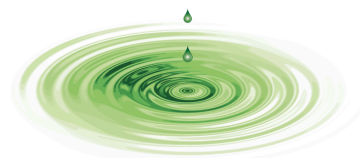


What's on in St Helens

Autumn 1 Half Term 2024



ADDvanced Solutions
Community Network
Supporting you to find the answers



ADDvanced Solutions Community Network is an open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. Below you will find the learning programmes and workshops for St Helens families. No diagnosis or referral is needed to access ADDvanced Solutions Community Network.

Community Network Groups

Delivered weekly during term time, an informal, open access learning opportunity to seek advice and support around challenges you may be facing at all stages of your journey. Drop in, no need to book, to meet the team and visiting professionals.

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Neurodevelopmental Conditions Learning Programme

Six-session learning programme for parents and carers to increase understanding of neurodevelopmental conditions and build skills and confidence to better support their child or young person's presenting needs.

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Online Learning Workshops

Supporting Sleep: Our trained sleep practitioners will present a workshop on how to support sleep difficulties faced by neurodivergent children and young people, and offer strategies and advice on how to improve their sleep routine.

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Autism Learning Programme

Designed to support and empower parents and carers, following their child's diagnosis, in their understanding of how autism is experienced by children and young people, providing learning, guidance and strategies to better support you and your family.

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Professionals Neurodevelopmental Conditions Awareness Raising Training

Funded training for professionals to increase understanding of neurodevelopmental conditions and the impact on children, young people and their families - **upcoming training date in September!**

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What is a Community Network Group?

Community Network Groups, delivered weekly during term time, offer an informal learning opportunity to seek advice and support around any challenges you may be facing at all stages of your journey - no referral or diagnosis needed. Drop in, no need to book, to meet the team and visiting professionals, for learning and strategies to better support your child or young person.

St Helens Community Network Group

Where?

**Wonderland Community Centre, Unit 4
Reflection Court, Canal Street, St Helens,
WA10 3JQ.**

The community centre is based around a 10 minute walk from St Helens Central train station and St Helens bus station. It is located opposite the Chapel House car showroom.

[Get directions](#)



When?	Topic
Tuesday 10th September 12:30pm-2:30pm	Identifying Problems, Finding Solutions: An open session to come along and discuss any difficulties you may be experiencing with your child or young person and explore strategies to support them.
Tuesday 17th September 12:30pm-2:30pm	Choosing a school: Navigating and supporting the challenges of choosing the appropriate school for neurodivergent children and young people.
Tuesday 24th September 12:30pm-2:30pm	Autism and Girls: Exploring the differences between autistic boys and autistic girls, and identifying specific ways to support autistic girls.
Tuesday 1st October 12:30pm-2:30pm	Preparing for a Meeting with Professionals: Exploring what we can do to prepare for a meeting with professionals to gain the best outcomes for neurodivergent children and young people.
Tuesday 8th October 12:30pm-2:30pm	In partnership with Early Help Partnership: Providing information about how they provide extra support for those families who may need it in St Helens.
Tuesday 15th October 12:30pm-2:30pm	Understanding and Supporting Behaviours that Challenge: Recognising underlying causes of behaviours that challenge and identifying strategies to support.
Tuesday 22nd October 12:30pm-2:30pm	Communicating with Your Child: Exploring different forms of verbal and non verbal communication and identifying strategies for improving communication with neurodivergent children and young people.

Monday All Area Online Community Network Group

Please join us online by clicking [here](#) to register your details.

Only one registration is required to join any of the topics listed below and you will receive a reminder each week, which includes the link to join. Our online offer is delivered via Zoom for Healthcare.

