

# What's on in Knowsley

Spring Term 2026



**ADDvanced Solutions**  
Community Network  
Supporting you to find the answers

## 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.**

### KNOWSLEY Community Network Group

#### Wednesday mornings during term time



Join us from **9:30am – 11:30am**

**Venue:** The Old Schoolhouse  
Community Project, St. John's  
Road, Huyton L36 0UX

**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, you are not on your own.



[Get directions](#)



The venue is around a 10 minute walk from Huyton Village, and is reachable by the 7, 61 and 50 bus routes.

#### Topics this term:

Wed 7 <sup>th</sup> January	<b>Open Session</b> seek advice around any challenges you are facing
Wed 14 <sup>th</sup> January	<b>School Nursing Team (0-25)</b> will be joining us
Wed 21 <sup>st</sup> January	<b>Supporting Siblings</b> of neurodivergent children
Wed 28 <sup>th</sup> January	<b>Understanding ADHD, Autism and Masking</b>
Wed 4 <sup>th</sup> February	<b>Improving Sleep</b> for neurodiverse families
Wed 11 <sup>th</sup> February	<b>Supporting SEND at school</b> with <b>Barnados/SENDIASS</b>

#### Half Term Break

Wed 25 <sup>th</sup> February	<b>Sharing a Diagnosis</b>
Wed 4 <sup>th</sup> March	<b>Open Session</b> seek advice around any challenges you are facing
Wed 11 <sup>th</sup> March	<b>Supporting Situational Mutism</b>
Wed 18 <sup>th</sup> March	<b>Welfare and Benefits Advice</b> with <b>Signs of a Rainbow</b>
Wed 25 <sup>th</sup> March	<b>ADHD and Rejection Sensitive Dysphoria</b>

## If you can't make it in person, 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**  
**Online via Zoom**

[Click here to register](#)

<b>Monday 5<sup>th</sup> January</b>	<b>Open Session</b> seek advice around any challenges you are facing
<b>Monday 12<sup>th</sup> January</b>	<b>Puberty and Neurodiversity</b>
<b>Monday 19<sup>th</sup> January</b>	<b>Sensory Processing Difficulties</b>
<b>Monday 26<sup>th</sup> January</b>	<b>Supporting Siblings</b> of neurodivergent children
<b>Monday 2<sup>nd</sup> February</b>	<b>Supporting Situational Mutism</b>
<b>Monday 9<sup>th</sup> February</b>	<b>Troubleshooting Homework</b> strategies for neurodivergent children and young people

### Half Term Break

<b>Monday 23<sup>rd</sup> February</b>	<b>Zones of Regulation</b>
<b>Monday 2<sup>nd</sup> March</b>	<b>Supporting Executive Functioning Skills</b>
<b>Monday 9<sup>th</sup> March</b>	<b>Open Session</b> seek advice around any challenges you are facing
<b>Monday 16<sup>th</sup> March</b>	<b>Toileting Difficulties</b> in neurodivergent children
<b>Monday 23<sup>rd</sup> March</b>	<b>Improving Communication</b> with your neurodivergent child

### Wednesday Online Community Network Group

**Wednesdays during term time**



**5:00pm – 6:30pm**  
**Online via Zoom**

[Click here to register](#)

<b>Wednesday 7<sup>th</sup> January</b>	<b>Open Session</b> seek advice around any challenges you are facing
<b>Wednesday 14<sup>th</sup> January</b>	<b>Sensory Processing Difficulties</b>
<b>Wednesday 21<sup>st</sup> January</b>	<b>Supporting Siblings</b> of neurodivergent children
<b>Wednesday 28<sup>th</sup> January</b>	<b>Separation Anxiety</b> in neurodivergent children
<b>Wednesday 4<sup>th</sup> February</b>	<b>Supporting Situational Mutism</b>
<b>Wednesday 11<sup>th</sup> February</b>	<b>Improving Sleep</b> for neurodiverse families

### Half Term Break

<b>Wednesday 25<sup>th</sup> February</b>	<b>Open Session</b> seek advice around any challenges you are facing
<b>Wednesday 4<sup>th</sup> March</b>	<b>Gender Identity and Neurodiversity</b>
<b>Wednesday 11<sup>th</sup> March</b>	<b>Sharing a Diagnosis</b>
<b>Wednesday 18<sup>th</sup> March</b>	<b>Toileting Difficulties</b> in neurodivergent children
<b>Wednesday 25<sup>th</sup> March</b>	<b>Improving Communication</b> with your neurodivergent child

