

Space4Autism

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

info@space4autism.org

01625 617884

Charity Nos: 1189689

WHAT'S ON GUIDE

ASC Adults

May 2023



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 —
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 .



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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

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

Opening Times (Monday—Thursday)

9:00am-3:00pm Eat in or Takeaway

We will be serving

9:00am-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

Sausage Roll £2.00

The Kimuccino Wrap

Deep Fried Chicken Pieces, Shredded Lettuce, Sliced Cucumber and Mayonnaise £2.95

Cheese and Onion Cob with Mini Salad and Chips £4.20

Beef Curry with Basmati Rice, Poppadom and Naan Bread
£8.00

Goats Cheese, Pesto and Red Onion Pithivier with Chips and
Salad £7.00

Portion of Chips £1.50

On Tuesday, Wednesday and Thursday—Don't forget to ask
about our Baked Potato Choices! £3.25

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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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The Queen's Award

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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The Queen's Award



Paddle-Boarding & Sailing Afternoon

Sunday 11th June

2:30pm - 6:30pm

Includes paddle boarding, sailing taster and BBQ

Open to Adults with ASC Diagnosis

Over 18s Only

Carers to accompany and are welcome to join in the activities

If the weather is not suitable for the activities on the day, it will be rescheduled for Sunday 25th June

Meeting at Redesmere Sailing Club:



Redesmere Sailing Club
Congleton Road
Siddington
Macclesfield
Cheshire
SK11 9JU



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PDA Workshop

What is PDA?

How can you support at home and school?

Smart Bright Training will be delivering workshops looking at Pathological Demand Avoidance and how it can be supported within the home and school environments.



26th May

10:00am — 2:00pm

in person at Space4Autism

(there will be a 30 minute break for lunch, the café will only be serving breakfast, this will be available 9:30 –11am)

Or

21st June

6.30pm — 9.00pm

via zoom

To book a place please email training@space4autism.org

Booking is essential



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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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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.

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Smart Bright for Adults

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

Come in 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



20th April
4th May
18th May
8th June
22nd June
6th July
20th July



Sara will also be running appointments over zoom.

Booking is essential, to book your appointment please email
bookings@space4autism.org

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People Plus Drop In

People Plus will be running a monthly drop in at Space4Autism.

They offer a support service to anyone aged 18+ in receipt of a direct payment. Please see below some of the support they can offer:

- Support to set up direct payments
- Budget calculations (to advise of PA payrate)
 - Supporting to set up a care agency
- Support with recruiting and setting up a PA
- Support with review of your direct payment
 - Support with audit.
 - Employment issues
- General advice around your direct payment.

The sessions will be 10am—3pm on the first Wednesday of the month.



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BIRD Talk

We are very pleased to let you know that BIRD have very kindly offered to do a talk for members of Space4Autism.



4th May 2023
6:30 - 8:00pm
Via Zoom



To book on to this session please email
bookings@space4autism.org

BIRD are a charity that are dedicated to improving the lives of people of all ages with learning difficulties, conditions such as Autism and brain injuries regardless of the severity of condition or age.




They offer unique treatment that complements the more traditional methods such as medicine and adapted education. BIRD's ultimate aim is to radically improve the lives of our patients and their carers.

For many of the people they have been able to help – it was thought that no further improvement was possible. Thankfully BIRD can often manage to markedly improve the lives of the great majority of the people who go to them.

www.space4autism.com

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6.30pm — 9.00pm
via zoom

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Booking is essential

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Fundraisers and Events

PIE, PEA & QUIZ *Night*

**We are pleased to announce the return of our
Quiz Night!**

Each ticket will include a Pie and Pea Supper.

**Wednesday 7th June
Start At 6:30 PM**

Tickets £7.50

**Soft drinks will be available to buy on the night,
you are welcome to bring your own alcohol
should you wish.**

This event is for over 18's only.

**For the link to book please email
bookings@space4autism.org**

**Space4Autism, 15-17 Mill Lane, Macclesfield,
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Fundraiser Fashion Show

The Fabulous Moulina are once again joining us at
Space4Autism.



This event will take place on :
28th June 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

www.space4autism.com

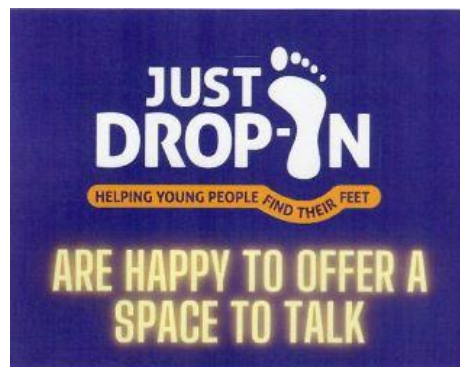
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OTHER SERVICES FOR ASC ADULTS AND YOUNG PEOPLE



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.

