

What's on in St Helens

Summer 1 Half Term 2025



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 the offer.



Learning Programmes

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[Find out more](#)



Community Network Groups

[See below](#)



Online Learning Opportunities

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[Find out more](#)

St Helens Community Network Group: Every Tuesday afternoon during term time

An informal, open access learning opportunity to seek advice and support around challenges at all stages of your journey. No need to book, just come along, to meet the team and visiting professionals.

Time: 12:30pm – 2:30pm

Venue: Wonderland Community Centre

Unit 4 Reflection Court, Canal Street. WA10 3JQ.

The community centre is 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](#)



Topics this half term:

Tuesday 22nd April	Introduction to ADHD
Tuesday 29th April	In partnership with Mako Create
Tuesday 6th May	Situational Mutism
Tuesday 13th May	Attachment and Neurodivergence
Tuesday 20th May	Difficulties Attending School

Online Learning Opportunities



We offer several opportunities for parents and carers to access our offer online if this is your preference. Weekly Community Network Groups, termly workshops and also our Learning Programmes are delivered in a webinar format via Zoom for Healthcare. Please register in advance to attend.



[View our online calendar here or via the QR code](#)

ONLINE COMMUNITY NETWORK GROUP

Monday mornings

9.30am – 11.00am

[Click here to register](#)

Monday 21st April	Bank Holiday
Monday 28th April	Attachment and Neurodivergence Exploring the similarities and overlap of attachment theory and neurodivergence
Monday 5th May	Bank Holiday
Monday 12th May	Zones of Regulation Supporting children and young people to be more aware of their emotional state
Monday 19th May	Understanding Echolalia Exploring repetitive and unusual patterns of speech.

ONLINE COMMUNITY NETWORK GROUP

Wednesday evenings

5.00pm – 6.30pm

[Click here to register](#)

Wednesday 23rd April	Attachment and Neurodivergence Exploring the similarities and overlap of attachment theory and neurodivergence
Wednesday 30th April	Troubleshooting Homework
Wednesday 7th May	Sharing a Diagnosis
Wednesday 14th May	Understanding Echolalia Exploring repetitive and unusual patterns of speech.
Wednesday 21st May	Benefits Exploring DLA, PIP, and other benefits which may be available to neurodivergent children and young people.

Online 'Supporting Sleep Difficulties' Workshop

An extended webinar workshop, exploring aspects of neurodivergence that can contribute to difficulties with sleep for children and young people and what we can do to support better sleep.

Friday 2nd May – 9.30am – 12.00pm

[Click here to register](#)



Mental Health and Wellbeing Workshop

An extended webinar workshop, exploring how we can support neurodivergent young people to maintain good mental and physical health and wellbeing. Part of our ["Preparing for the Future"](#) offer for parents and carers of young people 11+ awaiting an autism or learning disability assessment.

Monday 28th April – 6.30pm – 8.30pm

[Click here to register](#)



Online community network groups and learning workshops provide parents and carers with an understanding of a particular topic around neurodevelopmental conditions. We provide 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. 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.



Learning Programmes for St Helens parents and carers

We offer learning programmes in St Helens to support parents and carers to understand and meet the needs of their neurodivergent children and young people, pre, during and post diagnosis.

[View our online calendar here or via the QR code to find the latest available dates](#)



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 equips them with practical strategies that 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.**

No referral or diagnosis is needed

[Click here for latest dates to attend face to face or online](#)

Preparing for the Future Learning Programme

Offering parents and carers, in St Helens, Knowsley and Warrington, learning opportunities to understand and better support young people aged 11+.

This is a structured, 6 session learning programme, delivered face to face or online, supporting parents and carers as their young person approaches adulthood:

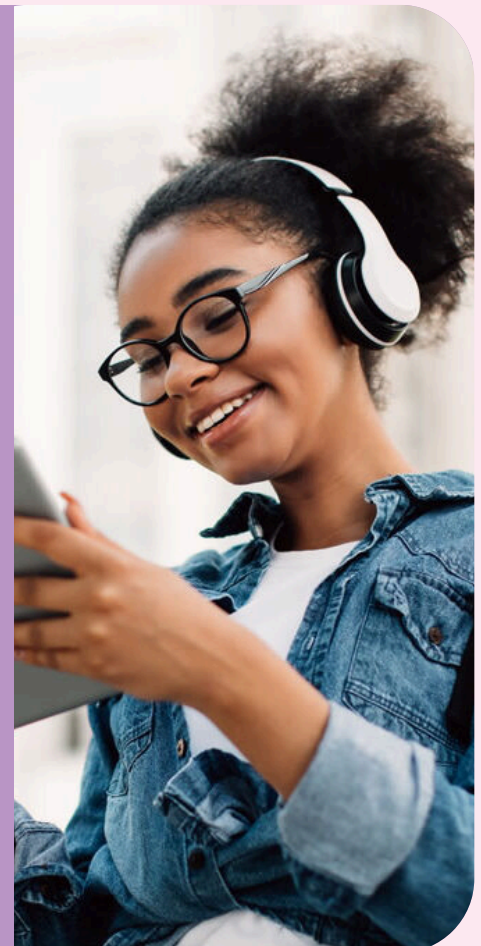
- **Independent living**
- **Community inclusion**
- **Relationships**
- **Good health and wellbeing**
- **Exploring local provision and services for young people**
- **Planning for transition**
- **Supporting independence**
- **Reasonable adjustments and SEND**
- **Further education and employment**

Venue: Maggie O'Neil Training Centre

433 Liverpool Road, Huyton, Liverpool L36 8HT
(just a few minutes from M57)

Across 3 Fridays – 9.30am – 2.30pm
9th, 16th and 23rd May 2025

[Book Now](#)



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 commissioned by NHS MerseyCare for St Helens parents and carers. Although priority will be given to parents and carers whose child has received an autism diagnosis, those on the pathway are also able to attend if places are available.

Across 3 Thursdays – 9.30am – 2.30pm

8th, 15th and 22nd May 2025

Please contact us to book your free place – venue to be confirmed.

Call our office on **01744 582172**, email us on **info@advancedsolutions.co.uk**

[Register here](#)



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 and the typical behaviours of ADHD, Autism, and other NDCs**
- **Recognise the impact that unsupported and unmanaged 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.**

Tuesday 20th May – 9.15am – 4.00pm – St Helens – venue to be confirmed.

If you are interested in this full day's training, please call the office on **01744 582172** or email **info@advancedsolutions.co.uk**.



St Helens Schools – Professionals online training workshops

Free online training sessions for any staff of St Helens secondary schools, topics this half term are:

Developing Emotional Regulation Tuesday 22nd April – 3.30pm – 5.30pm

Navigating Autism and Demand Avoidance Tuesday 13th May – 3.30pm – 5.30pm

[Book Now](#)

Preparing for Adulthood Professionals Workshop

A webinar workshop, exploring how professionals can support neurodivergent young people as they prepare for adulthood. Part of our “[Preparing for the Future](#)” project to support young people 11+ awaiting an autism or learning disability assessment.

Tuesday 29th April – 3.30pm – 5.30pm

[Click here to register](#)



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 see our **[urgent support page](#)**.

The details we request when you register are kept securely and used in line with our privacy policy:

<https://www.addvancedsolutions.co.uk/wp-content/uploads/2025/04/Privacy-Policy.pdf>

Get in touch with us

