

Our new offer for families in

# Wirral

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 new offer of learning programmes and workshops for Wirral 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 Workshop**

Behaviours that Challenge: 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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# 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.

## Wirral Community Network Group

### Where?

**Gautby Road Community Centre, 69 Gautby Road, Birkenhead, Wirral CH41 7DS.**

The centre is located off Hoylake Road, close to Birkenhead North station. From Birkenhead bus station, you can reach the community centre via the 38, 407 and 418 bus routes.

[Get directions](#)



When?	Topic
<b>Friday 28th February</b> 9:30am-11:30am	<b>Introduction to ADDvanced Solutions Community Network:</b> Come along to an open session to introduce our service and the support we can provide for families of neurodivergent children and young people.
<b>Friday 7th March</b> 9:30am-11:30am	<b>Introduction to ADDvanced Solutions Community Network:</b> Come along to an open session to introduce our service and the support we can provide for families of neurodivergent children and young people.
<b>Friday 14th March</b> 9:30am-11:30am	<b>What is Neurodiversity?</b> Discussing what neurodiversity is and how the different neurodevelopmental conditions, such as Autism, ADHD, Sensory Processing Difficulties and Specific Learning Difficulties can impact children and young people.
<b>Friday 21st March</b> 9:30am-11:30am	<b>Introduction to Autism:</b> Exploring the characteristics that indicate a diagnosis of Autism Spectrum Disorder (ASD), how Autism can present differently in individuals, and identifying strategies to support autistic children and young people.
<b>Friday 28th March</b> 9:30am-11:30am	<b>Introduction to ADHD:</b> Discussing the characteristics that indicate a diagnosis of ADHD - hyperactivity, impulsivity and inattention - and how they can impact on education and home life for children and young people.
<b>Friday 4th April</b> 9:30am-11:30am	<b>Introduction to Sensory Processing Difficulties:</b> Effective sensory processing is essential in order to develop skills, to learn and to function in everyday life. We will discuss our 8 senses, how to identify sensory processing difficulties and offer strategies to support.

## 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
<b>Monday 24th February</b> 9:30am-11:00am	<b>Situational Mutism:</b> Exploring why neurodivergent children and young people are more likely to present with this condition and what we can do to support them.
<b>Monday 3rd March</b> 9:30am-11:00am	<b>Autism, ADHD and Masking:</b> 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.
<b>Monday 10th March</b> 9:30am-11:00am	<b>Preparing for Adulthood:</b> Understanding common challenges neurodivergent individuals experience when preparing for adulthood and how to support our young people to overcome them.
<b>Monday 17th March</b> 9:30am-11:00am	<b>Emotions - What Our Body is Telling Us:</b> Helping our neurodivergent children and young people to better recognise and manage their different emotions.
<b>Monday 24th March</b> 9:30am-11:00am	<b>Neurodiversity and Toileting:</b> Exploring the common challenges that neurodivergent children and young people may experience with toileting, and strategies to support them.
<b>Monday 31st March</b> 9:30am-11:00am	<b>Embedding Routines at Home:</b> 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
<b>Wednesday 26th February</b> 5:00pm - 6:30pm	<b>Situational Mutism:</b> Exploring why neurodivergent children and young people are more likely to present with this condition and what we can do to support them.
<b>Wednesday 5th March</b> 5:00pm - 6:30pm	<b>Autism, ADHD and Masking:</b> 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.
<b>Wednesday 12th March</b> 5:00pm - 6:30pm	<b>Neurodiversity and Puberty:</b> 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.
<b>Wednesday 19th March</b> 5:00pm - 6:30pm	<b>Emotions - What Our Body is Telling Us:</b> Helping our neurodivergent children and young people to better recognise and manage their different emotions.
<b>Wednesday 26th March</b> 5:00pm - 6:30pm	<b>Sensory Processing Difficulties:</b> Introducing the 8 senses, how to identify any sensory processing difficulties and strategies to support these difficulties.
<b>Wednesday 2nd April</b> 5:00pm - 6:30pm	<b>Identifying Problems, Finding Solutions:</b> 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.**

## Online Neurodevelopmental Conditions Learning Programme

**To join us online this half term,  
[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
<b>Monday 24th February</b> 6.30pm - 8.30pm	<b>Monday 3rd March</b> 6.30pm - 8.30pm	<b>Monday 10th March</b> 6.30pm - 8.30pm	<b>Monday 17th March</b> 6.30pm - 8.30pm	<b>Monday 24th March</b> 6.30pm - 8.30pm	<b>Monday 31st March</b> 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?
<b>Friday 21st March</b> 9.30am - 12.00pm	<b><u><a href="#">Please join us online by clicking here to register your details.</a></u></b>

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 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](mailto: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](mailto: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](http://www.advancedsolutions.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.advancedsolutions.co.uk/policies/privacy-policy.html](http://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.

### Get in touch with us

