



**C.A.P.S.**  
Cavan Autism Parents Support Group



## March Newsletter 2019

### Looking Back: February

Thank you to Brady's Plant Hire for their very generous donation.

Thank you to one of our parents who had a significant birthday celebration this month and asked for donations for C.A.P.S. in lieu of birthday gifts. Thank you Roisin this is such a kind and thoughtful fundraiser for C.A.P.S.

### Reminder: C.A.P.S. AGM

The C.A.P.S. AGM will be held in The Backyard, Moynehall, Cavan at 8pm. Annual registrations and Junior/Senior Easter camps registrations taken on the night.

Parents/guardians will also be given the opportunity to express the interest of their child for all upcoming Summer camps. This is really important as there is huge demand on places and we aim to accommodate as many members as possible.

Everyone welcome!!

### Looking Ahead: April - April 2<sup>nd</sup> Autism Awareness Day

C.A.P.S. Light Up Cavan Blue for Autism Awareness campaign will be taking place in participating national schools and secondary schools and local businesses will be supporting this event by decorating their windows blue

#### ☉ Juniors Easter Camp - for children aged 4 – 9 years

**Dates:** Wednesday 17<sup>th</sup> April – Friday 19<sup>th</sup> April

**Time:** 9:00am - 2:30pm

**Activities:** Adam & Friends (Dublin), Red Mountain Open Farm (Meath), Happy Dayz (Ballygawley, NI)

#### ☉ Seniors Easter Camp – for children aged 10 years+

**Dates:** Tuesday 23<sup>rd</sup> April – Friday 26<sup>th</sup> April

**Time:** 9:30am - 3:30pm

**Activities:** Butlers Chocolate Factory (Dublin), Jump Zone (Santry), Snowtubing (Craigavon, NI), The Zone (Navan)

*(NB: All of the camp activities listed above are subject to change)*

### IMPORTANT DATES

**Fri Mar 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>:** Computer Club Sessions

**Time:** 7pm - 8pm

**Location:** ETB, Ballyjamesduff

**Age Group:** 8+



**Sat Feb 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>:** Saturday Club Sessions

**Dates:** Saturday Mornings

**Time:** 10:30am - 12:15pm

**Location:** The Backyard

**Age Group:** 4 - 9 years

**Sun Mar 10<sup>th</sup>:** C.A.P.S. second Social Outing 2019.

**Location:** Astra Bowling Cavan

**Time:** 3pm - 6pm

**Tues Mar 12<sup>th</sup>:** C.A.P.S. AGM The Backyard, Moynehall, Cavan at 8pm.

**Sun Mar 17<sup>th</sup>:** St. Patrick's Day

**Saturdays:** Horse Riding

**Times:** 1pm - 4pm (1hr each)

**Location:** Shane Costello Equestrian, Ballydурrow, Virginia

For further details please contact Shane: 086 4019931