When?	Topic
Monday 9th September 9:30am-11:00am	Identifying Problems, Finding Solutions: An open session to come along and discuss any difficulties you may be experiencing with your child or young person and explore strategies to support them.
Monday 16th September 9:30am-11:00am	Encouraging Independence: Discussing what independence may look like for neurodivergent children and young people, offering practical strategies to support.
Monday 23rd September 9:30am-11:00am	Choosing a school: Navigating and supporting the challenges of choosing the appropriate school for neurodivergent children and young people.
Monday 30th September 9:30am-11:00am	Preparing for a Meeting with Professionals: Exploring what we can do to prepare for a meeting with professionals to gain the best outcomes for neurodivergent children and young people.
Monday 7th October 9:30am-11:00am	Barriers to School Attendance: Exploring what can make it difficult for neurodivergent children and young people to attend school and how we can work with schools to remove these barriers.
Monday 14th October 9:30am-11:00am	SEND Jargon Buster: Increasing confidence and reducing confusion around Special Educational Needs and Disability (SEND) jargon and terminology.
Monday 21st October 9:30am-11:00am	Theory of Mind: Exploring 'Theory of Mind' and how it can impact on neurodivergent children and young people in their understanding of how other people think and feel.

Wednesday All Area Online Community Network Group

Please join us online by clicking [here](#) to register your details.

Only one registration is required to join any of the topics listed below and you will receive a reminder each week, which includes the link to join. Our online offer is delivered via Zoom for Healthcare.

When?	Topic
Wednesday 11th September 5:00pm-6:30pm	Identifying Problems, Finding Solutions: An open session to come along and discuss any difficulties you may be experiencing with your child or young person and explore strategies to support them.
Wednesday 18th September 5:00pm-6:30pm	Choosing a school: Navigating and supporting the challenges of choosing the appropriate school for neurodivergent children and young people.
Wednesday 25th September 5:00pm-6:30pm	Encouraging Independence: Discussing what independence may look like for neurodivergent children and young people, offering practical strategies to support.
Wednesday 2nd October 5:00pm-6:30pm	Understanding and Supporting Behaviours that Challenge: Recognising underlying causes of behaviours that challenge and identifying strategies to support.
Wednesday 9th October 5:00pm-6:30pm	Preparing for a Meeting with Professionals: Exploring what we can do to prepare for a meeting with professionals to gain the best outcomes for neurodivergent children and young people.
Wednesday 16th October 5:00pm-6:30pm	Barriers to School Attendance: Exploring what can make it difficult for neurodivergent children and young people to attend school and how we can work with schools to remove these barriers.
Wednesday 23rd October 5:00pm-6:30pm	SEND Jargon Buster: Increasing confidence and reducing confusion around Special Educational Needs and Disability (SEND) jargon and terminology.

What is the Neurodevelopmental Conditions Learning Programme?

The Neurodevelopmental Conditions (ND) Learning Programme provides an opportunity for parents and carers to gain understanding of neurodevelopmental conditions, specific learning difficulties and associated mental health needs and gain strategies to support the difficulties that may present, including:

- **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.**

Online Neurodevelopmental Conditions Learning Programme

**If you are unable to join us face to face,
Please join us online by clicking [here](#) to register your details.**

Our ND Learning Programme will be delivered online, once a week, over six weeks - only one registration is required to attend all of the six sessions and you will receive a reminder for each session.

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Monday 9th September 6.30pm - 8.30pm	Monday 16th September 6.30pm - 8.30pm	Monday 23rd September 6.30pm - 8.30pm	Monday 30th September 6.30pm - 8.30pm	Monday 7th October 6.30pm - 8.30pm	Monday 14th October 6.30pm - 8.30pm

What is a Online Learning Workshop?

Online learning workshops provide parents and carers with an understanding of a particular topic around neurodevelopmental conditions. The workshop provides strategies to support children and young people at home and in school, with an opportunity to interact with our team via the chat and Q&A function.

Supporting Sleep

Sleep is essential to function on a daily basis. Poor sleep can impact a child or young person's ability to focus and learn. Neurodivergent children and young people may struggle with sleep. During the workshop, our trained sleep practitioners will offer strategies and advice on how to improve sleep routines.

When?	Where?
Friday 27th September 9.30am - 12.00pm	<u>Please join us online by clicking here to register your details.</u>

Our online offer is delivered via Zoom for Healthcare, and you will receive a reminder with the link before the session via your email.

