

ST HELENS WHAT'S ON NEWSLETTER



Summer 1 Half Term 2024

ADDvanced Solutions Community Network encourages, equips and empowers neurodiverse children, young people and their families, those with specific learning difficulties, SEN and Disability, and associated mental health needs. We have a blended offer of free face-to-face and online groups, workshops and learning programmes for parent/carers to better understand and support the needs of their child and for the professionals who support them.

Community Network Groups

Each week during term time, we deliver face to face and online, informal, open access workshops on different subjects to support you and your family - pre, during, post and no diagnosis. Come along to meet our team and visiting professionals.

[CLICK HERE FOR MORE INFORMATION](#)

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Neurodevelopmental Conditions Learning Programme

A six-session learning opportunity for parents and carers to increase understanding of neurodevelopmental conditions and gain skills and confidence to better support the needs of their child and family.

[CLICK HERE FOR MORE INFORMATION](#)

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Autism Post Diagnostic Learning Programme

A brand new offer for parents and carers of children and young people who have received a diagnosis of autism. Our Autism Post Diagnostic 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 you and your family.

[CLICK HERE FOR MORE INFORMATION](#)

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Family Learning Workshops

Learning workshops to increase understanding of a range of topics associated with neurodevelopmental conditions. Delivered as online webinars with the opportunity to ask questions in the chat function.

[CLICK HERE FOR MORE INFORMATION](#)

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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.

[CLICK HERE FOR MORE INFORMATION](#)

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What is a Community Network Group?

Each week during term time, we deliver informal workshops on different subjects to support you and your family at all stages of your journey - pre, during, post and no diagnosis. Our workshops are needs-led, so come along and meet our team and visiting professionals to share learning and experience.

St Helens Community Network Group



Where?

You can find us at **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. For more information on how to reach the centre, [please click here](#).

When?	Topic
Tuesday 16th April 2024 12:30pm – 2:30pm	Introduction to Autism: Our topic for discussion this week is Autism (ASD). We will be looking at the characteristics that indicate a diagnosis of Autism Spectrum Disorder, how autism can present differently in individuals, and identifying strategies to support autistic children and young people.
Tuesday 23rd April 2024 12:30pm – 2:30pm	Understanding Executive Functioning: Our executive functioning is like the 'airport control tower' of our brain. It's how we organise, sequence, manage time, decide what to do first/next, etc. This week's session looks at executive function in neurodiverse children and young people, and to support them to develop their skills.
Tuesday 30th April 2024 12:30pm – 2:30pm	Autism with Demand Avoidant Profile: Autistic children and young people will have a degree of demand-avoidance due to their levels of anxiety. Behaviour associated with autism with a demand avoidant profile can be challenging and requires a non-confrontational approach. We will discuss how to adopt this approach for our neurodiverse children and young people.
Tuesday 7th May 2024 12:30pm – 2:30pm	St Helens Carers Centre: St Helens Carers Centre will be joining us to discuss how they support young and adult carers to recognise their own needs, have their voices heard and help their mental and physical wellbeing. Come along and ask any questions about the service they can provide.
Tuesday 14th May 2024 12:30pm – 2:30pm	Neurodevelopmental Conditions and Toileting: This session will consider toileting issues specifically around neurodevelopmental conditions. Come along with any questions or concerns you have and we will seek to work towards a solution together.
Tuesday 21st May 2024 12:30pm – 2:30pm	Specific Learning Difficulties: This week we will be looking at specific learning difficulties and giving an overview of dyslexia, dyspraxia, dyscalculia and dysgraphia - the four major specific learning difficulties.

Monday All Area Online Community Network Group

Where?

