

What's on in St Helens

Autumn 2 Half Term 2024



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 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.

PAGE 2-4 | [Click for more information](#)

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.

PAGE 5 | [Click for more information](#)

Preparing For Adulthood Learning Programme

A newly commissioned offer of learning opportunities to parents and carers of neurodivergent young people **aged 11+, who are awaiting Autism and LD assessment**, to support them as they approach adulthood.

PAGE 6 | [Click for more information](#)

Online Learning Workshop

Navigating your way through the Special Educational Needs and Disability (SEND) process to ensure that appropriate support is in place for your child or young person can be a challenge. This learning workshop has been designed to explore and clarify key features of the SEND process.

PAGE 6 | [Click for more information](#)

Autism Learning 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.

PAGE 7 | [Click for more information](#)

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.

PAGE 8 | [Click for more information](#)

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.

St Helens Community Network Group

Where?

**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.

[Get directions](#)



When?	Topic
Tuesday 5th November 12:30pm-2:30pm	In partnership with IASS: Providing information about their role supporting parents and carers who have children with Special Educational Needs.
Tuesday 12th November 12:30pm-2:30pm	Understanding Phobias: Identifying strategies to support neurodivergent children and young people with their presenting phobias.
Tuesday 19th November 12:30pm-2:30pm	In partnership with Occupational Therapy (OT) Team: Discussing how OT's support neurodivergent children and young people with sensory and physical needs.
Tuesday 26th November 12:30pm-2:30pm	Tourette's Syndrome: Understanding the characteristics of Tourette's Syndrome and discussing strategies to support everyday challenges.
Tuesday 3rd December 12:30pm-2:30pm	ADHD and Rejection Sensitive Dysphoria: Supporting ADHD children and young people with the intense distress experienced as a result of perceived rejection.
Tuesday 10th December 12:30pm-2:30pm	Preparing for Christmas: Strategies to support neurodivergent children and young people to transition into the Christmas holidays.

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 4th November 9:30am-11:00am	Separation Anxiety: Exploring strategies to support neurodivergent children and young people with presenting separation anxiety.
Monday 11th November 9:30am-11:00am	ADHD and Rejection Sensitive Dysphoria: Supporting ADHD children and young people with the intense distress experienced as a result of perceived rejection.
Monday 18th November 9:30am-11:00am	Tourette's Syndrome: Understanding the characteristics of Tourette's Syndrome and discussing strategies to support everyday challenges.
Monday 25th November 9:30am-11:00am	Supporting Sleep Difficulties: Providing strategies and advice on how to improve sleep routines for neurodivergent children and young people.
Monday 2nd December 9:30am-11:00am	The Graduated Approach: Discussing what the Graduated Approach to Special Educational Needs and Disabilities looks like in your local area.
Monday 9th December 9:30am-11:00am	Preparing for Christmas: Strategies to support neurodivergent children and young people to transition into the Christmas holidays.

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 6th November 5:00pm-6:30pm	The Graduated Approach: Discussing what the Graduated Approach to Special Educational Needs and Disabilities looks like in your local area.
Wednesday 13th November 5:00pm-6:30pm	Gender and Neurodevelopmental Conditions: Clarifying the key terms and ideas around gender identity, as well as how we can support our neurodivergent children and young people with their gender identity.
Wednesday 20th November 5:00pm-6:30pm	Separation Anxiety: Exploring strategies to support neurodivergent children and young people with presenting separation anxiety.
Wednesday 27th November 5:00pm-6:30pm	ADHD and Rejection Sensitive Dysphoria: Supporting ADHD children and young people with the intense distress experienced as a result of perceived rejection.
Wednesday 4th December 5:00pm-6:30pm	Tourette's Syndrome: Understanding the characteristics of Tourette's Syndrome and discussing strategies to support everyday challenges.
Wednesday 11th December 5:00pm-6:30pm	Preparing for Christmas: Strategies to support neurodivergent children and young people to transition into the Christmas holidays.

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 book your free place in advance.

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

No referral or diagnosis is needed.

Where?

WA10, St Helens.

The venue is located in central St Helens, please contact us to receive further information.



Session 1&2	Session 3&4	Session 5&6
Wednesday 6th November 9.30am - 2.45pm	Wednesday 13th November 9.30am - 2.45pm	Wednesday 20th November 9.30am - 2.45pm

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, twice a week, over three 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
Tuesday 5th November 6.30pm - 8.30pm	Wednesday 6th November 6.30pm - 8.30pm	Tuesday 12th November 6.30pm - 8.30pm	Wednesday 13th November 6.30pm - 8.30pm	Tuesday 19th November 6.30pm - 8.30pm	Wednesday 20th November 6.30pm - 8.30pm

What is the Preparing for Adulthood Learning Programme? (whilst awaiting autism or learning disability assessment)

We are newly commissioned in St Helens to offer learning opportunities to parents and carers of neurodivergent young people aged 11+ who are awaiting Autism and Learning Disability assessment. This is a structured, 6 session learning programme, delivered face to face or online, supporting parents and carers as their young person approaches adulthood:

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

Online Preparing for Adulthood Learning Programme

**To join us online,
Please click here to register your details.**

Our PFA Learning Programme will be delivered online, twice a week, over three 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 4th November 6.30pm - 8.30pm	Thursday 7th November 6.30pm - 8.30pm	Monday 11th November 6.30pm - 8.30pm	Thursday 14th November 6.30pm - 8.30pm	Monday 18th November 6.30pm - 8.30pm	Thursday 21st November 6.30pm - 8.30pm

What is a 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.

Introduction to SEND Provision and EHCP Process

Navigating your way through the Special Educational Needs and Disability (SEND) process to ensure that appropriate support is in place for your child or young person can be a challenge. This learning workshop has been designed to explore and clarify key features of the SEND process, and to provide information for parents and carers of a child/young person with a neurodevelopmental condition. We aim to enable you to work in partnership with the school's SEND Co-Ordinator and other professionals to ensure the most appropriate support for your child or young person.

When?	Where?
Friday 8th November 9.30am - 12.00pm	<u>Please join us online by clicking here to register your details.</u>

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 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 for St Helens parents/ carers whose children and young people have received a diagnosis of autism (ASD). This offer is commissioned by NHS Cheshire & Merseyside. Our current Autism Learning Programme will be for parents/carers of **14-19 years** (see below). Parents/carers of **3-8** and **9-13 year olds** can register their interest for the next available programme.

Autism Learning Programme: 14-19 years

Please contact us to book your free place in advance

call our office on **01744 582172** or email us on **info@advancedsolutions.co.uk**

Where?

WA10, St Helens.

The venue is located in central St Helens, please contact us to receive further information.



Autism Learning Programme - 14-19 Years

Sessions 1 & 2	Session 3 & 4	Sessions 5 & 6
Monday 11th November 9:30am - 2:45pm	Monday 18th November 9:30am - 2:45pm	Monday 25th November 9:30am - 2:45pm

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.

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.

Please contact us to book your place on our free upcoming professionals training

call our office on **01744 582172** or email us on **info@advancedsolutions.co.uk**

Where?

WA10, St Helens.

The venue is located in central St Helens, please contact us to receive further information.



When?	What?
Tuesday 26th November 9.15am - 3.30pm	Full-Day Neurodevelopmental Conditions Awareness Raising Training



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.

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

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

