

What's on in St Helens

Spring 1 Half Term 2025



ADDvanced Solutions
Community Network
Supporting you to find the answers



ADDvanced Solutions Community Network is an open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. Below you will find the learning programmes and workshops for St Helens families. No diagnosis or referral is needed to access ADDvanced Solutions Community Network.

Community Network Groups

Delivered weekly during term time, an informal, open access learning opportunity to seek advice and support around challenges you may be facing at all stages of your journey. Drop in, no need to book, to meet the team and visiting professionals.

PAGE 2-4 | [Click for more information](#)

Neurodevelopmental Conditions Learning Programme

Six-session learning programme for parents and carers to increase understanding of neurodevelopmental conditions and build skills and confidence to better support their child or young person's presenting needs.

PAGE 5 | [Click for more information](#)

Preparing For Adulthood Learning Programme

A newly commissioned offer of learning opportunities to parents and carers of neurodivergent young people **aged 11+, who are awaiting Autism and LD assessment**, to support them as they approach adulthood.

PAGE 6-7 | [Click for more information](#)

Online Learning Workshop

Difficulties Attending School:

To help you to better understand the reasons why neurodivergent children and young people may have difficulties in accessing education, the impact of not attending and strategies we can use to support our children and young people to support them in accessing school.

PAGE 8 | [Click for more information](#)

Autism Learning Programme

Six-session programme designed to support and empower parents and carers, following their child's diagnosis, in their understanding of how autism is experienced by children and young people, providing learning, guidance and strategies to better support you and your family.

PAGE 7 | [Click for more information](#)

Professionals Neurodevelopmental Conditions Awareness Raising Training

Funded training for professionals to increase understanding of neurodevelopmental conditions and the impact on children, young people and their families.

PAGE 8 | [Click for more information](#)

What is a Community Network Group?

Community Network Groups, delivered weekly during term time, offer an informal learning opportunity to seek advice and support around any challenges you may be facing at all stages of your journey - no referral or diagnosis needed. Drop in, no need to book, to meet the team and visiting professionals, for learning and strategies to better support your child or young person.

St Helens Community Network Group

Where?

**Wonderland Community Centre, Unit 4
Reflection Court, Canal Street, St Helens,
WA10 3JQ.**

The community centre is based around a 10 minute walk from St Helens Central train station and St Helens bus station. It is located opposite the Chapel House car showroom.

[Get directions](#)



When?	Topic
Tuesday 7th January 12:30pm - 2:30pm	Identifying Problems, Finding Solutions: An open session to come along and discuss any difficulties you may be experiencing with your child or young person and explore strategies to support them.
Tuesday 14th January 12:30pm - 2:30pm	Supporting Adolescent Mental Health: Our partner Ahead of the Game will be providing information about how we can help identify mental health difficulties in adolescents and how we can support them with this.
Tuesday 21st January 12:30pm - 2:30pm	Autism with a Demand Avoidant Profile (PDA): Exploring strategies to support autistic children and young people presenting with varying degrees of demand avoidance.
Tuesday 28th January 12:30pm - 2:30pm	The SEND Graduated Approach: Discussing what the Graduated Approach to Special Educational Needs and Disabilities looks like in St Helens.
Tuesday 4th February 12:30pm - 2:30pm	Neurodiversity and Gender Identity: Clarifying the key terms and ideas around gender identity, as well as how we can support our neurodivergent children and young people with their gender identity.
Tuesday 11th February 12:30pm - 2:30pm	Emotions - what our body is telling us: Helping our neurodivergent children and young people to better recognise and manage their different emotions.

Monday All Area Online Community Network Group

Please join us online by clicking [here](#) to register your details.

Only one registration is required to join any of the topics listed below and you will receive a reminder each week, which includes the link to join. Our online offer is delivered via Zoom for Healthcare.

When?	Topic
Monday 6th January 9:30am-11:00am	Identifying Problems, Finding Solutions: An open session to come along and discuss any difficulties you may be experiencing with your child or young person and explore strategies to support them.
Monday 13th January 9:30am-11:00am	Specific Learning Difficulties: Providing learning and strategies to support dyslexia, dyspraxia, dyscalculia and dysgraphia - the four major specific learning difficulties.
Monday 20th January 9:30am-11:00am	Neurodiversity and Gender Identity: Clarifying the key terms and ideas around gender identity, as well as how we can support our neurodivergent children and young people with their gender identity.
Monday 27th January 9:30am-11:00am	Supporting Siblings of Neurodivergent Children and Young People: Exploring how to help siblings to better understand their neurodivergent sibling; sharing strategies to improve relationships and reduce sibling rivalry.
Monday 3rd February 9:30am-11:00am	Autism with a Demand Avoidant Profile (PDA): Exploring strategies to support autistic children and young people presenting with varying degrees of demand avoidance.
Monday 10th February 9:30am-11:00am	Supporting Sleep Difficulties: Providing strategies and advice on how to improve sleep routines for neurodivergent children and young people.

