

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.



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:

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

Half Term Break

Wed 25th February	Open Session seek advice around any challenges you are facing
Wed 4th March	Supporting Situational Mutism
Wed 11th March	Welfare and Benefits Advice from Signs of a Rainbow
Wed 18th March	ADHD and Rejection Sensitive Dysphoria
Wed 25th March	Improving Communication 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**](#)

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

Half Term Break

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

Wednesday Online Community Network Group

Wednesdays during term time



5:00pm - 6:30pm
Online via Zoom

[**Click here to register**](#)

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

Half Term Break

Wednesday 25th February	Open Session seek advice around any challenges you are facing
Wednesday 4th March	Gender Identity and Neurodiversity
Wednesday 11th March	Sharing a Diagnosis
Wednesday 18th March	Toileting Difficulties in neurodivergent children
Wednesday 25th March	Improving Communication 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 th January	Tuesday 13 th January	Tuesday 20 th January	Tuesday 27 th January	Tuesday 3 rd February	Tuesday 10 th 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 rd February	Wednesday 25 th February	Monday 2 nd March	Wednesday 4 th March	Monday 9 th March	Wednesday 11 th 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, Dunnings Bridge Road, Netherton L30 6YN



[Click here for directions](#)

Session 1 & 2

Session 3 & 4

Session 5 & 6

Monday 12th January

Monday 19th January

Monday 26th 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

Session 3 & 4

Session 5 & 6

Tuesday 27th January

Tuesday 3rd February

Tuesday 10th 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

Session 3 & 4

Session 5 & 6

Monday 23rd February

Monday 2nd March

Monday 9th 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 th January	Thursday 15 th January	Thursday 22 nd January	Thursday 29 th January	Thursday 5 th February	Thursday 12 th February



All Ages Online Programme - Spring 2 (via Zoom)

Tuesday and Thursday Evenings from 6:30pm - 8:30pm

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Tuesday 24 th February	Thursday 26 th February	Tuesday 3 rd March	Thursday 5 th March	Tuesday 10 th March	Thursday 12 th March

Additional Online Workshops

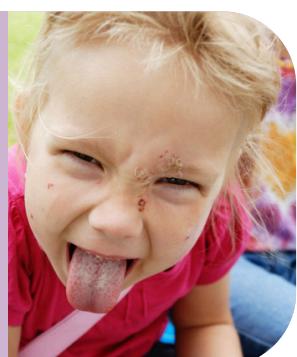
Short, online webinars to help you better understand a topic related to neurodevelopmental conditions. Interact via the chat and Q&A with any questions.

Supporting Behaviours that Challenge Workshop

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

Friday 30th 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 6th 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 13th 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 20th 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@addvancesolutions.co.uk



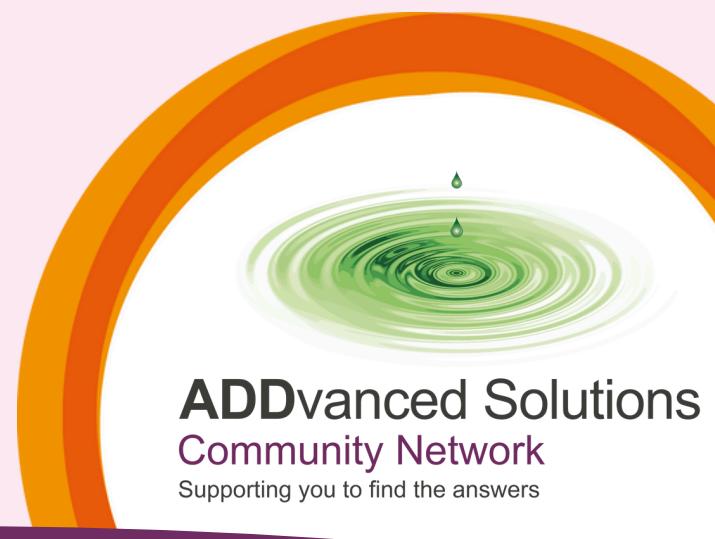
Seeking Crisis Support?

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.addvancesolutions.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@addvancesolutions.co.uk or visit our website www.addvancesolutions.co.uk



**ADDvanced Solutions
Community Network**

Supporting you to find the answers

Get in touch with us

