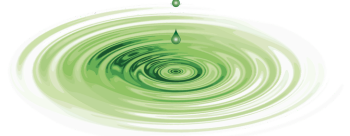


# What's on in St Helens

Summer 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.**

### ST HELENS Community Network Group

#### Tuesday afternoons during term time



Join us from **12:30pm-2:30pm**

**Venue:** Willowbrook Hospice,  
The Living Well, Borough Rd,  
St 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, you are not on your own.



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

#### Topics this term:

Tuesday 14 <sup>th</sup> April	Introduction to Autism
Tuesday 21 <sup>st</sup> April	Developing Theory of Mind in Neurodivergent Children
Tuesday 28 <sup>th</sup> April	No Session due to Venue Closure - join us on Tuesday 5 <sup>th</sup> May
Tuesday 5 <sup>th</sup> May	Sharing a Diagnosis of a Neurodevelopmental Condition
Tuesday 12 <sup>th</sup> May	We will be joined by <b>Independent Travel Training</b>
Tuesday 19 <sup>th</sup> May	Tantrums V Meltdowns - what is the difference?

#### Half Term Break

Tuesday 2 <sup>nd</sup> June	Introduction to ADHD
Tuesday 9 <sup>th</sup> June	We will be joined by the <b>0-19 Team SEND Lead</b>
Tuesday 16 <sup>th</sup> June	Preparing for Meetings with school and relevant professionals
Tuesday 23 <sup>rd</sup> June	Encouraging Friendships for Neurodivergent Children
Tuesday 30 <sup>th</sup> June	Preparing for the Summer Holidays
Tuesday 7 <sup>th</sup> July	Encouraging Independence and Building Confidence

## 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 13 <sup>th</sup> April	<b>Open Session</b> seek advice around any problems
Monday 20 <sup>th</sup> April	<b>Supporting Organisational Skills and Planning</b>
Monday 27 <sup>th</sup> April	<b>Using Music to Support Neurodiversity</b>
Monday 4 <sup>th</sup> May	<b>No Session due to BANK HOLIDAY</b>
Monday 11 <sup>th</sup> May	<b>Preparing Neurodivergent Young People for the Future</b>
Monday 18 <sup>th</sup> May	Developing <b>Theory of Mind</b> in Neurodivergent Children

### Half Term Break

Monday 1 <sup>st</sup> June	<b>Supporting Transition and managing changes</b>
Monday 8 <sup>th</sup> June	<b>Supporting Neurodivergent Children to Access Learning</b>
Monday 15 <sup>th</sup> June	<b>Autism with a Demand Avoidant Profile (PDA)</b>
Monday 22 <sup>nd</sup> June	<b>Choosing a School making an informed choice</b>
Monday 29 <sup>th</sup> June	<b>Preparing for the Summer Holidays</b>
Monday 6 <sup>th</sup> July	<b>Encouraging Independence and Building Confidence</b>

### Wednesday Online Community Network Group

**Wednesdays during term time**



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

[Click here to register](#)

Wednesday 15 <sup>th</sup> April	<b>Developmental Delay Supporting Areas of Need</b>
Wednesday 22 <sup>nd</sup> April	<b>Tantrums V meltdowns</b> what is the difference?
Wednesday 29 <sup>th</sup> April	<b>Using Music to Support Neurodiversity</b>
Wednesday 6 <sup>th</sup> May	<b>Preparing Neurodivergent Young People for the Future</b>
Wednesday 13 <sup>th</sup> May	<b>Supporting Transition and managing changes</b>
Wednesday 20 <sup>th</sup> May	<b>Specific Learning Difficulties</b> including dyslexia, dyspraxia, dyscalculia

### Half Term Break

Wednesday 3 <sup>rd</sup> June	<b>Supporting Neurodivergent Children to Access Learning</b>
Wednesday 10 <sup>th</sup> June	<b>Open Session</b> seek advice around any problems
Wednesday 17 <sup>th</sup> June	Using <b>Social Stories</b> to support understanding
Wednesday 24 <sup>th</sup> June	<b>Neurodiversity and Mental Health</b>
Wednesday 1 <sup>st</sup> July	<b>Preparing for the Summer Holidays</b>
Wednesday 8 <sup>th</sup> July	<b>ADHD, Autism and Masking</b>

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.

