

# Space4Autism

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

[info@space4autism.org](mailto:info@space4autism.org)

01625 617884

Charity Nos: 1141860

## WHAT'S ON GUIDE

Our Usual Drop In will now be open from  
September Monday – Thursday 10-3pm

We are still distancing so only have limited tables  
for the café and open space so if you would prefer  
to book please let us know

# For Parent/Carers and ASC Adults



**Space4Autism**  
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SK11 7NN



The Queen's Award

## Open Space

**Monday-Thursday 10-3**  
Open to anyone who is or has a family member with ASC.  
We are also inviting professionals throughout each month for you to come  
Please call 01625 617884 or email [info@space4autism.org](mailto:info@space4autism.org)

**Cheshire and Warrington Carers Trust Carers Coffee Morning**  
1st Wednesday of every month 10-12am

**Art Therapy– Adults**  
Every Tuesday and Thursday 1-3pm

**1:1 Advice and Support Appointments–** Monday-Thursday 9.00am-1.00pm

**Bozzie's Breakfast Club–** Friday's 9.30-11.00am (pre-booking essential)

**Occupational Therapist**  
Information/advice for parents/carers of children– please call or email for availability

**Sleep Clinic** with Nicki Sutton, call/email for dates

**CEIAS–**Cheshire East Information and Advice service  
3rd Thursday of each month 10-12pm Pre book through CEIAS

**Talking Therapies– Step 1** drop in, 3rd Thursday of each month 1-2.30pm, come and talk to the team about housing, benefits, isolation etc. (Pre book through Space4Autism)

**CEAT–** Cheshire East Autism Team, a chance to speak to someone from the team 1:1 on the 4th Thursday of each month 1-3pm (booking essential through Space4Autism)

**CEAT–** Cheshire East Autism Team Workshops with Alison Lyndop (SALT)- 2nd Wednesday of each month 10-12

**Department of Work and Pensions–** every Wednesday 1-4pm

**ASC Training Programme –** see Blog for more details

**ASC Adults Support Group–** 1st Wednesday of the month 1-3pm



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## 1:1 Advice and Support Appointments

**Monday to Thursdays**  
9am to 4pm

We are now taking bookings for 1:1 face to face Advice and Support Appointments for parent/cares 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
- Volunteering and employment opportunities
- Accessing statutory services eg obtaining carers assessments

And much more besides



Bookings essential  
Ring 01625 617884 or email [info@space4autism.org](mailto:info@space4autism.org) to book your appointment



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Coming soon



## S4A Café

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### Bozzie's Breakfast Club

Why not start your Friday with a lovely breakfast at  
Space4Autism  
**9.30am-11.00am**  
An ideal opportunity to meet new friends

£6 per person to attend.

Places must be booked in advance

This will be every Friday during term time and is  
open for all to attend

Price includes: Bacon, sausage, toast, fried egg,  
beans, hash browns, black pudding fresh juice, tea  
and coffee.

Gluten free options available

Please email [info@space4autism.org](mailto:info@space4autism.org)



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### S4A Café MENU

*From Mon-Thurs 1st Sept to 10th Sept*

*Bakery Selection open from 10am-3.30pm*

Chocolate Brownie  
Flap Jack  
Rocky Road  
Chocolate Crunch  
Caramel Short Bread  
Doughnuts  
Cinnamon and Oat Cookies  
Melted Moments  
Fresh Scones with Jam and Clotted Cream £1.80  
Sweet Meadow Ice Cream cones 1 scoop £1.80/2 scoops £3  
Box of 4 selective cakes £4.00

#### Lunch Menu

**Booking Advisable 12.30-2pm**

Soup and a Roll £2.50  
Cheese and Onion Cob, salad and Chips £3.50  
Spaghetti Bolognese and Garlic Bread £6.00  
Wild Mushroom Risotto served with Truffle Oil £6.50  
Vanilla Panna Cotta and Minted Strawberries £3.25

The Bakery will still be open for takeaway cakes, cookies, hot and cold drinks, ice cream and fresh bread and rolls

You can come in and sit in the café for coffee and cake any time from 10-3.30pm

If you have a booked a table in the café you will only be able to stay in the café area and within your table area, no toys will be available but you will be able to use the toilet facilities—Payment by debit/credit card only

## Parent/Carers and ASC Adults



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### *Department of Work and Pensions Appointments*

**From 19th August 2020**

Space4Autism have been working closely with the DWP to improve outcomes for people with Autism.

One of the work coaches David will be available for half hour phone appointments. Once restrictions are lifted these will be face to face in the centre.

These appointments are only available to people who are in receipt of the following benefits and are wanting to find employment or having difficulties with the following benefits.

**Universal Credit  
Job Seekers Allowance  
ESA**

Please email: [info@space4autism.org](mailto:info@space4autism.org) to book your appointment.

