

# ST HELENS WHAT'S ON NEWSLETTER

## Spring 2 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 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 and post-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/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.

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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.

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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.

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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 and post-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
<b>Tuesday 20th February 2024</b> 12:30pm – 2:30pm	<b>Identifying Problems, Finding Solutions:</b> An open session to come along and discuss any difficulties you may be experiencing with your child/young person and explore strategies to support them.
<b>Tuesday 27th February 2024</b> 12:30pm – 2:30pm	<b>Supporting Siblings of Neurodiverse Children and Young People:</b> This session will discuss ways to explain neurodevelopmental conditions to your child or young person, to help them to better understand their neurodiverse sibling; sharing strategies to improve relationships and reduce sibling rivalry.
<b>Tuesday 5th March 2024</b> 12:30pm – 2:30pm	<b>Identifying Problems, Finding Solutions:</b> Due to unforeseen circumstances, <b>St Helens Carers Centre</b> will no longer be able to join us for this session. Instead, we will deliver an identifying problems, finding solutions session to help you get support for any issues you are having.
<b>Tuesday 12th March 2024</b> 12:30pm – 2:30pm	<b>Sensory Processing Difficulties:</b> Effective sensory processing is essential in order to develop skills, to learn and to function in everyday life. Neurodiverse children and young people often have impaired sensory processing – in this session we introduce our 8 senses, how to identify any sensory processing difficulties and offer ideas on how to support these difficulties.
<b>Tuesday 19th March 2024</b> 12:30pm – 2:30pm	<b>Puberty and Neurodevelopmental Conditions:</b> This session will be looking at how puberty can impact on our neurodiverse children and young people and how to explain the physical and emotional changes that happen to them. We will also consider neurodiverse children and young people's expectations and vulnerabilities, how to manage these and any other concerns or advice you may need.
<b>Tuesday 26th March 2024</b> 12:30pm – 2:30pm	<b>Supporting Transition:</b> This session will consider different types of transition - from nursery to primary school, from primary to secondary school or even just transition from one activity to another - and how we can support transitions through planning and strategies to reduce anxiety around change in our neurodiverse children and young people.

# 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
<b>Monday 19th February 2024</b> 9:30am – 11:00am	<b>Supporting Transition:</b> This session will consider different types of transition - from nursery to primary school, from primary to secondary school or even just transition from one activity to another - and how we can support transitions through planning and strategies to reduce anxiety around change in our neurodiverse children and young people.
<b>Monday 26th February 2024</b> 9:30am – 11:00am	<b>Understanding Phobias:</b> Our neurodiverse children and young people can have high levels of anxiety compared with their peers, and so may be more likely to develop a phobia. In today's session, we look at what can cause phobias, how we can support our child or young person and offer some information and advice to help.
<b>Monday 4th March 2024</b> 9:30am – 11:00am	<b>Sensory Processing Difficulties:</b> Effective sensory processing is essential in order to develop skills, to learn and to function in everyday life. Neurodiverse children and young people often have impaired sensory processing – in this session we introduce our 8 senses, how to identify any sensory processing difficulties and offer ideas on how to support these difficulties.
<b>Monday 11th March 2024</b> 9:30am – 11:00am	<b>Supporting the Development of Organisational Skills:</b> Our neurodiverse children and young people often find organising themselves and their belongings, surroundings and schoolwork to be very challenging. This will be partly due to processing difficulties, difficulties in prioritising, remembering, as well as coordination difficulties. Join us as we explore different tips and strategies to support them in developing their organisational skills.
<b>Monday 18th March 2024</b> 9:30am – 11:00am	<b>Emotions - what is our body telling us?:</b> Neurodiverse children and young people don't always recognise the connection between their emotions and what they feel physically inside their body. Today we will be discussing how to help them to understand what is going on inside their body to help them to better manage their different emotions.
<b>Monday 25th March 2024</b> 9:30am – 11:00am	<b>Neurodevelopmental Conditions and Mental Health:</b> In this session, we will be looking at how neurodevelopmental conditions can impact on our children and young people's mental health, ways to support them and build their resilience, as well as local services that may be able to help further.