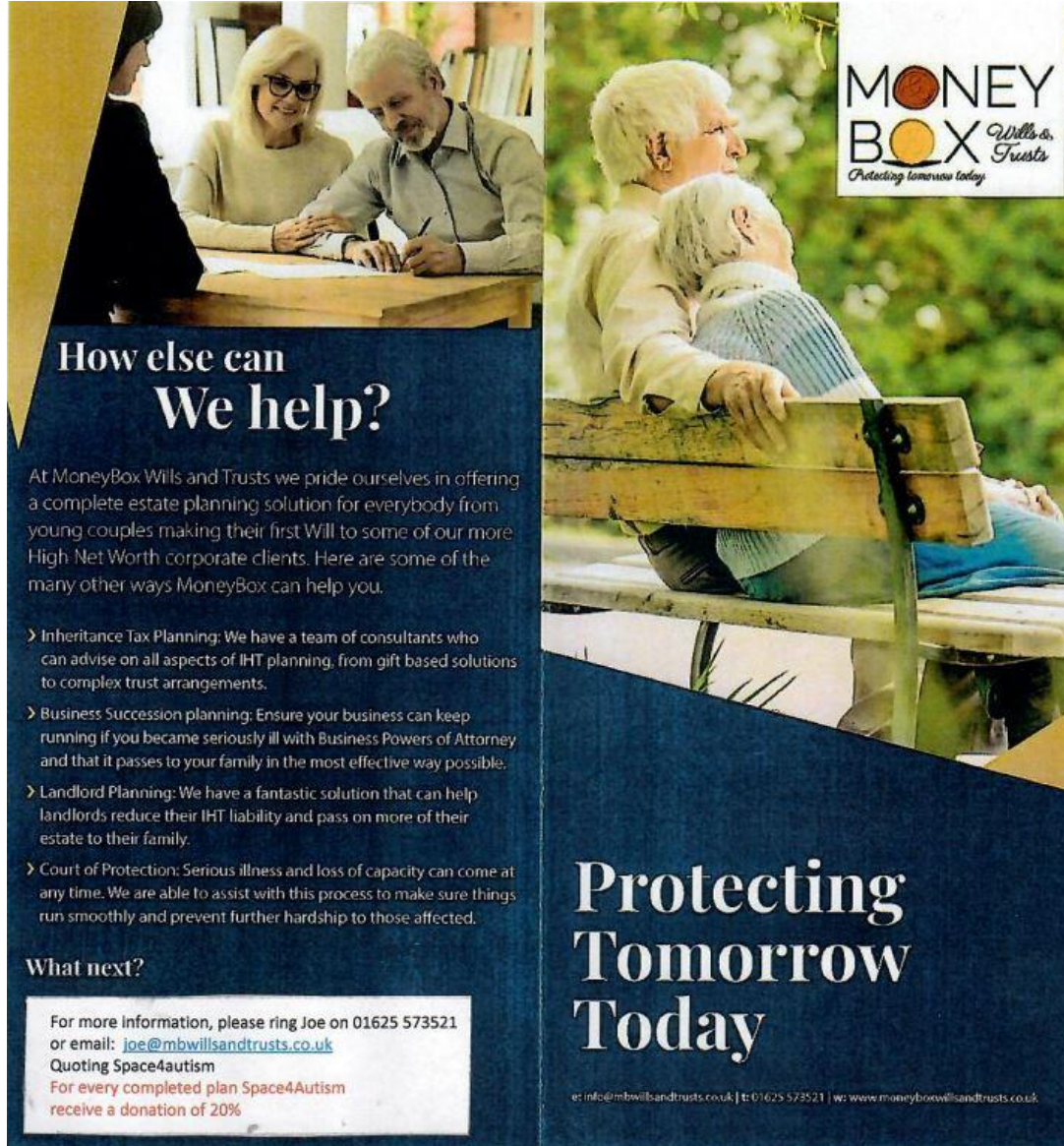
For more information or to refer, please contact us directly at:
cwp.ASDService@nhs.net

Helping people to be
the best they can be



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OTHER SERVICES FOR ASC ADULTS AND YOUNG PEOPLE



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%

MONEY BOX Wills & Trusts
Protecting tomorrow today

Protecting Tomorrow Today

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