Wednesday All Area Online Community Network Group

Please join us online by clicking [here](#) to register your details.

Only one registration is required to join any of the topics listed below and you will receive a reminder each week, which includes the link to join. Our online offer is delivered via Zoom for Healthcare.

When?	Topic
Wednesday 8th January 5:00pm-6:30pm	Supporting Siblings of Neurodivergent Children and Young People: Exploring how to help siblings to better understand their neurodivergent sibling; sharing strategies to improve relationships and reduce sibling rivalry.
Wednesday 15th January 5:00pm-6:30pm	Introduction to ADHD: Discussing the characteristics of hyperactivity, impulsivity and inattention and how they can impact on education and home life.
Wednesday 22nd January 5:00pm-6:30pm	Understanding Executive Functioning: Discussing how neurodivergent young people may struggle with executive functioning - such as organising, sequencing and managing time - and how we can support them in developing these skills.
Wednesday 29th January 5:00pm-6:30pm	Autism with a Demand Avoidant Profile (PDA): Exploring strategies to support autistic children and young people presenting with varying degrees of demand avoidance.
Wednesday 5th February 5:00pm-6:30pm	Identifying Problems, Finding Solutions: An open session to come along and discuss any difficulties you may be experiencing with your child or young person and explore strategies to support them.
Wednesday 12th February 5:00pm-6:30pm	Supporting Transition: Supporting the transition of neurodivergent children and young people, using strategies and planning to reduce their presenting anxieties around change.

What is the Neurodevelopmental Conditions Learning Programme?

The Neurodevelopmental Conditions (ND) Learning Programme provides an opportunity for parents and carers to gain understanding of neurodevelopmental conditions, specific learning difficulties and associated mental health needs and gain strategies to support the difficulties that may present, including:

- **Neurodevelopmental Conditions - including Autism, ADHD, Sensory Processing Difficulties, Specific Learning Difficulties.**
- **Managing everyday challenges and behaviours - including sleep, toileting and eating difficulties.**
- **Your Local Offer, disability welfare rights and SEND, Early Help and Education Health Care Plans.**

Face to Face Neurodevelopmental Conditions Learning Programme

Our next face-to-face Neurodevelopmental Conditions Learning Programme will be coming up in the Spring 2 half term, please contact us to register your interest.

Call our office on **01744 582172** or email us on **info@advancedsolutions.co.uk**

No referral or diagnosis is needed.

Online Neurodevelopmental Conditions Learning Programme

**If you would prefer to join us online,
[Please click here to register your details.](#)**

Our ND Learning Programme will be delivered online, once a week, over six weeks - only one registration is required to attend all of the six sessions and you will receive a reminder for each session.

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Tuesday 7th January 6.30pm - 8.30pm	Tuesday 14th January 6.30pm - 8.30pm	Tuesday 21st January 6.30pm - 8.30pm	Tuesday 28th January 6.30pm - 8.30pm	Tuesday 4th February 6.30pm - 8.30pm	Tuesday 11th February 6.30pm - 8.30pm

What is the Preparing for Adulthood Learning Programme? (whilst awaiting autism or learning disability assessment)

We are newly commissioned in St Helens to offer learning opportunities to parents and carers of neurodivergent young people aged 11+ who are awaiting Autism and Learning Disability assessment. This is a structured, 6 session learning programme, delivered face to face or online, supporting parents and carers as their young person approaches adulthood:

- **Planning for transition**
- **Independent living**
- **Exploring local provision and services for your young person**
- **Supporting independence**
- **Community inclusion**
- **Reasonable adjustments and SEND**
- **Relationships**
- **Further education and employment**
- **Good health and wellbeing**

Face-to-face Preparing for Adulthood Learning Programme

Please contact us to book your free place in advance
call our office on **01744 582172** or email us on **info@advancedsolutions.co.uk**

Where?

WA10, St Helens

Please contact us for further details about the venue.



