

Charity Policy 2021

We receive lots and lots of requests for worthwhile causes, whilst we would love to help everyone, we have decided to support two major charities that are very local to us, in our immediate neighbourhood.

Our chosen charities:

The Wingate Centre

The Wingate Special Children's Trust is an independent charity devoted to enriching the lives of children and young people with all levels of physical and learning disability or disadvantaged children. The Wingate Centre, located in Nantwich, has specialised accommodation and a 7,000 square foot, fully fitted gymnasium. This combination of facilities is unique and complementary as gymnastics is particularly helpful to people with disabilities as it helps develop core physical, cognitive, and emotional skills and develops self-esteem through achievement, encouragement, and recognition.

Established in 1988 by parents of children with a range of disabilities who learnt the importance and benefits of gymnastics for their children. The Trust has since evolved into a national centre attracting visitors from special and mainstream schools, voluntary organisations, and support groups both locally and nationally.

The 23-bedroom short break residential centre can accommodate up to 48 children and carers at any one time. With the extensive range of equipment on site, the Centre is able to cater for children with multiple and profound disabilities as well as those who demonstrate challenging behaviour. At the Wingate Centre, everyone is able to enjoy a holiday with their friends!

<https://www.thewingatecentre.co.uk/about-us/background-and-history>

Cheshire Autism Practical Support

ChAPS was started in April 2010 by three parents who all have children on the spectrum.

In 2013 they became a limited company and registered charity. They work hard to provide what they do because they know how important families find the information and services available - they are essential to the future wellbeing of the children they support!

Below is a list of advice, practical support and services that ChAPS offer across Cheshire for all families with or without a diagnosis:

- Monthly parents meetings.
- Positive parenting courses helping with behaviour, anxiety, PDA etc.
- Activities for children, young people and adults on the spectrum.
- Facebook groups for support, signposting and advice.
- Intensive social skills classes for children.
- Mindfulness courses increasing wellbeing for parents and children.
- Advocacy to help you obtain your legal rights.
- Website full of information for parents and professionals.
- Social events for adults on the spectrum.
- Counselling for parents and people on the spectrum.
- Employability qualifications.
- Attention Card and Autism Code Keyring.
- Lego and Play Therapy for children on the spectrum.
- Social skills and independence training for adults.

<https://www.cheshireautism.org.uk/>

