

ADDvanced Solutions Community Network

supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. **No diagnosis or referral is needed to access the offer.**

ST HELENS Community Network Group

Tuesday afternoons during term time



Join us from **12:30pm–2:30pm**

Venue: The Living Well,
Alexandra House, Borough Rd,
Saint Helens WA10 3RN

No booking needed, just come along

Come along and meet our team, to learn more about neurodiversity from those who can share lived experiences and practical strategies. Our groups create a welcoming, accepting and relaxed environment for parents and carers, knowing you are not on your own.

[Get directions](#)



The Living Well is located on Borough Road, reachable via the 10 bus routes from St Helens town centre.

Topics this term:

Tues 8 th September	Open Session – come along, get advice and support
Tues 15 th September	Choosing a School
Tues 22 nd September	St Helens Mental Health Support Team
Tues 29 th September	NEW! Preparing for the Teenage Years
Tues 6 th October	Specific Learning Difficulties – Dyslexia
Tues 13 th October	NEW! Neurodiversity and Self Harm
Tues 20 th October	ADHD and Rejection Sensitive Dysphoria

Half Term Break

Tues 3 rd November	NEW! Monotropism – Intense Focus and Interests
Tues 10 th November	TESSA – Education Advice and Support Team
Tues 17 th November	NEW! Neurodiversity and Stimming
Tues 24 th November	Preparing for the Christmas Break
Tues 1 st December	Supporting Transition
Tues 8 th December	Introduction to Sensory Processing Difficulties

If you can't make it face-to-face, join us online...

Online opportunities to learn more about neurodiversity from the comfort of your own home! With your camera and microphone off for your privacy, you can interact using the chat/Q&A feature to ask any questions you may have. Come along, learn more and get some strategies.

Monday Online Community Network Group

Mondays during term time



9:30am - 11:00am

[Click here to register](#)

Mon 7 th September	Autism, ADHD and Masking
Mon 14 th September	NEW! Monotropism – Intense Focus and Interests
Mon 21 st September	NEW! The Knowing Me Tool
Mon 28 th September	Open Session – come along, get advice and support
Mon 5 th October	Neurodiversity and Mental Health
Mon 12 th October	ADHD and Rejection Sensitive Dysphoria (RSD)
Mon 19 th October	NEW! Preparing for the Teenage Years

Half Term Break

Mon 2 nd November	Open Session – come along, get advice and support
Mon 9 th November	Tantrums V Meltdowns – knowing the difference
Mon 16 th November	NEW! Neurodiversity and Stimming
Mon 23 rd November	Preparing for the Christmas Break
Mon 30 th November	NEW! The Knowing Me Tool
Mon 7 th December	Neurodiversity and Gender Identity

Wednesday Online Community Network Group

Wednesdays during term time



5:00pm - 6:30pm

[Click here to register](#)

Wed 9 th September	Supporting Behaviours that Challenge
Wed 16 th September	Choosing a School
Wed 23 rd September	NEW! Monotropism – Intense Focus and Interests
Wed 30 th September	NEW! Neurodiversity and Self Harm
Wed 7 th October	Neurodiversity and Mental Health
Wed 14 th October	SEND Jargon Buster
Wed 21 st October	NEW! The Knowing Me Tool

Half Term Break

Wed 4 th November	The Graduated Approach
Wed 11 th November	NEW! The Knowing Me Tool
Wed 18 th November	NEW! Preparing for the Teenage Years
Wed 25 th November	Preparing for the Christmas Break
Wed 2 nd December	Tantrums V Meltdowns – knowing the difference
Wed 9 th December	NEW! Neurodiversity and Stimming

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.

Neurodevelopmental Conditions Learning Programme

This programme equips parents and carers with a greater understanding of neurodevelopmental conditions, specific learning difficulties and associated mental health needs and provides practical strategies that support the difficulties that may present:

- **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.**

No referral or diagnosis is needed.

Face-to-Face Programme in WA10, St Helens

Wednesdays during the school day

From **9:30am – 2:45pm**

Venue: Peter Street Community Centre,
Peter Street, St Helens WA10 2EQ



[Click here for directions](#)

[Contact us to register](#)

Session 1 & 2

Wednesday 4th November

Session 3 & 4

Wednesday 11th November

Session 5 & 6

Wednesday 18th November

[Or join us online...](#)



Online Programme – Tuesday Evenings

From **6:30pm – 8:30pm**

[Register Here](#)

Session 1

Tuesday 15th
September

Session 2

Tuesday 22nd
September

Session 3

Tuesday 29th
September

Session 4

Tuesday 6th
October

Session 5

Tuesday 13th
October

Session 6

Tuesday 20th
October

See below our targeted Autism Learning Programmes, for a more in-depth look at and understanding of Autism.