[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 15th April 2024 9:30am – 11:00am	<p>Communicating with your Child:</p> <p>What is communication? This session we will be looking at how to recognise different forms of verbal and non verbal communication and identify strategies for improving communication with neurodiverse children and young people.</p>
Monday 22nd April 2024 9:30am – 11:00am	<p>Liverpool Independent Travel Training Team:</p> <p>This session will be delivered in Partnership with The Independent Travel Training Team, who will explain how they support neurodiverse children and young people in travelling to school or college independently. Please come along and ask any questions about the service they provide.</p>
Monday 29th April 2024 9:30am – 11:00am	<p>Provide an Inheritance for Vulnerable Person:</p> <p>EP Seminars will be joining us to discuss the different options available for creating a will for a neurodiverse child or young person, as well as how to distribute it effectively and maximise the amount that is received. Come along and ask any questions you may have.</p>
Monday 13th May 2024 9:30am – 11:00am	<p>Introduction to Autism:</p> <p>Our topic for discussion this week is Autism (ASD). We will be looking at the characteristics that indicate a diagnosis of Autism Spectrum Disorder, how autism can present differently in individuals, and identifying strategies to support autistic children and young people.</p>
Monday 20th May 2024 9:30am – 11:00am	<p>Autism with Demand Avoidant Profile:</p> <p>Autistic children and young people will have a degree of demand-avoidance due to their levels of anxiety. Behaviour associated with autism with a demand avoidant profile can be challenging and requires a non-confrontational approach. We will discuss how to adopt this approach for our neurodiverse children and young people.</p>

Wednesday All Area Online Community Network Group

Where?

[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 17th April 2024 5:00pm – 6:30pm	Introduction to Autism: Our topic for discussion this week is Autism (ASD). We will be looking at the characteristics that indicate a diagnosis of Autism Spectrum Disorder, how autism can present differently in individuals, and identifying strategies to support autistic children and young people.
Wednesday 24th April 2024 5:00pm – 6:30pm	Liverpool Independent Travel Training Team: The session this week will be delivered in Partnership with The Independent Travel Training Team, who will explain how they support neurodiverse children and young people in travelling to school or college independently. Please come along and ask any questions about the service they provide.
Wednesday 1st May 2024 5:00pm – 6:30pm	Theory of Mind: In today's session we will be looking at 'Theory of Mind'. What is it? How does it impact on our neurodiverse children and young people in their understanding of how other people think and feel?
Wednesday 8th May 2024 5:00pm – 6:30pm	Separation Anxiety: Separation Anxiety is common amongst young children, but can be prevalent in neurodiverse children and young people. Come along and ask any questions you may have.
Wednesday 15th May 2024 5:00pm – 6:30pm	Autism with Demand Avoidant Profile: Autistic children and young people will have a degree of demand-avoidance due to their levels of anxiety. Behaviour associated with autism with a demand avoidant profile can be challenging and requires a non-confrontational approach. We will discuss how to adopt this approach for our neurodiverse children and young people.
Wednesday 22nd May 2024 5:00pm – 6:30pm	Provide an Inheritance for Vulnerable Person: EP Seminars will be joining us to discuss the different options available for creating a will for a neurodiverse child or young person, as well as how to distribute it effectively and maximise the amount that is received. Come along and ask any questions you may have.

What is the Neurodevelopmental Conditions Learning Programme?

Our Neurodevelopmental Conditions (ND) Learning Programme provides an opportunity for parents and carers to gain understanding and skills about neurodevelopmental conditions including autism, ADHD and Sensory Processing Difficulties (pre, during, post and no diagnosis) with strategies to support the difficulties that may present:

- **Neurodevelopmental conditions/specific learning difficulties and associated mental health difficulties**
- **Autism Spectrum Disorder/Condition (ASD/C)**
- **Attention Deficit Hyperactivity Disorder (ADHD)**
- **Sensory Processing/Integration Difficulties (SPD)**
- **Managing everyday challenges and behaviours associated with NDCs**
- **Your Local Offer, disability welfare rights and special educational needs support including Early Help and Education Health Care Plans**

Online Neurodevelopmental Conditions Learning Programme

Where?

[Please join us online by clicking here to register your details.](#) Our ND Learning Programme will be delivered 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.

When?	Session
Wednesday 17th April 2024 6:30pm - 8:30pm	Session 1
Wednesday 24th April 2024 6:30pm - 8:30pm	Session 2
Wednesday 1st May 2024 6:30pm - 8:30pm	Session 3
Wednesday 8th May 2024 6:30pm - 8:30pm	Session 4
Wednesday 15th May 2024 6:30pm - 8:30pm	Session 5
Wednesday 22nd May 2024 6:30pm - 8:30pm	Session 6

Please see over for our face-to-face
Neurodevelopmental Conditions Learning Programme

Face-to-Face Neurodevelopmental Conditions Learning Programme



Where?

