

Space4Autism

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

info@space4autism.org

01625 617884

Charity Nos: 1189689

WHAT'S ON GUIDE

Parents/Carers

May 2022 (CIO)



S4A Drop In open on Wednesdays 10am - 3pm



Space4Autism

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



Open Space

Monday - Thursdays 10am - 3pm

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

Café – Open Monday - Thursday 7am - 3pm (open to the public)

1:1 Advice and Support Appointments – Monday - Tuesday 10am - 12pm (booking essential, please email info@space4autism.org)

Fried-ay Breakfast – Friday mornings 7:00 - 11:00am

Occupational Therapist – Information/advice for parents/carers of children – (booking essential, please email bookings@space4autism.org)

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 on the 4th Thursday of each month 10am -12pm - (booking essential, please email bookings@space4autism.org)

Department of Work and Pensions – every Wednesday 1 - 4pm – currently via telephone (booking essential, please email info@space4autism.org)

Coffee, Cake, Chat and Learn – 3rd Tuesday of the month (booking essential for treatments, please email bookings@space4autism.org)

ASC Counselling Space for Adults – Every Thursday 8am - 1pm (booking essential, please email info@space4autism.org)

SEND Advice and Support 1:1 appointments – 10am - 2pm (booking essential, please email info@space4autism.org)

Space4Carers Lunch – 12 pm–1:30pm (booking essential, please email bookings@space4autism.org)

Space4Carers Project – email bookings@space4autism.org for a booking form and information

Walking Group – 4th Wednesday of the month (booking essential, 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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S4A Café

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Carer's Cookery Classes

Come and enjoy our monthly cookery lessons with our resident Chef Bozzie.



Once a month, on a Friday morning
9:30 - 11:30am

There will be a variety of cooking styles and skills to learn
i.e. pastry,
dessert, main courses, soups,
fish, vegetarian, gluten free,
dairy free etc.

To find out more and to book please email:

bookings@space4autism.org

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15-17 Mill Lane
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Sessions must be pre-booked.

www.space4autism.com



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Services for Parent/Carers

S4A CAFE

Opening Times (Monday—Thursday)

7am-9am Takeaway only

9am-3pm Eat in or Takeaway

We will be serving

7:00am-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



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S4A CAFE

Opening Times (Friday)

7am-9am Takeaway only

9am-11am Eat in or Takeaway

We will be serving

7:00am-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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Space4Carers

Are you a carer for a child or adult on the Autistic Spectrum?

Do you need a short break from your caring role?

Do you live in Cheshire East?

If the answer is Yes then Space4Carers is for you

We meet up for various activities either in our Space Centre or out on socials

They will be held at various times so working carers can attend too

Activities inc:

Carers weekly lunch,, Theatre trip, Meals out, EHCP 1:1 support, Yoga, Zumba, Mindfulness and Relaxation sessions, Cookery Classes, Boot Camp, Bowen Therapy, Gardening and Nature



To find out what activities are taking place and request a booking from please email Space4Autism on: bookings@space4autism.org

You must be a member to access Space4Carers

www.space4autism.com

Space4Carers has been made possible with a grant from



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S4A Café

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Space4Carers Free weekly lunch club



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

Would you like to join other parent/carers for lunch?

If so then come and join our new lunch club.

Every Tuesday during term time 12.00 - 1.30pm.

We can only take a table of 6 due to social distancing, therefore, you would only be able to book for the lunch club once a month to allow us to offer this to as many parent/carers as possible.

If you would like to book please email bookings@space4autism.org.

Lunch will be 2 courses either starter/main course, or, main course/cake. Refreshments also included.

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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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As well as being able to speak to the Space4Autism Outreach Team, also in attendance will be:



Nadia Ezzamel - Specialist Educational Psychologist - Autism



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

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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Space4Carers Meals Out

Are you a carer living in Cheshire East? Would you like the opportunity to join us for a meal out? This is a great opportunity to take a break from your caring role whilst meeting with other carers in a similar situation to have a giggle, let your hair down and share experiences.



Dates and Times:
26th May 2022—Poynton
7pm - 9pm

Venue to be confirmed

Spaces are limited and booking is essential.
For information and to book a place please email
bookings@space4autism.org



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Relaxation Sessions

As part of our Space4Carers project, Sue will be running relaxation therapy appointments in which you will have a choice of 30 minute massages. This will be a great opportunity to take some time for yourself and walk away feeling revitalised.



Spaces are limited and booking is essential.
For information and to book a place please email
bookings@space4autism.org



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Services for Parent/Carers



Bowen Technique By Kathy

CBS Bowen Technique Practitioner
Advanced Practitioner in NST
(Neuro Structural Intergration Technique)
Lower Limbs, Shoulders, Pelvic & Hips,
Sports, Spinal, Cranial,

ARE YOU IN PAIN?
*ARE YOU GETTING SPORTS INJURIES? NOT AS MOBILE AS YOU WOULD LIKE?
BOWEN TECHNIQUE MAYBE YOUR ANSWER!!!
Don't stay in Pain... Call me today!*

07852 252001 E: kathy@bowentechniquebykathy.co.uk



S4A Here at Space4Autism, Please enquire within, members only
non members can contact Kathy 07852252001 to book individual treatments **S4A**

- Back Pain, Neck Pain and all Spinal Conditions
- Asthma and Respiratory Conditions • Repetative Strain Injuries
- Digestive and Intestinal Conditions like IBS
- Leg, Knee, Ankle & Foot Pain • Arthritis and Joint Conditions

4 BOWEN Pain Relief

All Kinds of Conditions
All Kinds of People

Suitable for anyone from new born babies to the elderly & everyone in-between



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Stress and Anxiety Group Sessions

