



# ST HELENS WHAT'S ON NEWSLETTER

## Spring 1 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. See below for further details on our face-to-face and online Community Network Groups for this half term.

## 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 9th January 2024</b> 12:30pm – 2:30pm	<b>Zones of Regulation:</b> Today's session explores the programme created by Leah Kuypers to help foster self-regulation and control and we will discuss how we can use the 'Zones of Regulation®' principles to support our children and young people to regulate their alertness and emotions.
<b>Tuesday 16th January 2024</b> 12:30pm- 2:30pm	<b>Visiting Professional from St Helens (to be confirmed):</b> This week, we will be joined by a professional from the local area who will talk about their service and the support they can provide for neurodiverse children, young people and their families.
<b>Tuesday 23rd January 2024</b> 12:30pm – 2:30pm	<b>Foetal Alcohol Spectrum Disorder:</b> In this session, we will be providing an overview of Foetal Alcohol Spectrum Disorders and how we can support our children and young people presenting with FASD.
<b>Tuesday 30th January 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 our children and young people with these difficulties.
<b>Tuesday 6th February 2024</b> 12:30pm – 2:30pm	<b>Supporting Transition:</b> We will be looking at supporting the transition of children and young people, using strategies and planning to reduce their anxieties around change.
<b>Tuesday 13th February 2024</b> 12:30pm – 2:30pm	<b>Understanding Dyslexia:</b> In this session we will be looking at what dyslexia is and how we can support children and young people with dyslexia. Come along and ask any questions you may have.

# 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 8th January 2024</b> 9:30am – 11:00am	<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.
<b>Monday 15th January 2024</b> 9:30am – 11:00am	<b>Supporting Siblings of Children and Young People with ND Conditions:</b> This session will discuss ways to explain neurodevelopmental conditions to a sibling, to help them to better understand their brother or sister; sharing strategies to improve relationships and reduce sibling rivalry.
<b>Monday 22nd January 2024</b> 9:30am – 11:00am	<b>Genetic Conditions:</b> Understanding the physical, medical and neurodevelopmental elements of the many different genetic conditions can be confusing and, in some cases, isolating for families. Join the team to discuss concerns and identify the organisations that can support you.
<b>Monday 29th January 2024</b> 9:30am – 11:00am	<b>Supporting Transition:</b> We will be looking at supporting the transition of children and young people, using strategies and planning to reduce their anxieties around change.
<b>Monday 5th February 2024</b> 9:30am – 11:00am	<b>Sharing a Diagnosis:</b> Today's session is all about how we can share our child or young person's diagnosis with them and with their family, friends and other significant people in their life.
<b>Monday 12th February 2024</b> 9:30am – 11:00am	<b>Tantrums V Meltdowns:</b> Is my child having a tantrum or a meltdown? What is the difference? How do I support them during this? Today's workshop looks at these and other concerns, and we will be discussing strategies to help.

# 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 10th January 2024</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.
<b>Wednesday 17th January 2024</b> 5:00pm – 6:30pm	<b>Supporting Transition:</b> We will be looking at supporting the transition of children and young people, using strategies and planning to reduce their anxieties around change.
<b>Wednesday 24th January 2024</b> 5:00pm – 6:30pm	<b>Difficulties Attending School:</b> Today we will be looking at why our children and young people may find it difficult to attend school, the impact that it can have and what we can do to support them.
<b>Wednesday 31st January 2024</b> 5:00pm – 6:30pm	<b>Autism and Girls:</b> Autistic girls can be missed in assessment because autism can appear differently to the way it presents in boys. In today's session we will look at the differences between autistic boys and autistic girls, and specific ways to support autistic girls.
<b>Wednesday 7th February 2024</b> 5:00pm – 6:30pm	<b>Foetal Alcohol Spectrum Disorder:</b> In this session, we will be providing an overview of Foetal Alcohol Spectrum Disorders and how we can support our children and young people presenting with FASD.
<b>Wednesday 14th February 2024</b> 5:00pm – 6:30pm	<b>Tantrums V Meltdowns:</b> Is my child having a tantrum or a meltdown? What is the difference? How do I support them during this? Today's workshop looks at these and other concerns, and we will be discussing strategies to help.

## 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 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.

When?	Session
<b>Monday 15th January 2024</b> 6:30pm - 8:30pm	<b>Session 1</b>
<b>Wednesday 17th January 2024</b> 6:30pm - 8:30pm	<b>Session 2</b>
<b>Monday 22nd January 2024</b> 6:30pm - 8:30pm	<b>Session 3</b>
<b>Wednesday 24th January 2024</b> 6:30pm - 8:30pm	<b>Session 4</b>
<b>Monday 29th January 2024</b> 6:30pm - 8:30pm	<b>Session 5</b>
<b>Wednesday 31st January 2024</b> 6:30pm - 8:30pm	<b>Session 6</b>

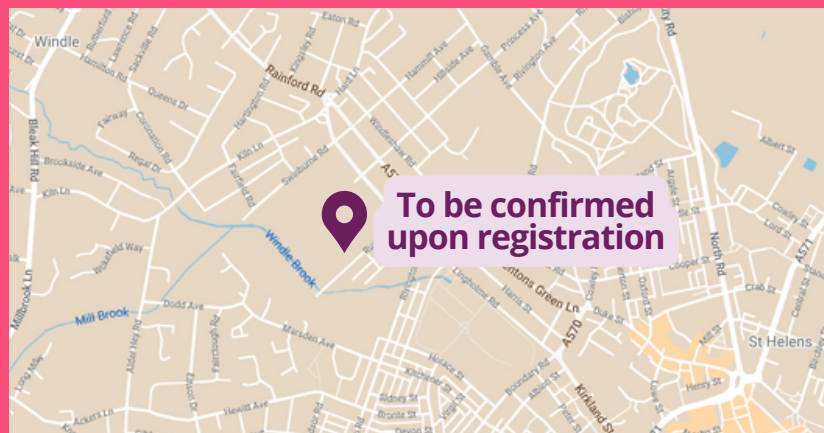
## What is the Autism Post Diagnostic Learning Programme?

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

## 9-13 Years Autism Post Diagnostic Learning Programme



### Where?

Our **9-13 years Autism Post Diagnostic Learning Programme** will be delivered in **WA10, 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>Friday 2nd February 2024</b> 9:30am - 2:45pm	<b>Session 1 and 2</b>
<b>Friday 9th February 2024</b> 9:30am - 2:45pm	<b>Session 3 and 4</b>
<b>Friday 16th February 2024</b> 9:30am - 2:45pm	<b>Session 5 and 6</b>

## 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?	Topic
<b>Friday 26th January 2024</b> 9:30am - 11:30am	<b>Difficulties Attending School</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@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 current offer to 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) 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.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



01744 582172



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