

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.**

BELLE VALE Community Network Group

Tuesday mornings during term time



Join us from **9:30am - 11:30am**

Venue: Belle Vale Children's Centre, Hedgefield Road, Liverpool L25 2RW

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, knowing you are not on your own.

[Get directions](#)

Belle Vale Children's Centre



Hedgefield Rd
Belle Vale Bus Station

Belle Vale Shopping Centre



The centre is located opposite Belle Vale Shopping Centre and on the left of Gateacre School. The centre is accessible by bus via Belle Vale Bus Station.

Topics this term:

Tues 8 th September	Open Session - come along, get advice and support
Tues 15 th September	Speech and Language Therapy (SALT) Team
Tues 22 nd September	Choosing a School
Tues 29 th September	NEW! Monotropism - Intense Focus and Interests
Tues 6 th October	Steps to Work Programme (Strawberry Fields)
Tues 13 th October	ADHD and Rejection Sensitive Dysphoria (RSD)
Tues 20 th October	NEW! Neurodiversity and Self Harm

Half Term Break

Tues 3 rd November	Supporting Transition
Tues 10 th November	SEND Mediation Support (Mediate Legal)
Tues 17 th November	Preparing for the Christmas Break
Tues 24 th November	Dynamic Support Team
Tues 1 st December	OSSME - Autism Outreach Services
Tues 8 th December	NEW! Neurodiversity and Stimming

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

[Click here to register](#)

Mon 7 th September	Autism, ADHD and Masking
Mon 14 th September	NEW! Monotropism – Intense Focus and Interests
Mon 21 st September	NEW! The Knowing Me Tool
Mon 28 th September	Open Session – come along, get advice and support
Mon 5 th October	Neurodiversity and Mental Health
Mon 12 th October	ADHD and Rejection Sensitive Dysphoria (RSD)
Mon 19 th October	NEW! Preparing for the Teenage Years

Half Term Break

Mon 2 nd November	Open Session – come along, get advice and support
Mon 9 th November	Tantrums V Meltdowns – knowing the difference
Mon 16 th November	NEW! Neurodiversity and Stimming
Mon 23 rd November	Preparing for the Christmas Break
Mon 30 th November	NEW! The Knowing Me Tool
Mon 7 th December	Neurodiversity and Gender Identity

Wednesday Online Community Network Group

Wednesdays during term time



5:00pm - 6:30pm

[Click here to register](#)

Wed 9 th September	Supporting Behaviours that Challenge
Wed 16 th September	Choosing a School
Wed 23 rd September	NEW! Monotropism – Intense Focus and Interests
Wed 30 th September	NEW! Neurodiversity and Self Harm
Wed 7 th October	Neurodiversity and Mental Health
Wed 14 th October	SEND Jargon Buster
Wed 21 st October	NEW! The Knowing Me Tool

Half Term Break

Wed 4 th November	The Graduated Approach
Wed 11 th November	NEW! The Knowing Me Tool
Wed 18 th November	NEW! Preparing for the Teenage Years
Wed 25 th November	Preparing for the Christmas Break
Wed 2 nd December	Tantrums V Meltdowns – knowing the difference
Wed 9 th December	NEW! Neurodiversity and Stimming

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 L17, Liverpool

Tuesdays during the school day

From **9:30am – 2:45pm**

Venue: The Kinsella Suite at Greenbank Sports Academy, Greenbank Lane, Liverpool L17 1AG



[Click here for directions](#)

Contact us to register

Session 1 & 2

Session 3 & 4

Session 5 & 6

Wednesday 7th October

Wednesday 14th October

Wednesday 21st October

Or join us online...



Online Programme – Tuesday Evenings

From **6:30pm – 8:30pm**

[Register Here](#)

Session 1

Session 2

Session 3

Session 4

Session 5

Session 6

Tuesday 15th
September

Tuesday 22nd
September

Tuesday 29th
September

Tuesday 6th
October

Tuesday 13th
October

Tuesday 20th
October

See below our targeted Autism and ADHD Learning Programmes, for a more in-depth look and understanding of these conditions.

