

# What's on in Sefton

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.**

### SEFTON Community Network Group

#### Wednesday afternoon during term time



Join us from **12:30pm – 2:30pm**

**Venue:** May Logan Healthy Living Centre, 294 Knowsley Rd, Bootle L20 5DQ

**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 centre is located on Knowsley Road, opposite Bootle Ambulance Station. It is a 10 minute walk from Bootle New Strand bus and train stations.

#### Topics this term:

<b>Wed 7<sup>th</sup> January</b>	<b>Open Session</b> seek advice around any challenges you are facing
<b>Wed 14<sup>th</sup> January</b>	<b>Sensory Processing Difficulties</b>
<b>Wed 21<sup>st</sup> January</b>	<b>Supporting Situational Mutism</b>
<b>Wed 28<sup>th</sup> January</b>	<b>Sefton Speech, Physiotherapy and Occupational Therapy</b>
<b>Wed 4<sup>th</sup> February</b>	<b>Improving Sleep</b> for neurodiverse families
<b>Wed 11<sup>th</sup> February</b>	<b>Autism, ADHD and Masking</b>

#### Half Term Break

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

## 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**

**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 – in Sefton later this year

Contact us to register your interest if you prefer to attend face to face and we will be in touch with you when details are confirmed

**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

## Autism Learning Programme

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:**

**3-8 Years, 9-13 Years and 14-19 Years**

**Contact us to register**



### 3-8 Years Programme \*AMENDED\*

**Mondays during the school day**

From **9:30am - 2:45pm**

**Venue:** The Park Hotel, Dunning's Bridge Road, Netherton L30 6YN



[Click here for directions](#)

#### Session 1 & 2

Monday 12<sup>th</sup> January

#### Session 3 & 4

Monday 19<sup>th</sup> January

#### Session 5 & 6

Monday 26<sup>th</sup> January



### 9-13 Years Programme

**Tuesdays during the school day**

From **9:30am - 2:45pm**

**Venue:** Sefton Professionals Development Centre, 225 Park Road, Formby, L37 6EW



[Click here for directions](#)

#### Session 1 & 2

Tuesday 27<sup>th</sup> January

#### Session 3 & 4

Tuesday 3<sup>rd</sup> February

#### Session 5 & 6

Tuesday 10<sup>th</sup> February



### 14-19 Years Programme

**Mondays during the school day**

From **9:30am - 2:45pm**

**Venue:** LACE, Croxteth Drive, Liverpool L17 1AA



[Click here for directions](#)

#### Session 1 & 2

Monday 23<sup>rd</sup> February

#### Session 3 & 4

Monday 2<sup>nd</sup> March

#### Session 5 & 6

Monday 9<sup>th</sup> March

## 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 in partnership with Alder Hey NHS Trust, commissioned by NHS Cheshire & Merseyside.



### All Ages Online Programme – Spring 1 (via Zoom)

**Thursday Evenings** from **6:30pm – 8:30pm**

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Thursday 8 <sup>th</sup> January	Thursday 15 <sup>th</sup> January	Thursday 22 <sup>nd</sup> January	Thursday 29 <sup>th</sup> January	Thursday 5 <sup>th</sup> February	Thursday 12 <sup>th</sup> February



### All Ages Online Programme – Spring 2 (via Zoom)

[Click here to register](#)

**Tuesday and Thursday Evenings** from **6:30pm – 8:30pm**

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Tuesday 24 <sup>th</sup> February	Thursday 26 <sup>th</sup> February	Tuesday 3 <sup>rd</sup> March	Thursday 5 <sup>th</sup> March	Tuesday 10 <sup>th</sup> March	Thursday 12 <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.

## 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 25th February**

From **9:15am – 4:00pm**

[Contact us to register](#)



**Venue: Sefton PDC, 225 Park Road, Formby, L37 6EW**

**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@addvancedsolutions.co.uk](mailto:info@addvancedsolutions.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.addvancedsolutions.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.addvancedsolutions.co.uk](http://www.addvancedsolutions.co.uk)**



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

Get in touch with us

