

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, 69 Gautby
Rd, 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, knowing 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:

Fri 11 th September	Open Session - come along, get advice and support
Fri 18 th September	Choosing a School
Fri 25 th September	Neurodiversity and Puberty
Fri 2 nd October	Specific Learning Difficulties - Dyslexia
Fri 9 th October	Neurodiversity and Mental Health
Fri 16 th October	ADHD and Rejection Sensitive Dysphoria
Fri 23 rd October	NEW! Neurodiversity and Self Harm

Half Term Break

Fri 6 th November	Emotions - what our body is telling us
Fri 13 th November	NEW! Monotropism - Intense Focus and Interests
Fri 20 th November	Supporting Transition
Fri 27 th November	Preparing for the Christmas Break
Fri 4 th December	Introduction to Sensory Processing Difficulties
Fri 11 th December	NEW! Preparing for the Teenage Years

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 CH47, Hoylake

Tuesdays during the school day

From **9:30am – 2:45pm**

Venue: Hoylake Parade Community Centre, 31
Hoyle Road, Hoylake, CH47 3AG



[Click here for directions](#)

[Contact us to register](#)

Session 1 & 2

Tuesday 3rd November

Session 3 & 4

Tuesday 10th November

Session 5 & 6

Tuesday 17th November

[Or join us online...](#)



Online Programme – Tuesday Evenings

From **6:30pm – 8:30pm**

[Register Here](#)

Session 1

Tuesday 15th
September

Session 2

Tuesday 22nd
September

Session 3

Tuesday 29th
September

Session 4

Tuesday 6th
October

Session 5

Tuesday 13th
October

Session 6

Tuesday 20th
October

See below our online, learning workshops for parents/carers to better understand topics relating to neurodiversity, including sleep, mental health, barriers to attending school and demand avoidance.

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](#)



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 5 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 10th November

From 9:15am - 4:00pm

Contact us to register



Venue: Wirral Multicultural Centre, 111 Conway Street, Birkenhead, CH41 4AF

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