For any other benefits advice i.e. DLA or PIP please contact the Disability Information Bureau or Citizen's Advice Bureau.



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## For ASC Adults



### **Workspace for Autism**

The **Workspace for Autism** programme blends skills development in the form of:

- Employability training programme - CVs, Interview Skills etc
- Careers guidance - who is hiring, how transferable skills can be utilised
- Assisted job search - identifying opportunities
- Mentoring and life coach services - working towards goals

The programme is aimed at those candidates who require a more personalised service and includes the following elements:

- Lack of knowledge regarding new/emerging occupations
- Beliefs relating to moving away from benefits and use of in work benefits
- Beliefs relating to employer reactions and value for unemployed people
- Understanding how best to communicate with potential employers
- Improving opportunities to sustain employment
- Activities to support independent travel
- Activities to support working with recruitment agencies

In addition to the above sessions will focus on:

- a) Self presentation for Interviews and Job Fairs
- b) Employment Placements and Volunteering
- c) Self Perception and how this relates to confidence and self esteem

Candidates receive 1 to 1 support over a 12 - week period.

This programme commences in September 2020, with initial meetings at:  
**Macclesfield Library, Jordangate, Macclesfield, Cheshire, SK10 1EE**


The drop in is a chance to meet the team and find out about the programme.

**For further information, please contact your work coach**

# ASC Adult Services


Currently being run via Skype

If you feel you would like an assessment for ASC please visit your GP first who will refer you to this service




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### ASC Adult Support Group



**Dates**  
(all sessions are 1-3pm)

**6th Nov– Discussion then 1:1**

**4th Dec– Topic TBC**

**8th Jan– Discussion**

**5th Feb Discussion and 1:1**

**4th March– Topic**

**1st April– Discussion then 1:1**

**6th May– Topic**

**3rd June– Discussion then 1:1**

**1st July– Topic**

**5th Aug– Discussion then 1:1**

**2nd Sept– Topic**




This group will be run by the Adult Assessment and Diagnosis Team from the NHS

If anyone wants to book a 1:1 session, if you have something to discuss with them in private, please book an appointment with Space4Autism on [info@space4autism.org](mailto:info@space4autism.org)

These appointment's will be 15 minutes long. There is only 4 appointments at the 1:1 sessions, they area happy if you want to bring your concerns written down or emailed in advance if this makes it easier to communicate with them.



**This is for ASC diagnosed adults only 18+**

**01625 617884**  
**www.space4autism.com**

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## 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**

Helping people to be  
the best they can be



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

# ASC Adult Services



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## *Counselling Space For ASC Adults*

Jodie is with us to provide  
counselling sessions for our ASC adults.

Jodie is an accredited CBT Therapist with  
extensive knowledge of Autism

**Criteria:** You must be on the pathway or have a diagnosis of  
ASC and be a member of Space4Autism.

To express an interest please email:  
[info@space4autism.org](mailto:info@space4autism.org)



To find out more call  
01625 617884

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

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## *Counselling Space For ASC Adults*

### **About Me**

My name is Jodie and I am a cognitive behaviour psychotherapist.  
I am passionate about providing accessible support for autistic  
people.

### **About My Training**

I have completed the following courses:  
BA Joint (hons) Childhood Studies and English  
MA Social Work  
PG Dip in Cognitive Behaviour Psychotherapy  
Masterclass: CBT and Autism, by Tony Attwood

I am accredited by the British Association for Behavioural and  
Cognitive Psychotherapies (BABCP).

### **About My Experience**

I have personal experience of autistic people in my life and I have  
worked with autistic people since 2008 in education settings,  
criminal justice and mental health services.

To find out more call  
01625 617884  
[Claire@space4autism.org](mailto:Claire@space4autism.org)

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



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# ASC Adult Services

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### Galaxy 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.£5 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: [info@space4autism.org](mailto:info@space4autism.org) for a form or to find out more.

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### Employment Support Course

Are you aged 21-30 years?

Do you have a diagnosis of Autistic Spectrum Condition (ASC)?

Are you un-employed?

