



LIVERPOOL WHAT'S ON NEWSLETTER

Autumn 2 Half Term (November-December 2022)

ADDvanced Solutions Community Network encourages, equips and empowers neurodiverse children, young people and their families, and 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 available for parent/carers to access to better understand and support their child.

Introducing: our new format!

Welcome to our new What's On newsletter, created to celebrate our ten-year anniversary. We now have a *contents page* with links and page numbers for each section of the newsletter, together with more detailed explanations about our delivery. We welcome your feedback.

**SCROLL DOWN OR CLICK HERE TO
VISIT THE CONTENTS ON PAGE 2**

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.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.



CONTENTS

Community Network Groups

Each week during term time, we deliver online and face to face 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](#)

PAGES 3, 4 AND 5

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](#)

PAGE 6

Sensory Processing Difficulties and Eating Difficulties Workshops

Awareness Raising Training to increase understanding of Sensory Processing and Eating Difficulties. Delivered in partnership with Liverpool Occupational Therapy.

[CLICK HERE FOR MORE INFORMATION](#)

PAGE 7

Autism Post Diagnostic Learning Programme

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.

[CLICK HERE FOR MORE INFORMATION](#)

PAGE 8 AND 9

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.

[CLICK HERE FOR MORE INFORMATION](#)

PAGE 10

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.

[CLICK HERE FOR MORE INFORMATION](#)

PAGE 10

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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 Community Network Group delivery for this half term.

Monday All Area Online Community Network Group

To join us online: [please click here to register](#). You only need to register once to join any of the sessions below, please drop into whichever topics you will find helpful.

When?	What?
Monday 31st October 2022 9:30am – 11:00am	Identifying Problems, Finding Solutions: An open session to come along and discuss any difficulties you may be experiencing with your child/young person and explore strategies to support them.
Monday 7th November 2022 9:30am – 11:00am	ADHD and Rejection Sensitive Dysphoria: Rejection Sensitive Dysphoria is associated with ADHD and occurs when experiencing an overwhelming emotional sensitivity to criticism or rejection. Join us as we discuss RSD and strategies to support.
Monday 14th November 2022 9:30am – 11:00am	Visit from Liverpool Community Advice: Liverpool Community Advice will be joining us to explain what benefits parents and carers can apply for to support the needs of their neurodiverse child/young person.
Monday 21st November 2022 9:30am – 11:00am	Emotions - what our body is telling us: We will be discussing how to help our children/young people to understand what is going on inside their body to help them to better manage their different emotions.
Monday 28th November 2022 9:30am – 11:00am	Music and Neurodiversity: Neurodiverse children/young people often respond very positively to music; used effectively it can support communication and social interaction. Join us as we explore some of the beneficial ways we can incorporate music into our family lives.
Monday 5th December 2022 9:30am – 11:00am	Identifying Problems, Finding Solutions: An open session to come along and discuss any difficulties you may be experiencing with your child/young person and explore strategies to support them.
Monday 12th December 2022 9:30am – 11:00am	Preparing for the Christmas Holiday: The Christmas holiday can be a time of confusion, anxiety, and distress for neurodiverse children/young people. This session looks at ways we can reduce stress and support your family at this time.

Belle Vale Community Network Group

Join us face-to-face at Belle Vale Children's Centre, Hedgefield Road, Belle Vale, L25 2RW.
There's no need to book - please drop in!

When?	What?
Tuesday 1st November 2022 9:30am – 11:30am	Identifying Problems, Finding Solutions: An open session to come along and discuss any difficulties you may be experiencing with your child/young person and explore strategies to support them.
Tuesday 8th November 2022 9:30am – 11:30am	Visit from Bully Busters: Bully Busters will be joining us to explain the services they offer and how they support children and young people.
Tuesday 15th November 2022 9:30am – 11:30am	Autism, ADHD and Masking: Why do neurodiverse children/young people try to mask their differences in social situations, and what impact does it have on them? How can we help to reduce the stress and pressure they are experiencing?
Tuesday 22nd November 2022 9:30am – 11:30am	Emotions - what our body is telling us: We will be discussing how to help our children/young people to understand what is going on inside their body to help them to better manage their different emotions.
Tuesday 29th November 2022 9:30am – 11:30am	Visit from Fair Access Panel: Fair Access Panel will be joining us to discuss their service and how they support families around admissions to schools and alternative education.
Tuesday 6th December 2022 9:30am – 11:30am	Identifying Problems, Finding Solutions: An open session to come along and discuss any difficulties you may be experiencing with your child/young person and explore strategies to support them.
Tuesday 13th December 2022 9:30am – 11:30am	Preparing for the Christmas Holiday: The Christmas holiday can be a time of confusion, anxiety, and distress for neurodiverse children/young people. This session looks at ways we can reduce stress and support your family at this time.

