

What's on in Wirral

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.**

WIRRAL Community Network Group

Friday mornings during term time



Join us from **9:30am–11:30am**

Venue: Gautby Road
Community Centre, Gautby
Road, Birkenhead CH41 7DS

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 near to Holy Cross Catholic Primary and is 5 minutes walk from Birkenhead North Train Station. The 38 bus route also passes nearby.

Topics this term:

Centre Closed for Week 1 of Delivery

Friday 16 th January	Open Session seek advice around any challenges you are facing
Friday 23 rd January	Improving Sleep for neurodiverse families
Friday 30 th January	Supporting Siblings of neurodivergent children
Friday 6 th February	Autism with Demand Avoidance
Friday 13 th February	Navigating Puberty with neurodivergent young people

Half Term Break

Friday 27 th February	Special Educational Needs and Disabilities Support
Friday 6 th March	Sensory Processing Difficulties
Friday 13 th March	Zones of Regulation
Friday 20 th March	Welfare and Benefits Advice from Signs of a Rainbow
Friday 27 th March	Managing Stress

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](#)

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 – Spring 2

Tuesdays during the school day

From **9:30am – 2:45pm**

Venue: Birkenhead Park RUFC, 141 Park Rd N, Birkenhead CH41 8AA

Contact us to register



[Click here for directions](#)

Session 1 & 2

Session 3 & 4

Session 5 & 6

Tuesday 24th February

Tuesday 3rd March

Tuesday 10th 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
6th January**

**Tuesday
13th January**

**Tuesday
20th January**

**Tuesday
27th January**

**Tuesday
3rd February**

**Tuesday
10th 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 23rd
February**

**Wednesday
25th February**

**Monday 2nd
March**

**Wednesday
4th March**

**Monday 9th
March**

**Wednesday
11th March**

Additional Online Workshops

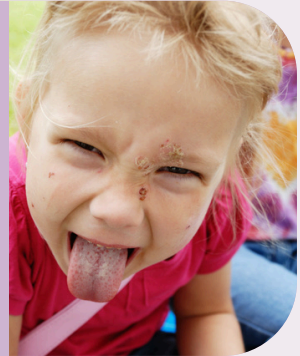
Short, online webinars to help you better understand a topic related to neurodevelopmental conditions. Interact via the chat and Q&A with any questions.

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**

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



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 or email info@advancedsolutions.co.uk or visit our website www.addvancedsolutions.co.uk



ADDvanced Solutions
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Supporting you to find the answers

Get in touch with us