These sessions will look at things you can do to help yourself and hypnosis to change your mindset



ALISON RALPH

HYPNOTHERAPY & COUNSELLING

10am - 12pm

1st October 2021
7th January 2022
1st April 2022
24th June 2022

Booking is essential as there are limited spaces available

Only available to carers as part of our Space4Carers Project

For more information and bookings please email
bookings@space4autism.org

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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



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1:1 Advice and Support Appointments

**Mondays and Tuesdays
10-12noon**

We are now taking bookings for 1:1 face to face or phone Advice and Support Appointments for parent/carers 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 to book your appointment



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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 info@space4autism.org

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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



5th May
19th May
9th June
23rd June
7th July
21st July



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Occupational Therapy Appointments for Parent/Carers of Children

Looking for advice or support on your child's activities of daily living at home or school?

Wanting to learn more about sensory processing and how using a 'sensory lens' can help to identify your child's strengths and challenges in daily life activities? Please email for dates and availability. You must be registered with Space4autism to attend and either have a diagnosis of ASC or be on the waiting list. (appointments are 30-60 minutes in length)

This is an opportunity to meet with a specialist Occupational Therapist from the team based at Pavilion House Children's Service at Space4Autism.



To find out more or book please contact Space4Autism on:

bookings@space4autism.org

APPOINTMENTS MUST BE BOOKED

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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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Gardening and Nature Project

We are delighted to announce that Kate will be delivering some workshops at Space4Autism

13th January 2022 - Garden Diary

10th March 2022 - "Fun with Grow Your Own Food"

19th May 2022 - "Planting for a Summer Display"

These workshops are available to Carers and ASC Adults, and, are free to attend. To attend these sessions you must be a member of Space4Autism.

These sessions are 6:30 - 8:30pm

Please email for information and to book a place

bookings@space4autism.org

Booking is essential



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Space4Carers Quiz

We are pleased to announce that our quiz night is back.

11th May 2022

7.00 - 9.00pm

To book please email bookings@space4autism.org

A great opportunity to test your self whilst having fun!



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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 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.



Cygnnet

The Barnardo's Cygnnet 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 Cygnnet 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
- Behaviour and Emotions
- Play and Learning
- Sensory, Food and Toileting
- Meet the Team
- 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 maybe 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...

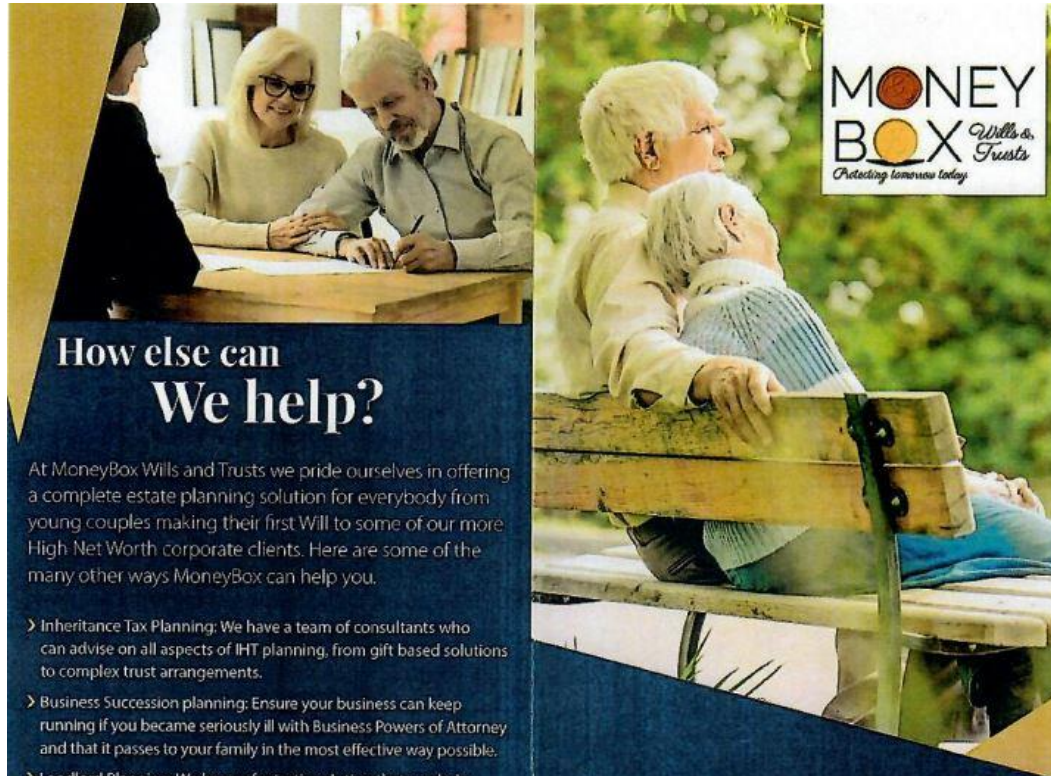
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Tel: 01625 617884 Email: training@space4autism.org Web: www.space4autism.com

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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

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

Funday's and Fundraisers

Platinum Jubilee Celebration

Come and join us at Space4Autism in celebrating our Queen's Platinum Jubilee!

Thursday 2nd June
4:30 - 7:00pm

Booking is essential.

Each ticket will include a free burger/hotdog, pudding and a drink.

To book your ticket please email
bookings@space4autism.org



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Circus Starr

Circus Starr have again very kindly given Space4Autism a number of free tickets for our members to enjoy.

The event will take place on 10th June 2022 at 7pm.



To apply for tickets please email
info@space4autism.org

Please note that ticket numbers are limited.



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