

What's on in Sefton

Spring 2 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 Sefton 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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Autism Learning Programme

Six-session 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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Online Learning Workshops

Behaviours that Challenge: What's Really Going On? Sometimes, parents and carers find it difficult to interpret the behaviours their neurodivergent children and young people present with. Join this session to unpick those behaviours that challenge and identify the reasons behind those presenting behaviours.

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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?

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.

Sefton Community Network Group

Where?

We are pleased to announce we have a new venue for our Sefton Community Network Group. Our Sefton group is now based at **May Logan Healthy Living Centre, 294 Knowsley Road, Bootle, L20 5DQ.**

There is on-site parking available, the nearest train station is Bootle New Strand and bus links include the 47, 53Q, 52/52A, 58 and 300.



[Get directions](#)

When?	Topic
Wednesday 26th February 12:30pm - 2:30pm	In Partnership with Designated Social Care Officer for SEND: To discuss their role in providing support for children and young people with SEND, and their families.
Wednesday 5th March 12:30pm - 2:30pm	Preparing for Adulthood: Understanding common challenges neurodivergent individuals experience when preparing for adulthood and how to support our young people to overcome them.
Wednesday 12th March 12:30pm - 2:30pm	Situational Mutism: Exploring why neurodivergent children and young people are more likely to present with this condition and what we can do to support them.
Wednesday 19th March 12:30pm - 2:30pm	Understanding Executive Functioning: Discussing how neurodivergent young people may struggle with executive functioning - such as organising, sequencing and managing time - and how we can support them in developing these skills.
Wednesday 26th March 12:30pm - 2:30pm	In Partnership with Alder Hey's Learning Disability and Autism Team: To discuss their role in supporting children and young people with Learning Disabilities and/or Autism who attend Alder Hey for an appointment.
Wednesday 2nd April 12:30pm - 2:30pm	Theory of Mind: Exploring what 'theory of mind' is and how this effects neurodivergent children and young people in their understanding of how others think and feel.

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 24th February 9:30am-11:00am	Situational Mutism: Exploring why neurodivergent children and young people are more likely to present with this condition and what we can do to support them.
Monday 3rd March 9:30am-11:00am	Autism, ADHD and Masking: Identifying why neurodivergent individuals try to mask their differences in social situations and what impact it has on them, as well as how to reduce the stress and pressure they are experiencing.
Monday 10th March 9:30am-11:00am	Preparing for Adulthood: Understanding common challenges neurodivergent individuals experience when preparing for adulthood and how to support our young people to overcome them.
Monday 17th March 9:30am-11:00am	Emotions - What Our Body is Telling Us: Helping our neurodivergent children and young people to better recognise and manage their different emotions.
Monday 24th March 9:30am-11:00am	Neurodiversity and Toileting: Exploring the common challenges that neurodivergent children and young people may experience with toileting, and strategies to support them.
Monday 31st March 9:30am-11:00am	Embedding Routines at Home: Discussing how to establish effective and sustainable routines for our neurodivergent children and young people at home.

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 26th February 5:00pm - 6:30pm	Situational Mutism: Exploring why neurodivergent children and young people are more likely to present with this condition and what we can do to support them.
Wednesday 5th March 5:00pm - 6:30pm	Autism, ADHD and Masking: Identifying why neurodivergent individuals try to mask their differences in social situations and what impact it has on them, as well as how to reduce the stress and pressure they are experiencing.
Wednesday 12th March 5:00pm - 6:30pm	Neurodiversity and Puberty: Discussing how puberty can impact on our neurodivergent children and young people and how to explain the physical and emotional changes that happen, considering their expectations and vulnerabilities.
Wednesday 19th March 5:00pm - 6:30pm	Emotions - What Our Body is Telling Us: Helping our neurodivergent children and young people to better recognise and manage their different emotions.
Wednesday 26th March 5:00pm - 6:30pm	Sensory Processing Difficulties: Introducing the 8 senses, how to identify any sensory processing difficulties and strategies to support these difficulties.
Wednesday 2nd April 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.