Autism Learning Programme – Face-to-Face

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:**

Preschool and Primary (3–10 Years) or Tweens and Teens (11–18 Years)

[Contact us to register](#)

Preschool and Primary Programme

Tuesdays during the school day
From **9:30am – 2:45pm**

Venue: Litherland Family Hub, L21 7LA



[Click here for directions](#)

Tweens and Teens Programme

Wednesdays during the school day
From **9:30am – 2:45pm**

Venue: Alt Valley Communiversity, L11 0BS



[Click here for directions](#)

Session 1 & 2

Tuesday 15th
September

Session 3 & 4

Tuesday 22nd
September

Session 5 & 6

Tuesday 29th
September

Session 1 & 2

Wednesday
4th November

Session 3 & 4

Wednesday
11th November

Session 5 & 6

Wednesday
18th November

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.



Online Programme – Preschool and Primary
Thursday Evenings from **6:30pm – 8:30pm**

[Register Here](#)

Session 1

Thurs 5th
November

Session 2

Thurs 12th
November

Session 3

Thurs 19th
November

Session 4

Thurs 26th
November

Session 5

Thurs 3rd
December

Session 6

Thurs 10th
December

ADHD Learning Programme

Our new learning programme for Liverpool families is designed for parents and carers whose child or young person has a diagnosis of ADHD. Subject to availability, places may be available to those whose child is under assessment for ADHD.

The ADHD Learning Programme equips parents and carers with a greater understanding of ADHD and its impact on children and young people. We will share practical strategies that can be used to support the challenges and promote positive outcomes. The programme provides support around:

- **Recognising the different presentations of ADHD**
- **Understanding the impact on everyday life**
- **Sharing a diagnosis and talking to your child or young person about their ADHD**
- **Supporting mental health and wellbeing**
- **Exploring medication, strategies, interventions and lifestyle choices**
- **Managing everyday challenges of ADHD at home and in school**
- **Latest research, legislation and support services**



Online Programme – Thursday Evenings

From **6:00pm – 8:30pm**

[Register Here](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Thursday 17 th September	Thursday 24 th September	Thursday 1 st October	Thursday 8 th October	Thursday 15 th October	Thursday 22 nd October

Sensory Processing Difficulties Awareness Training



This training helps parents and carers to understand sensory processing difficulties, emotional regulation and praxis with sensory strategies to better support their child or young person. Delivered in partnership with an Occupational Therapist Advanced Practitioner in Sensory Integration.

Eating Difficulties Awareness Training

Our Eating Difficulties Awareness Raising Training helps parent and carers to understand how our senses are involved in eating, why neurodiverse children and young people may struggle during mealtimes and the importance of having a consistent, structured and functional mealtime routine. Come along and gain strategies to help your child presenting with eating difficulties.



Please ensure that you have attended our **Sensory Processing Difficulties Training before you attend our Eating Difficulties Training as this provides the basis recommended for this course.**

Please contact us to reserve your free place on our next available Sensory Processing Difficulties (SPD) or Eating Difficulties Awareness Raising Training

Call our office on **0151 486 1788** or email us on **info@advancedsolutions.co.uk**

No referral or diagnosis is needed.

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.

Neurodiversity and Sleep Difficulties

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.

Tues 22nd September – 9.30am – 12.00pm

[Register Here](#)



Autism and Mental Health

Discussing the impact of autism on mental health and how we can support children and young people's mental health by addressing their neurodiverse needs.

Tues 6th October – 9.30am – 12.00pm

[Register Here](#)



Barriers to School Attendance

Providing an understanding of common barriers neurodivergent children experience in the school environment, and how we can support them to access education.

Tues 17th November – 9.30am – 12.00pm

[Register Here](#)



Autism with Demand Avoidance

Exploring how presenting anxiety in autistic children and young people can result in demand avoidance, and strategies to navigate the challenges of demand avoidance in everyday life.

Tues 24th November – 9.30am – 12.00pm

[Register Here](#)



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See Page 7 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

Tuesday 22nd September

From 9:15am - 4:00pm

Contact us to register



Venue: Liverpool Quaker Meeting House, 22 School Lane, Liverpool, L1 3BT

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.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
or visit our website
www.advancedsolutions.co.uk**



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

Get in touch with us

