

What's on in St Helens

Spring 2 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.

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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.

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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.

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Online Learning Workshop

Behaviours that Challenge: What's Really Going On? Sometimes, parents and carers find it difficult to interpret the behaviours their neurodivergent children and young people present with. Join this session to unpick those behaviours that challenge and identify the reasons behind those presenting behaviours.

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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.

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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.

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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 25th February 12:30pm - 2:30pm	In Partnership with Speech and Language Therapy Team: To discuss their role in the autism assessment process and how they support children and young people with social communication, interaction and receptive language difficulties.
Tuesday 4th March 12:30pm - 2:30pm	Introduction to Autism: Exploring the characteristics that indicate a diagnosis of Autism Spectrum Disorder (ASD), how autism can present differently in individuals, and identifying strategies to support autistic children and young people.
Tuesday 11th March 12:30pm - 2:30pm	Puberty and Neurodevelopmental Conditions: Unpicking how puberty can impact on neurodivergent children and young people, how to explain the physical and emotional changes that can occur and how to support their vulnerabilities.
Tuesday 18th March 12:30pm - 2:30pm	Autism, ADHD and Masking: Discussing why neurodivergent children and young people may mask in certain social situations, and how we can support the emotional impacts that this can have.
Tuesday 25th March 12:30pm - 2:30pm	Theory of Mind: Exploring what 'theory of mind' is and how this effects neurodivergent children and young people in their understanding of how others think and feel.
Tuesday 1st April 12:30pm - 2:30pm	Toileting and Neurodevelopmental Conditions: Understanding the common challenges that neurodivergent children and young people may experience around toileting, and providing strategies to support.

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 24th February 9:30am-11:00am	Situational Mutism: Exploring why neurodivergent children and young people are more likely to present with this condition and what we can do to support them.
Monday 3rd March 9:30am-11:00am	Autism, ADHD and Masking: Identifying why neurodivergent individuals try to mask their differences in social situations and what impact it has on them, as well as how to reduce the stress and pressure they are experiencing.
Monday 10th March 9:30am-11:00am	Preparing for Adulthood: Understanding common challenges neurodivergent individuals experience when preparing for adulthood and how to support our young people to overcome them.
Monday 17th March 9:30am-11:00am	Emotions - What Our Body is Telling Us: Helping our neurodivergent children and young people to better recognise and manage their different emotions.
Monday 24th March 9:30am-11:00am	Neurodiversity and Toileting: Exploring the common challenges that neurodivergent children and young people may experience with toileting, and strategies to support them.
Monday 31st March 9:30am-11:00am	Embedding Routines at Home: Discussing how to establish effective and sustainable routines for our neurodivergent children and young people at home.

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 26th February 5:00pm - 6:30pm	Situational Mutism: Exploring why neurodivergent children and young people are more likely to present with this condition and what we can do to support them.
Wednesday 5th March 5:00pm - 6:30pm	Autism, ADHD and Masking: Identifying why neurodivergent individuals try to mask their differences in social situations and what impact it has on them, as well as how to reduce the stress and pressure they are experiencing.
Wednesday 12th March 5:00pm - 6:30pm	Neurodiversity and Puberty: Discussing how puberty can impact on our neurodivergent children and young people and how to explain the physical and emotional changes that happen, considering their expectations and vulnerabilities.
Wednesday 19th March 5:00pm - 6:30pm	Emotions - What Our Body is Telling Us: Helping our neurodivergent children and young people to better recognise and manage their different emotions.
Wednesday 26th March 5:00pm - 6:30pm	Sensory Processing Difficulties: Introducing the 8 senses, how to identify any sensory processing difficulties and strategies to support these difficulties.
Wednesday 2nd April 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.

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 is fully booked, please contact us to register your interest in this programme to secure your place on our next available training or you can access the online training below.

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
Monday 24th February 6.30pm - 8.30pm	Monday 3rd March 6.30pm - 8.30pm	Monday 10th March 6.30pm - 8.30pm	Monday 17th March 6.30pm - 8.30pm	Monday 24th March 6.30pm - 8.30pm	Monday 31st March 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**
- **Supporting independence**
- **Reasonable adjustments and SEND**
- **Further education and employment**
- **Independent living**
- **Community inclusion**
- **Relationships**
- **Good health and wellbeing**
- **Exploring local provision and services for your young person**

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?

WA1, Warrington

Please contact us for further details about the venue.



Session 1 & 2	Session 3 & 4	Session 5 & 6
Tuesday 18th March 9:30am - 2.30pm	Tuesday 25th March 9:30am - 2.30pm	Tuesday 1st April 9:30am - 2.30pm

Online Preparing for Adulthood Learning Programme

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

Our PfA 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
Wednesday 26th February 6:30pm - 8:30pm	Wednesday 5th March 6:30pm - 8:30pm	Wednesday 12th March 6:30pm - 8:30pm	Wednesday 19th March 6:30pm - 8:30pm	Wednesday 26th March 6:30pm - 8:30pm	Wednesday 2nd April 6:30pm - 8:30pm

Preparing for Adulthood Online Learning Workshop for Parents/Carers

Pathway to independent living, including housing

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 March 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?
Tuesday 1st April 3.30pm - 5.30pm	<u>Please join us online by clicking here to register your details.</u>

What is an 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.

Behaviours that Challenge: What's Really Going On?

Sometimes, as parent/carers of neurodivergent children and young people, we can struggle to understand why they do the things they do. This workshop will unpack some of the reasons behind behaviours that can be a challenge to our children/young people and to us, and offer some strategies that may help.

When?	Where?
Friday 21st March 9.30am - 12.00pm	<u>Please join us online by clicking here to register your details.</u>

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
Wednesday 5th March 9:30am - 2:45pm	Wednesday 12th March 9:30am - 2:45pm	Wednesday 19th March 9:30am - 2:45pm

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@advancedsolutions.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