What is the 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. The programme is for St Helens parents/ carers whose children and young people have received a diagnosis of autism (ASD). This offer is commissioned by NHS Cheshire & Merseyside. Our current Autism Learning Programme will be for parents/carers of **3-8 years** (see below). Parents/carers of **9-13** and **14-19 year olds** can register their interest for the next available programme.

Autism Learning Programme: 3-8 years

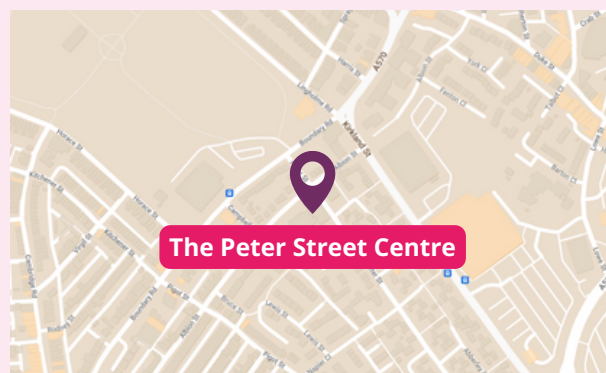
Please contact us to book your free place in advance

call our office on **01744 582172** or email us on **info@advancedsolutions.co.uk**

Where?

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

The centre is located close to St Helens town centre, nearby to the ASDA superstore. There is on-site and nearby street parking available.



[Get directions](#)

Autism Learning Programme - 3-8 Years

Sessions 1 & 2	Session 3 & 4	Sessions 5 & 6
Wednesday 2nd October 9:30am - 2:45pm	Wednesday 9th October 9:30am - 2:45pm	Wednesday 16th October 9:30am - 2:45pm

Coffee Mornings, Afternoons and Engagement Events

Our team are happy to attend any face-to-face coffee mornings and/or online sessions to explain our offer for families and professionals. Please email us at **info@advancedsolutions.co.uk** for further information.

Please see over (page 7) for our offer of free neurodevelopmental conditions training for professionals.

What is the Professionals Neurodevelopmental Conditions Awareness Raising Training?

Designed to improve professionals' 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 neurodiverse children, young people and their families:

- Understand the differences between ADHD, Autism, and other NDCs
- Recognise the typical behaviours of ADHD, Autism and other NDCs
- Recognise the impact that unsupported and unmanaged characteristics of NDCs can have on an individual and their family
- Understand the impact that sensory processing difficulties can have on children and young people
- Identify local support available for professionals, children, young people and their families.

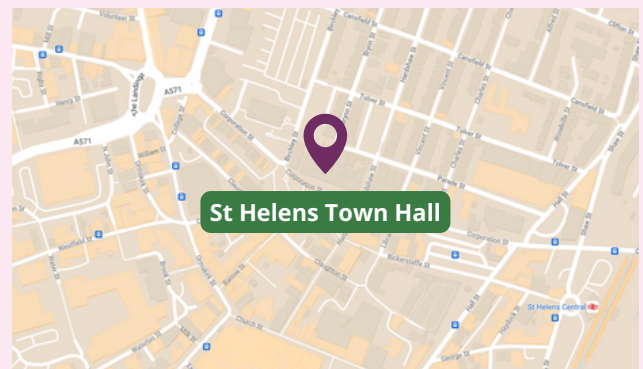
Please contact us to book your place on our free upcoming professionals training

call our office on **01744 582172** or email us on **info@advancedsolutions.co.uk**

Where?

St Helens Town Hall, Victoria Square, Saint Helens WA10 1HP. Located at the heart of St Helens town centre, the town hall is a 2 minute walk from St Helens bus station and St Helens Central train station.

[Get directions](#)



When?	What?
Tuesday 1st October 9.15am - 4.00pm	Full-Day Neurodevelopmental Conditions Awareness Raising Training



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, we have listed the local area crisis contact details on our urgent support page, which you can find on our website:

www.addvancedsolutions.co.uk under the 'Contact' menu option.

You will also find links to national organisations that can offer support.

Online offer:

Our online offer is delivered using Zoom for Healthcare. The details we request are kept securely and used in line with our privacy policy: www.addvancedsolutions.co.uk/policies/privacy-policy.html

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.

Get in touch with us