# Learning Programmes

## 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 - Summer 2

**Across 3 Fridays - you attend all 3.**

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

**Venue: Park Farm Community Centre**

54 Kentmere Avenue, St Helens, WA11 7PG



[Click here for directions](#)

[Contact us to register](#)

Session 1 & 2	Session 3 & 4	Session 5 & 6
Friday 5 <sup>th</sup> June	Friday 12 <sup>th</sup> June	Friday 19 <sup>th</sup> June

**Or join us online...**



### Online Programme - Summer 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 14 <sup>th</sup> April	Tuesday 21 <sup>st</sup> April	Tuesday 28 <sup>th</sup> April	Tuesday 5 <sup>th</sup> May	Tuesday 12 <sup>th</sup> May	Tuesday 19 <sup>th</sup> May



### Online Programme - Summer 2 (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 4 <sup>th</sup> June	Thursday 11 <sup>th</sup> June	Thursday 18 <sup>th</sup> June	Thursday 25 <sup>th</sup> June	Thursday 2 <sup>nd</sup> July	Thursday 9 <sup>th</sup> July

## Autism Learning Programme

The 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. This offer is in partnership with St Helens Neurodevelopmental Pathway.

Each face to face programme is tailored to address the specific challenges facing either **preschool and primary** age children, or **tween and teenage** young people.



### Autism Learning Programme Preschool and Primary (3-10 Years)

Focusing on the specific presentations and needs of autistic children during childhood up to the end of primary school.

**Across 3 Fridays**- you should attend all sessions  
From **9:30am - 2:45pm**

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



[Click here for directions](#)

[Contact us to register](#)

#### Session 1 & 2

Friday 8<sup>th</sup> May

#### Session 3 & 4

Friday 15<sup>th</sup> May

#### Session 5 & 6

Friday 22<sup>nd</sup> May



### Autism Learning Programme Tweens and Teens (11-18 Years)

Focusing on the specific presentations and needs of autistic young people as they navigate high school, puberty and increased social expectations.

**Across 3 Wednesdays** - you should attend all sessions  
From **9:30am - 2:45pm**

**Venue: The Beacon, College Street, St Helens WA10**



[Click here for directions](#)

[Contact us to register](#)

#### Session 1 & 2

Wednesday 3<sup>rd</sup> June

#### Session 3 & 4

Wednesday 10<sup>th</sup> June

#### Session 5 & 6

Wednesday 17<sup>th</sup> June

## Autism Learning Programme - Online



### Tweens and Teens Online Programme - Summer 1 Thursday Evenings from 6:00pm - 8:30pm

[Click here to register](#)

#### Session 1

Thursday  
16<sup>th</sup> April

#### Session 2

Thursday  
23<sup>rd</sup> April

#### Session 3

Thursday  
30<sup>th</sup> April

#### Session 4

Thursday  
7<sup>th</sup> May

#### Session 5

Thursday  
14<sup>th</sup> May

#### Session 6

Thursday  
21<sup>st</sup> May

## 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.

### Introduction to Autism

An introductory session to autism, how it presents in children and young people, and strategies to support at home and in school.

**Tuesday 21<sup>st</sup> April** - 9.30am - 12.00pm

[Click here to register](#)



### Introduction to SEND Process and EHCPs

An introduction to navigating the SEND Process to ensure relevant, appropriate support is in place for your neurodivergent child or young person in their educational setting.

**Tuesday 12<sup>th</sup> May** - 9.30am - 12.00pm

[Click here to register](#)



### Sensory Processing Difficulties

Exploring how our bodies receive and process sensory information, and the common challenges experienced by children and young people who have difficulty processing this information.

**Tuesday 23<sup>rd</sup> June** - 9.30am - 12.00pm

[Click here to register](#)



### Executive Functioning Difficulties

Discussing how to support neurodivergent children and young people to develop their executive functioning skills - providing strategies to support organisation, sequencing and time management.

**Friday 3<sup>rd</sup> July** - 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 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**

**Wednesday 29<sup>th</sup> April**

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

**Contact us to register**



**Venue: The Peter Street Centre, Peter Street, St Helens WA10 2EQ**

**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](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 01744 582172, email [info@advancedsolutions.co.uk](mailto:info@advancedsolutions.co.uk) or visit our website [www.advancedsolutions.co.uk](http://www.advancedsolutions.co.uk)**

**Get in touch with us**