All sessions will run from 10-12pm at the Space Centre  
Once you have completed the training we will then be selecting two of the trainees for work experience at the Radisson Hotel in Manchester (transport and transport training will be covered)



To find out more please call **Space4Autism** on **01625 617884**  
[info@space4autism.org](mailto:info@space4autism.org)  
[www.space4autism.com](http://www.space4autism.com)

This exciting opportunity is made possible with funding from the MPI Foundation

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# Services for Parent/Carers, Children and Adults with ASC

Being run via Zoom and Inhouse

Starting again soon



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## Art Sessions

Our resident artist Jackie will be providing some Art sessions

**Adults**– Tuesday and Thursday 1-3pm  
**Must be pre-booked.**

**Children** age 8-14 years  
Tuesday and Thursday 3.30-5pm  
**Must be pre-booked and paid at the time of booking**  
**£3 per child**



**To find out more call Space4Autism on 01625 617884**  
**info@space4autism.org**

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## Yoga Classes

Specialist Yoga classes with Rebecca from Guest Fitness for members of Space4Autism including family members 18yrs+



It helps with anxiety, depression, mental health and a place to come and unwind from the world

**To find out more call Space4Autism on 01625 617884**  
**info@space4autism.org**

**www.space4autism.com**

Alternate Wednesday's term time only  
7.00-8.30pm

£5 per person, payable at the door.



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# Services for Parent/Carers, Children and Adults with ASC

Starting again soon



## S4A Café

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### Social Clubs







Space for Kids, The Saturday Club, Fun Friday and Space for You are tailor made Social Clubs for children and young people aged between 5-18yrs who are on the Autistic Spectrum.

As well as being a time to socialise in a safe environment, the clubs incorporate a programme of activities designed to help your child or young person to become more independent.


It also aims to provide a short period of respite for carers. Our activities provide loads of fun whilst also teaching your children and young people key skills, such as team work, social skills and independence.


**SPACE4AUTISM'S** mission is to run clubs specifically to enhance the lives of children and young people on the Autistic Spectrum. All our clubs are run by trained professionals who all carry enhanced DBS checks.

**SPACE4AUTISM** aims to offer a safe environment



Please complete a Club Registration Form to register interest in your child or young person to attend our exciting clubs - **we will also need to have a copy of either your assessment or diagnosis of Autistic Spectrum Conditions, you will not have access to the clubs until we have seen this (this will be shredded once seen, also, we cannot accept children into the clubs who only have a diagnosis of ADHD**

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## Space4Autism



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### S4A Football

We have our own Football Club here at Space4Autism Suitable for children aged 9-18yrs. 1st Monday of each month at Fallibroome Academy  
Priory Lane  
Macclesfield  
Cheshire  
SK10 4AF  
7.00-8.30pm  
Run by the fantastic coaches from Macc Juniors Football Club and supported by Space staff and volunteers.



**To find out more call  
Space4Autism on  
01625 617884  
info@space4autism.org**

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# Services for Children and Families



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## Afterschool Club

The afterschool club is for the whole family to attend.

**Monday-Thursday  
3.30pm-5.30pm**  
during term time.

This is a chance for the whole family to come together for a chat, chill and play after school (this includes siblings)  
£2 for first child, additional siblings £1 each to attend, parent/carers are free but the cafe will be open for light snacks and refreshments. We will have games, crafts, Lego, trains and more









**we ask parent/carers to supervise their children at all times.**

These sessions are open to all ages including college students who can attend on their own.

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## Mission Impossible




**Learn, Discover & Develop your skills**  
Test your wits and develop your skills at S4A with **Adventures Are Us** indoor team building activities open to all including siblings ages 11-16 years.

We have created a new education challenge game teaching children more about the Great Outdoor whilst still being either indoors or out. Starting October 2020

The games have multi levels that challenge both physical and cognitive learning undertook in small teams with the support and encouragement of S4A staff & our adventure leaders in a safe fun environment.

- Sessions will run for 2 hours at Space4Autism alternate Saturday afternoons during term time.

To book your place please email [info@space4autism.org](mailto:info@space4autism.org)

**Note: you must live in Cheshire to access this activity**



Supported with a grant from the following organisation's





Darren Thomas - Adventures Are Us Limited - Sheffield -UK  
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# Parent/Carer and Professional Services

## Currently being run via telephone

## Currently being run via Zoom



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*Occupational Therapy Drop In for 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 or call 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)



**To find out more or book please contact Space4Autism on**

**01625 617884**  
**info@space4autism.org**  
**www.space4autism.com**

**APPOINTMENTS MUST BE BOOKED**

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

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*FREE Autism Awareness Training for professionals/Schools/Businesses etc*

Do you want to learn more about Autism Spectrum Condition's (ASC)?  
Do you belong to a: GP Practice, school, college, business, council, care organisation or any other profession/service

The training will be delivered by Ben Simpson – an adult with ASC who will speak to the attendees about "What it's really like"

If you would like Ben to come to your workplace please email  
[info@space4autism.org](mailto:info@space4autism.org)

These training sessions are free to all of the above organisations and are supported by



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# Parent/Carer Services

Currently being run via Zoom



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## Space4Carers Monthly group

**New group starting in  
September 2020**

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

**Do you need a short  
break from your caring  
role to come and chat  
with other carers in a  
similar situation?**



**To find out more email  
Space4Autism on  
info@space4autism.org**

**www.space4autism.com**

**If the answer is Yes then  
Space4Carers  
is for you**

**You must be a member to access  
Space4Carers**


**We meet up on the 3rd  
Thursday of the month  
6.30-8pm  
At our Space**

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Currently being run via Zoom



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## Forest Tribe




*Zoom meeting* - Tuesday 22nd September 2020 - (time to be decided)

Virtual Roundtable to discuss development of show and support health and wellbeing Post-Covid-19.