Session 1 & 2	Session 3 & 4	Session 5 & 6
Friday 31st January 9:30am - 2.30pm	Friday 7th February 9:30am - 2.30pm	Friday 14th February 9:30am - 2.30pm

Preparing for Adulthood Online Learning Workshop for Parents/Carers

Pathway to employment, education and training

Our Preparing for Adulthood learning workshop for this half term will be looking at equipping you to support your young person, and planning for the next stage of employment, education and training, using clear examples and case studies and giving opportunity for questions, comments and discussion throughout the session. We will be exploring options including further education, higher education, training, supported internships and employment in various sectors.

When?	Where?
Thursday 13th February 6.30pm - 8.30pm	<u>Please join us online by clicking here to register your details.</u>

Preparing for Adulthood Online Learning Workshop for Professionals

Our professionals learning workshop for this half term will be looking at equipping you to:

- Understand the challenges faced by neurodivergent individuals when preparing for adulthood
- Develop the skills to better support the young people and their families you work with as they prepare for the future and transition to adulthood

We will be looking at the four key areas which are: **employment, independent living, community inclusion** and **health**, using clear examples, case studies and giving opportunity for questions, comments and discussion throughout the session.

When?	Where?
<p>Tuesday 4th February 3.30pm - 5.30pm</p>	<p><u>Please join us online by clicking here to register your details.</u></p>

What is the Autism Learning Programme?

This post-diagnostic Autism Learning Programme has been designed to support and empower parents and carers in their understanding of how autism is experienced by children and young people, providing learning, guidance and strategies to better support your child/young person. The programme is for St Helens parents/carers whose children and young people have received a diagnosis of autism (ASD). This offer is commissioned by NHS Cheshire & Merseyside.

Autism Learning Programme: All Ages

Please contact us to book your free place in advance

call our office on **01744 582172** or email us on **info@advancedsolutions.co.uk**

Where?

WA10, St Helens.

The venue is located in central St Helens, please contact us to receive further information.



Autism Learning Programme - All Ages

Sessions 1 & 2	Session 3 & 4	Sessions 5 & 6
<p>Wednesday 8th January 9:30am - 2:45pm</p>	<p>Wednesday 15th January 9:30am - 2:45pm</p>	<p>Wednesday 22nd January 9:30am - 2:45pm</p>

What is a Online Learning Workshop?

Online learning workshops provide parents and carers with an understanding of a particular topic around neurodevelopmental conditions. The workshop provides strategies to support children and young people at home and in school, with an opportunity to interact with our team via the chat and Q&A function.

Difficulties Attending School

This learning opportunity will help you to better understand the reasons why neurodivergent children and young people may have difficulties in accessing education, the impact of not attending and strategies we can use to support our children and young people to support them in accessing school.

When?	Where?
Friday 31st January 9.30am - 12.00pm	<u>Please join us online by clicking here to register your details.</u>

Our online offer is delivered via Zoom for Healthcare, and you will receive a reminder with the link before the session via your email.

What is the Professionals Neurodevelopmental Conditions Awareness Raising Training?

Designed to improve professionals' understanding of neurodevelopmental conditions (NDCs), how they may present and how one condition may overlap with another. Professionals attending this training will develop knowledge, skills and confidence to better support neurodiverse children, young people and their families:

- **Understand the differences between ADHD, Autism, and other NDCs**
- **Recognise the typical behaviours of ADHD, Autism and other NDCs**
- **Recognise the impact that unsupported and unmanaged characteristics of NDCs can have on an individual and their family**
- **Understand the impact that sensory processing difficulties can have on children and young people**
- **Identify local support available for professionals, children, young people and their families.**



ADDvanced Solutions Community Network is commissioned to deliver a limited number of Neurodevelopmental Conditions Professional Awareness Raising Training. If you are interested in this full day's training, please call the office on 01744 582172 or email info@addvancedsolutions.co.uk.

Coffee Mornings, Afternoons and Engagement Events

Our team are happy to attend any face-to-face coffee mornings and/or online sessions to explain our offer for families and professionals. Please email us at info@advancedsolutions.co.uk for further information.



Seeking Crisis Support?

ADDvanced Solutions Community Network is not a crisis service. If you, a child or young person is experiencing acute distress and is deemed to be a risk to themselves or others, we have listed the local area crisis contact details on our urgent support page, which you can find on our website: www.advancedsolutions.co.uk at the bottom of the home page.

You will also find links to national organisations that can offer support.

Online offer:

Our online offer is delivered using Zoom for Healthcare. The details we request are kept securely and used in line with our privacy policy: www.advancedsolutions.co.uk/policies/privacy-policy.html

If you are using a phone, you will need to download the Zoom app beforehand. Please be mindful of your data usage. If you do not have an unlimited data plan, you may need to connect to a Wi-Fi connection to prevent charges.

Get in touch with us

