs per week.*

## Occupational Therapy Individual Sensory Workshops for parent/carers of any child or young person upto the age of 18yrs

These courses have been written and will be delivered by Manchester Occupational Therapy Services Ltd. They are for parent/carers of children/young people ages 0-18yrs (either diagnosed or on the pathway) they will be delivered via zoom and they will all take place in the evening.

Workshops available are:-

**Self-Care Skills** - Explore the areas that relate to the daily self-care skills for toothbrushing, hair washing, hair cutting, nail cutting, bathing / showering and hand washing. • Explore sensory behaviours that may make these areas more difficult to achieve. • Explore strategies to help increase levels of independence within the areas including using sensory strategies and practical advice.

**Dressing Skills** - Explore the areas that relate to dressing skills including the motor skills that are needed to achieve dressing activities. • Explore sensory behaviours that make increasing independence in these areas more difficult to achieve. • Explore strategies to help increase levels of independence within the areas including using sensory strategies and practical advice.

**Toileting Skills** - Explore the areas that relate to toileting skills including clothes management and toilet hygiene. • Explore sensory behaviours that make increasing independence in these areas more difficult to achieve. • Explore strategies to help increase levels of independence within this area including using sensory strategies and practical advice.

**Eating and Drinking Skills** - Explore the areas that relate to eating, drinking including using cutlery and exploring motor skills that are needed for eating and drinking skills. • Explore sensory based feeding difficulties. • Explore developing use of cutlery, and alternative cups and dishes alongside practical strategies.

**Daily routines and Schedules** - Explore the areas that relate to daily routines and how visuals can be beneficial. • Explore sensory behaviours that may make daily routines difficult to achieve.

**Sensory Behaviour** - Explore the sensory systems for tactile, vestibular and proprioceptive processing. • Explore sensory behaviours that may be observed and how sensory strategies can be used to help manage over or under responsiveness within each sensory system.

*Note: The above Occupational Therapy sessions are standalone, you do not need to book them all.*

*Each session is 1.5 hours*

To book on any of the above  
courses please email  
**training@space4autism.org**  
or telephone **01625 617884**

Space4Autism is a registered charity. We deliver over 2,000 activities every year to benefit children, young people and adults living with Autism and their parents and families.



Some of the things we offer:

- Drop In Mon-Thurs 10-3pm
- Practical help and advice
- Social skills groups for children/young people
- An adult social group
- Cooking and nutrition classes
- Art therapy
- Sleep Workshops
- Fun Days for the whole family
- Afterschool Clubs
- School Holiday clubs
- Appointments with local professionals and specialists for advice, including Occupational Therapy, Cheshire East Autism Team (CEAT) and Cheshire East Information and Advice
- And much...much...much more!

*Please visit our website for further details...*

**Space4Autism**

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

Tel: 01625 617884 Email: [training@space4autism.org](mailto:training@space4autism.org) Web: [www.space4autism.com](http://www.space4autism.com)

Charity No: 1189689 © Space4Autism 2019