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.**

Face to Face Neurodevelopmental Conditions Learning Programme

Please contact us for information about our next available Neurodevelopmental Conditions Learning Programme.

Call our office on **0151 486 1788** or email us on **info@advancedsolutions.co.uk**
No referral or diagnosis is needed.

Online Neurodevelopmental Conditions Learning Programme

**If you would prefer to join us online,
[Please click 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 24th February 6.30pm - 8.30pm	Monday 3rd March 6.30pm - 8.30pm	Monday 10th March 6.30pm - 8.30pm	Monday 17th March 6.30pm - 8.30pm	Monday 24th March 6.30pm - 8.30pm	Monday 31st March 6.30pm - 8.30pm

What is an 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.

Behaviours that Challenge: What's Really Going On?

Sometimes, as parent/carers of neurodivergent children and young people, we can struggle to understand why they do the things they do. This workshop will unpack some of the reasons behind behaviours that can be a challenge to our children/young people and to us, and offer some strategies that may help.

When?	Where?
Friday 21st March 9.30am - 12.00pm	<u>Please join us online by clicking here to register your details.</u>

What is the Autism Learning Programme?

This post-diagnostic 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 Liverpool and Sefton parents/ carers whose children and young people have received a diagnosis of autism (ASD). This offer is in partnership with Alder Hey NHS Trust, commissioned by NHS Cheshire & Merseyside.

Please select the appropriate programme specific to the age of your child/young person:

3-8 years; 9-13 years or 14-19 years.

Autism Learning Programme: 3-8 years

Please contact us to book your free place

call our office on **0151 486 1788** or email us on **info@advancedsolutions.co.uk**

Where?

L20, Sefton.

Please contact us for further details about the venue.



Autism Learning Programme - 3-8 Years

Sessions 1 & 2	Session 3 & 4	Sessions 5 & 6
Wednesday 19th March 9:30am - 2:45pm	Wednesday 26th March 9:30am - 2:45pm	Wednesday 2nd April 9:30am - 2:45pm

Autism Learning Programme: 9-13 years

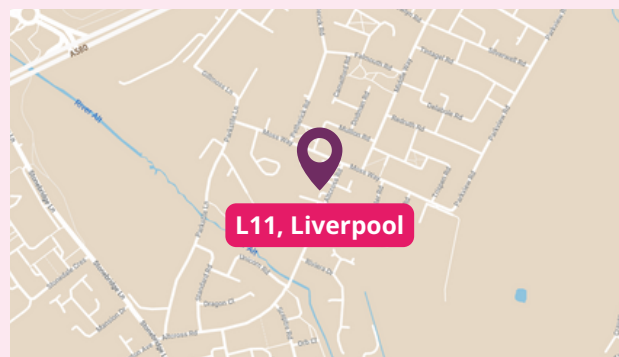
Please contact us to book your free place

call our office on **0151 486 1788** or email us on **info@advancedsolutions.co.uk**

Where?

L11, Liverpool.

Please contact us for further details about the venue.



Autism Learning Programme - 9-13 Years

Sessions 1 & 2	Session 3 & 4	Sessions 5 & 6
Monday 3rd March 9.30am - 2.45pm	Monday 10th March 9.30am - 2.45pm	Monday 17th March 9.30am - 2.45pm

Autism Learning Programme: 14-19 years

Delivered online this half term

Please join us online by clicking here to register your details.

Our Autism Learning Programme (14-19 years) will be delivered once a week, online, over six weeks - only one registration is required to attend all of the six sessions and you will receive a reminder for each session.

Autism Learning Programme - 14-19 Years					
Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Thursday 27th February	Thursday 6th March	Thursday 13th March	Thursday 20th March	Thursday 27th March	Thursday 3rd April
6:00pm - 8:30pm	6:00pm - 8:30pm	6:00pm - 8:30pm	6:00pm - 8:30pm	6:00pm - 8:30pm	6:00pm - 8:30pm

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. 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 offer for 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.addvancedsolutions.co.uk at the bottom of the home page.

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