**FOREST TRIBE THEATRE WILL BE CREATING A BESPOKE IMMERSIVE THEATRE SHOW DESIGNED SPECIFICALLY FOR CHILDREN WITH AUTISM**

Forest Tribe Theatre will be running an informal virtual information evening to welcome their work to parents, carers, children and volunteers. The evening is to listen and discuss ways to create a more inclusive experience for those on the autistic spectrum within neuro-typical spaces. Debbie Bandara the Artistic Director of Forest Tribe Theatre, would like to listen to you and hear your voice about the challenges and being to support your children's health and wellbeing through arts and creativity. She wants to know how to support the areas that might need development when creating completely new type of theatre - a "new" normal. Such questions may include: - What is a successful theatre show for you and your children? - What do your children find the most interesting (interaction, escape rooms, - What other aspects are important to the experience of theatre? - What information would help support the transition into a theatre space? - How would you like the information to be accessed? - What elements would appeal to your children (sound, touch, smell etc) It will be very informal with opportunity - an honest conversation.

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Closed due to Covid-19



**Parent Carer Information & Support Service**

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## Monthly Coffee Morning



If you care for a child or young person with additional needs and would like to meet other parent carers please join us. This is not an Autism Specific group.

A chance to chill and chat and enjoy a break for a couple of hours.

Speakers from local organisations.

Find out about how we can support you.

**All Welcome.  
Friendly and Informal.**

**Please enquire if school holidays.**



**Make new friends  
Enjoy a break**



**Find out about your Local  
Parent Carer Forum**



**Please join us on  
the first Wednesday of the month at:**

**Space4Autism  
15-17 Mill Street  
Macclesfield SK11 7NN**

**10.00am to 12.00pm  
We look forward to seeing you!**

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



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@cheshirecarers1

Tel: 01606 352834  
Email: [dcd@cheshireandwarringtoncarers.org](mailto:dcd@cheshireandwarringtoncarers.org)  
[www.carers.org/cheshire](http://www.carers.org/cheshire)

Cheshire and Warrington Carers Trust is a Registered Charity, Number 1092606 and a Company Limited by Guarantee, Number 4172914



## 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 Eastern Cheshire Clinical Commissioning Group 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 parents/carers of children aged 5-18 years who have been diagnosed with Autism.

*6 sessions delivered over 6 weeks for 3 hours per week.*

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

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

*6 sessions delivered over 6 weeks for 3 hours per week.*

*On completion of the Cygnets/PSR Course you can then be invited to the wider Parent/Carer Training Programme. This programme is also available to those families who are currently waiting for a diagnosis.*

### Parent/Carer Autism Skills Programme

- What it's really like living with Autism
- Communication
- Sensory
- Food
- Anxiety
- Sleep
- Promoting positive behaviour

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

### Sensory Knowledge and Skills

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

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

### Promoting Good Sleep

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

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

### Promoting Positive Behaviour

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.

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

### Anxiety Skills Programme

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

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

### Supporting Siblings

Aimed at siblings aged 10-16 years to provide an improved understanding of Autism and how this can affect a brother or sister. This will be delivered in an informal 'play' environment and lunch will be provided with access to our Staff team.

*1 x 6 hour session on Saturday or Sunday*

**To book on any of the above courses please email**

Email  
[info@space4autism.org](mailto:info@space4autism.org) for  
more information

*Andy Crosby & Pete Valentine*  
**ROCKETWHAM!**  
ELTON JOHN & GEORGE MICHAEL DOUBLE SHOW



**TEAM VALENTINE**

IN CONJUNCTION WITH SHRIGLEY HALL  
& THE ROCKETMAN

BRING YOU A CHARITY NIGHT LIKE NO  
OTHER IN AID OF SPACE4 AUTISM  
**SATURDAY 27TH OF FEBRUARY**

**TICKETS ON SALE NOW £39.50**

Tickets include Show entry- 3 course meal & coffee

TICKETS available on :07766137970 or Email:: caro\_beth@hotmail.com

SPECIAL RATE ON B&B IF YOU WANT TO MAKE A NIGHT OF IT ! SIMPLY CALL: 01625 575575 QUOTE SPACE4AUTISM .



JOIN US ON FACEBOOK SPACE 4 AUTISM CHARITY EVENT

**SHRIGLEY HALL HOTEL & SPA MACCLESFIELD SK10 5SB**