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 – Spring 1

**Tuesdays during the school day**

From **9:30am – 2:45pm**

**Venue:** Shakespeare North Playhouse,  
Prospero Place, Prescot, L34 3AB



[Click here for directions](#)

**Contact us to register**

**Session 1 & 2**

**Session 3 & 4**

**Session 5 & 6**

**Tuesday 27<sup>th</sup> January**

**Tuesday 3<sup>rd</sup> February**

**Tuesday 10<sup>th</sup> February**



### Face-to-Face Programme – Spring 2

**Mondays during the school day**

From **9:30am – 2:45pm**

**Venue:** Maggie O'Neill Business Centre,  
433 Liverpool Rd, L36 8HT



[Click here for directions](#)

**Contact us to register**

**Session 1 & 2**

**Session 3 & 4**

**Session 5 & 6**

**Monday 9<sup>th</sup> March**

**Monday 16<sup>th</sup> March**

**Monday 23<sup>rd</sup> March**

Or join us online...



**Online Programme – Spring 1 (via Zoom)**  
**Tuesday Evenings** from **6:30pm – 8:30pm**

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Tuesday 6 <sup>th</sup> January	Tuesday 13 <sup>th</sup> January	Tuesday 20 <sup>th</sup> January	Tuesday 27 <sup>th</sup> January	Tuesday 3 <sup>rd</sup> February	Tuesday 10 <sup>th</sup> February



**Online Programme – Spring 2 (via Zoom)**  
**Monday and Wednesday Evenings** from **6:30pm – 8:30pm**

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Monday 23 <sup>rd</sup> February	Wednesday 25 <sup>th</sup> February	Monday 2 <sup>nd</sup> March	Wednesday 4 <sup>th</sup> March	Monday 9 <sup>th</sup> March	Wednesday 11 <sup>th</sup> March

## Supporting Behaviours that Challenge Learning Programme

This programme support parents and carers to understand what the root causes are behind behaviours that challenge and work out what's going on for their own child or young person. We will equip you with practical strategies to improve behaviour, communication and family life.

**No referral or diagnosis is needed.**



**Face-to-Face Programme – Spring 2**  
**Tuesdays during the school day**  
 From **9:15am – 2:30pm**

**Venue:** Whiston Town Hall Council Chamber,  
 Old Colliery Road, Whiston L35 3QX



[Click here for directions](#)

[Contact us to register](#)

Session 1 & 2	Session 3 & 4	Session 5 & 6
Tuesday 24 <sup>th</sup> February	Tuesday 3 <sup>rd</sup> March	Tuesday 10 <sup>th</sup> March

## 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.

### Supporting Behaviours that Challenge Workshop

Exploring behaviours that challenge and what can cause them. Providing a deeper understanding and practical strategies.

**Friday 30<sup>th</sup> January** - 9.30am - 12.00pm

[Click here to register](#)



### Supporting Sleep Workshop

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.

**Friday 6<sup>th</sup> February** - 9.30am - 12.00pm

[Click here to register](#)



### Demand Avoidance Workshop

Exploring Autism with a Demand Avoidant Profile and strategies to support autistic children and young people presenting with varying degrees of demand avoidance.

**Friday 13<sup>th</sup> March** - 9.30am - 12.00pm

[Click here to register](#)



### Emotional Regulation and Praxis

Providing parents and carers with a greater understanding of how praxis and sensory processing difficulties can impact emotional regulation and explore strategies to support.

**Friday 20<sup>th</sup> March** - 9.30am - 12.00pm

[Click here to register](#)



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.

**See Page 5 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**

**Wednesday 11<sup>th</sup> March**

**From 9:15am - 4:00pm**

**Contact us to register**



**Venue: Maggie O'Neill Business Centre, 433 Liverpool Rd, Huyton L36 8HT**

**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 0151 486 1788 or email [info@advancedsolutions.co.uk](mailto: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 0151 486 1788  
email [info@advancedsolutions.co.uk](mailto:info@advancedsolutions.co.uk)**

**or visit our website**

**[www.advancedsolutions.co.uk](http://www.advancedsolutions.co.uk)**



**ADDvanced Solutions  
Community Network**

Supporting you to find the answers

**Get in touch with us**