Autism Learning Programme – Face-to-Face

This 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 Liverpool and Sefton parents and is in partnership with Alder Hey NHS Trust, commissioned by NHS Cheshire & Merseyside. Priority will be given to those whose child or young person has received a diagnosis of autism but places will also be offered to those who are waiting. **Please select the appropriate programme specific to the age of your child:**

Preschool and Primary (3–10 Years) or Tweens and Teens (11–18 Years)

[Contact us to register](#)

Preschool and Primary Programme

Wednesdays during the school day
From **9:30am – 2:45pm**

Venue: Deafness Resource Centre, WA10 2QB

[Contact us to register](#)



[Click here for directions](#)

Session 1 & 2

Wednesday 16th September

Session 3 & 4

Wednesday 23rd September

Session 5 & 6

Wednesday 30th September

Our next Tweens and Teens Programme will be taking place in the Spring Term. Contact us to register your interest.

Autism Learning Programme – Online

We also offer the Autism Learning Programme online exploring how autism is experienced by children and young people of all ages. This offer is commissioned by St Helens Mersey Care Foundation Trust.



Online Programme – Preschool and Primary
Thursday Evenings from **6:30pm – 8:30pm**

[Register Here](#)

Session 1

Thurs 5th
November

Session 2

Thurs 12th
November

Session 3

Thurs 19th
November

Session 4

Thurs 26th
November

Session 5

Thurs 3rd
December

Session 6

Thurs 10th
December

Additional Online Workshops

Short, online webinars to help you better understand a topic related to neurodevelopmental conditions. Interact via the chat and Q&A with any questions.

Neurodiversity and Sleep Difficulties

Exploring the reasons why neurodivergent children and young people can often struggle to sleep and the impact this can have on them and their family. Providing practical strategies to improve sleep.

Tues 22nd September – 9.30am – 12.00pm

[Register Here](#)



Autism and Mental Health

Discussing the impact of autism on mental health and how we can support children and young people's mental health by addressing their neurodiverse needs.

Tues 6th October – 9.30am – 12.00pm

[Register Here](#)



Barriers to School Attendance

Providing an understanding of common barriers neurodivergent children experience in the school environment, and how we can support them to access education.

Tues 17th November – 9.30am – 12.00pm

[Register Here](#)



Autism with Demand Avoidance

Exploring how presenting anxiety in autistic children and young people can result in demand avoidance, and strategies to navigate the challenges of demand avoidance in everyday life.

Tues 24th November – 9.30am – 12.00pm

[Register Here](#)



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See Page 6 for our upcoming Professionals Training

Professionals Neurodevelopmental Conditions Awareness Raising Training

Designed to improve 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 neurodivergent children, young people and their families:

- **Better Understand and recognise ADHD, Autism, and other NDCs**
- **Appreciate the impact that unsupported NDCs on an individual and their family**
- **Understand how sensory processing difficulties impact children and young people**
- **Identify local support available for professionals, children, young people and families**



Next Available Training - ND Awareness

Tuesday 6th October

From 9:15am - 4:00pm

Contact us to register



Venue: The Beacon, 25 College Street, St Helens WA10 1TF

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 for your team, please call the office on 01744 582172 or email info@advancedsolutions.co.uk



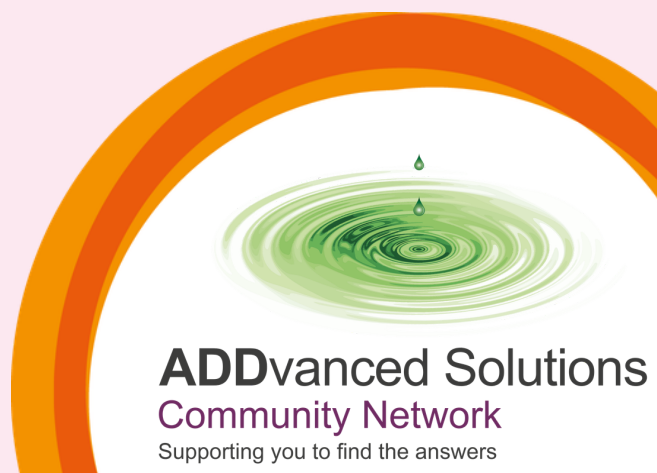
Seeking Crisis Support?

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, please visit your local crisis service.

The details we request when you register are kept securely and used in line with our privacy policy: <https://www.advancedsolutions.co.uk/wp-content/uploads/2025/04/Privacy-Policy.pdf>

Need further information advice or guidance around neurodiversity or our offer in your area?

**Please call the office on 01744 582172
email info@advancedsolutions.co.uk
or visit our website
www.advancedsolutions.co.uk**



ADDvanced Solutions
Community Network
Supporting you to find the answers

Get in touch with us