# 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
<b>Wednesday 21st February 2024</b> 5:00pm – 6:30pm	<b>Supporting Transition:</b> This session will consider different types of transition - from nursery to primary school, from primary to secondary school or even just transition from one activity to another - and how we can support transitions through planning and strategies to reduce anxiety around change in our neurodiverse children and young people.
<b>Wednesday 28th February 2024</b> 5:00pm – 6:30pm	<b>Understanding Phobias:</b> Our neurodiverse children and young people can have high levels of anxiety compared with their peers, and so may be more likely to develop a phobia. In today's session, we look at what can cause phobias, how we can support our child or young person and offer some information and advice to help.
<b>Wednesday 6th March 2024</b> 5:00pm – 6:30pm	<b>Sensory Processing Difficulties:</b> Effective sensory processing is essential in order to develop skills, to learn and to function in everyday life. Neurodiverse children and young people often have impaired sensory processing – in this session we introduce our 8 senses, how to identify any sensory processing difficulties and offer ideas on how to support these difficulties.
<b>Wednesday 13th March 2024</b> 5:00pm – 6:30pm	<b>Supporting the Development of Organisational Skills:</b> Our neurodiverse children and young people often find organising themselves and their belongings, surroundings and schoolwork to be very challenging. This will be partly due to processing difficulties, difficulties in prioritising, remembering, as well as coordination difficulties. Join us as we explore different tips and strategies to support them in developing their organisational skills.
<b>Wednesday 20th March 2024</b> 5:00pm – 6:30pm	<b>Emotions - what is our body telling us?:</b> Neurodiverse children and young people don't always recognise the connection between their emotions and what they feel physically inside their body. Today we will be discussing how to help them to understand what is going on inside their body to help them to better manage their different emotions.
<b>Wednesday 27th March 2024</b> 5:00pm – 6:30pm	<b>Neurodevelopmental Conditions and Mental Health:</b> In this session, we will be looking at how neurodevelopmental conditions can impact on our children and young people's mental health, ways to support them and build their resilience, as well as local services that may be able to help further.

## 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 and post-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
<b>Monday 19th February 2024</b> 6:30pm - 8:30pm	<b>Session 1</b>
<b>Monday 26th February 2024</b> 6:30pm - 8:30pm	<b>Session 2</b>
<b>Monday 4th March 2024</b> 6:30pm - 8:30pm	<b>Session 3</b>
<b>Monday 11th March 2024</b> 6:30pm - 8:30pm	<b>Session 4</b>
<b>Monday 18th March 2024</b> 6:30pm - 8:30pm	<b>Session 5</b>
<b>Monday 25th March 2024</b> 6:30pm - 8:30pm	<b>Session 6</b>

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 Winwick, WA2. You can contact our office on **01744 582172** to book on and for more specific venue information.

## When?

**Monday 26th February 2024**

9:30am - 2:45pm

**Monday 4th March 2024**

9:30am - 2:45pm

**Monday 11th March 2024**

9:30am - 2:45pm

## Session

**Session 1 and 2**

**Session 3 and 4**

**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?

**Friday 15th March 2024**

9.30am - 12.00pm

## Topic

**Supporting Sleep Difficulties**

## 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 **14-19 years**. You can register your interest for our next APD Learning Programmes for **3-8 years** and **9-13 years** by calling or emailing the office.

## 14-19 Years Autism Post Diagnostic Learning Programme



### Where?

Our **14-19 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
<b>Wednesday 13th March 2024</b> 9:30am - 2:45pm	<b>Session 1 and 2</b>
<b>Wednesday 20th March 2024</b> 9:30am - 2:45pm	<b>Session 3 and 4</b>
<b>Wednesday 27th March 2024</b> 9:30am - 2:45pm	<b>Session 5 and 6</b>

## 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@addvancedsolutions.co.uk](mailto:info@addvancedsolutions.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@addvancedsolutions.co.uk](mailto:info@addvancedsolutions.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.addvancedsolutions.co.uk](http://www.addvancedsolutions.co.uk) under the 'Contact' menu option**, where 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.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



01744 582172



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WEBSITE



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INSTAGRAM