

Space4Autism

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

info@space4autism.org

01625 617884

Charity Nos: 1189689

WHAT'S ON GUIDE

Parents/Carers

May 2023



S4A Drop In open on Wednesdays 10am - 3pm



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.

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

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

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)

People Plus Drop In — first Wednesday of each month 10am - 3pm

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 .



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Services for Parent/Carers

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



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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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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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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Services for Parent/Carers

Please note SUSO will be joining us from March

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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.

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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** - Employment Support Services – New Leaf Contract until April 2023
Shophmobility Services (hiring of mobility & electric or manual wheelchairs)

**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

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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

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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
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Autism Training Programme for Parent/Carers



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Crafty Carers

Come and join our 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.

Each attendee will get a coffee and cake.

Minimum donation £1 for resources.



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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.

 **PeoplePlus**
skills for growth

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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 Cheshire and Merseyside Integrated Care Board, Cheshire East Place have 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.



Cheshire and Merseyside

Occupational Therapy Individual Workshops - delivered by Manchester Occupational Therapy Services Ltd.

These sessions 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).

These courses are offered to those parents who's children and young people are either on the pathway for a diagnosis or who are diagnosed, we will need evidence of either to book this course.

All courses are delivered face to face at Space4Autism as they are interactive and work better in person.

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: you do not have to book all the workshops above and each session is 2hrs

Autism Training Programme for Parent/Carers

Cygnet

The Barnardo's Cygnet 6-week programme is widely recognised as an award-winning parenting support programme. It is now available to parents/carers of children aged 5-18yrs **who have been diagnosed with Autism. To attend this course we must see evidence of diagnosis of ASC.**

*6 sessions delivered over 6 weeks for 2 hours per week, **face to face at Space4Autism.***

Parent/Carer Autism Skills Programme

7 sessions delivered over 6 weeks for 2hrs per week. They are held face to face at Space4Autism apart from the 1st session which is delivered by Ben Simpson, an adult with ASC, via zoom.

This course is offered to parents whose children and young people are either on the pathway for a diagnosis or who are diagnosed, we will need evidence of either to book this course.

- What it's really like living with Autism – delivered by Ben Simpson (adult on the spectrum)
- Communication Session
- Sensory Session
- Focus on Food
- Anxiety Session
- Promoting Positive Behaviour
- Good Sleep

*7 sessions delivered over 6 weeks for 2 hours per week, **delivered face to face at Space4Autism. Apart from the 1st session.***

Promoting Positive Behaviour and Sensory Knowledge and Skills

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.

This course is offered to those parents whose children and young people are either on the pathway for a diagnosis or who are diagnosed, we will need evidence of either to book this course.

*3 sessions delivered over 3 weeks for 2 hours per week, **face to face at Space4Autism.***

Promoting Good Sleep – 1:1 appointment delivered by Peak Sleep

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

This course is offered to those parents whose children and young people are either on the pathway for a diagnosis or who are diagnosed, we will need evidence of either to book this course.

*2 sessions delivered over 2 weeks for 2hrs per week, **face to face at Space4Autism** then a 1:1 bookable with Nicki from Peak Sleep over zoom.*

Anxiety Skills Programme – delivered by Autumn Psychology

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

This course is offered to those parents whose children and young people are either on the pathway for a diagnosis or who are diagnosed, we will need evidence of either to book this course.

*6 sessions delivered over 6 weeks for 2 hours per week, **face to face at Space4Autism.***

0-4's Parent Course

For parent/carers of younger children diagnosed with ASC. This course will help you understand your little ones and give you some tips and advice to help you through the early years.

This course is offered to those parents whose children have a diagnosis of Autism we will need evidence of this to book this course for you.

- What is Autism?
- Intro to Play and Learning
- Intro to Sensory Processing Differences
- Intro to Communication, Emotions & Behaviour
- Strategies for Comm, Emotions & Behaviour
- Informal lunch, meet the team and get to know each other

*6 sessions delivered over 6 weeks for 2 hours per week, **delivered face to face at Space4Autism.***

Focus on Food – delivered by a specialist nurse & play therapist

3 week course focusing on food, building a picture of your child's food development and how making small changes can make a difference. The 1st session is Ben Simpson (ASC adult) talking about food and mental health on the autism spectrum.

*3 sessions delivered over 3 weeks for 2 hours per week, **delivered face to face at Space4Autism. Apart from the 1st session which is in the evening on zoom.***



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,
Cheshire, SK11 8NS**



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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

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Autism Training Programme for Parent/Carers



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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.

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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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