Our face-to-face Neurodevelopmental Conditions Learning Programme will be delivered in St Helens town centre. You can contact our office on **01744 582172** to book on and for more specific venue information.

When?	Session
Wednesday 8th May 2024 9:30am - 2:45pm	Session 1 and 2
Wednesday 15th May 2024 9:30am - 2:45pm	Session 3 and 4
Wednesday 22nd May 2024 9:30am - 2:45pm	Session 5 and 6

What is a Family Learning Workshop?

Our online family learning workshops aim to increase parents and carers understanding of a particular topic around neurodevelopmental conditions and gain strategies to support their child or young person at home and in school, with the opportunity to interact with our team via the chat and Q&A function.

Family Learning Workshop

Where?

Please join us online by clicking [here](#) to register your details. Our online offer is delivered via Zoom for Healthcare, and you will receive a reminder with the link before the session via your email.

When?	Topic
Friday 26th April 2024 9.30am - 12.00pm	SEND Processes including EHCPs



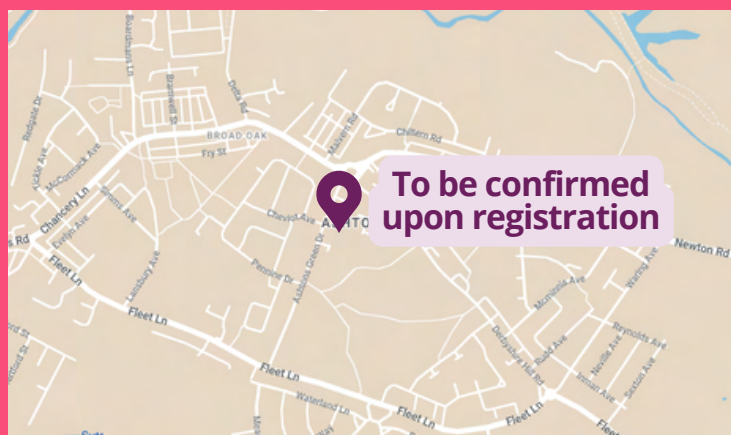
What is the Autism Post Diagnostic Learning Programme?

We are delighted to provide an open offer to St Helens parents and carers, whose child or young person has received a diagnosis of autism (ASD) from the St Helens Neurodevelopmental Pathway. This offer is commissioned by NHS Cheshire & Merseyside ICB - St Helens Place.

This unique 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 half term, we will be delivering the Autism Post Diagnostic Learning Programme for parent/carers of **3-8 years**. You can register your interest for our next APD Learning Programmes for **9-13 years** and **14-19 years** by calling or emailing the office.

3-8 Years Autism Post Diagnostic Learning Programme ***DATES AMENDED***



Where?

Our **3-8 years Autism Post Diagnostic Learning Programme** will be delivered in **WA9, St Helens**, with the venue to be confirmed upon registration. Please call our office on **01744 582172** for further information and to book on.

When?	Session
Wednesday 24th April 2024 9:30am - 2:45pm	Session 1 and 2
Wednesday 1st May 2024 9:30am - 2:45pm	Session 3 and 4
Wednesday 8th May 2024 9:30am - 2:45pm	Session 5 and 6

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.

ADDvanced Solutions Community Network is commissioned to deliver a limited number of Neurodevelopmental Conditions Professional Awareness Raising Training to whole teams. If you are interested in this full day's training, please call the office on 0151 486 1788 or email info@advancedsolutions.co.uk

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 current offer to families and professionals. Please email us at info@advancedsolutions.co.uk for further information.



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.advancedsolutions.co.uk under the 'Contact' menu option.** You will also find links to national organisations that can offer support.

Click [HERE](#)



Our online offer is delivered using Zoom for Healthcare. The details we request are kept securely and used in line with our privacy policy:

<https://www.advancedsolutions.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.

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