Wednesday All Area Online Community Network Group

To join us online: [please click here to register](#). You only need to register once to join any of the sessions below, please drop into whichever topics you will find helpful.

When?	What?
Wednesday 2nd November 2022 5:00pm – 6:30pm	Visit from SENDIASS - independent SEND support for families: SENDIASS will be joining us to discuss the information, advice and support they provide for parents/carers of children and young people with SEND, including how the service supports families through the Education Health Care Plan (EHCP) process.
Wednesday 9th November 2022 5:00pm – 6:30pm	Autism and Girls: This session will look at how autistic girls can present and specific strategies to support them.
Wednesday 16th November 2022 5:00pm – 6:30pm	Visit from Liverpool Community Advice: Liverpool Community Advice will be joining us to explain what benefits parents and carers can apply for to support the needs of their neurodiverse child/young person.
Wednesday 23rd November 2022 5:00pm – 6:30pm	Supporting Siblings of Neurodiverse Children and Young People: 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.
Wednesday 30th November 2022 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/young person and explore strategies to support them.
Wednesday 7th December 2022 5:00pm – 6:30pm	Understanding and Supporting Behaviour: Sometimes we can struggle to understand why our children and young people behave the way they do. Join us as we unpack some underlying causes of the behaviours that can be a challenge to them and to us and look together at strategies that may help.
Wednesday 14th December 2022 5:00pm – 6:30pm	Preparing for the Christmas Holiday: The Christmas holiday can be a time of confusion, anxiety, and distress for neurodiverse children/young people. This session looks at ways we can reduce stress and support your family at this time.

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)
- Supporting behaviours associated with neurodevelopmental conditions
- Your Local Offer, disability welfare rights and special educational needs support including Early Help and Education Health Care Plans

ONLINE Neurodevelopmental Conditions Learning Programme will be delivered twice a week over three weeks [please click here to register.](#)

When?	What?
Monday 7th November 6:30pm - 8:30pm	Session 1
Wednesday 9th November 6:30pm - 8:30pm	Session 2
Monday 14th November 6:30pm - 8:30pm	Session 3
Wednesday 16th November 6:30pm - 8:30pm	Session 4
Monday 21st November 6:30pm - 8:30pm	Session 5
Wednesday 23rd November 6:30pm - 8:30pm	Session 6

What is Sensory Processing Difficulties Awareness Raising Training?

Our Sensory Processing Difficulties (SPD) Awareness Raising Training helps parents and carers to understand sensory processing difficulties, emotional regulation and praxis with sensory strategies to better support their child or young person. Delivered in partnership with an occupational therapist advanced practitioner in sensory integration.

Join us face-to-face for our Sensory Processing Difficulties Awareness Raising Training:
Venue: Walton, L9 address provided on registration

When?	How to book
Monday 14th November 2022 9:30am – 2:30pm	Please call the office on 0151 486 1788 or email info@advancedsolutions.co.uk for further information and to book your place.

What is Eating Difficulties Awareness Raising Training?

Our Eating Difficulties Awareness Raising training is specifically designed for families of neurodiverse children and young people who experience avoidant and restrictive food intake difficulties. The training will consider how our senses are involved in the eating process with practical strategies to support your child to develop a more positive relationship with food. **We ask that you attend our Sensory Processing Difficulties Training before accessing our Eating Difficulties training.**

Join us face-to-face for our Eating Difficulties Awareness Raising Training
Venue: Walton, L9 address provided on registration

When?	How to book
Monday 21st November 2022 9:30am – 2:30pm	Please call the office on 0151 486 1788 or email info@advancedsolutions.co.uk for further information and to book your place.

Autism Post Diagnostic Learning Programme

We are delighted to provide an open offer to Liverpool and Sefton parents and carers, whose child/young person has received a diagnosis of autism (ASD) from Alder Hey NHS Trust, or from either Axia ASD Ltd or HealiOS via Alder Hey NHS Trust. This is a pilot offer in partnership with Alder Hey NHS Trust, commissioned by NHS Cheshire & Merseyside.

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.

Please select the appropriate programme specific to the age of your child/young person: **3-8 years; 9-13 years** or **14-19 years**.

IF YOUR CHILD IS 3-8 YEARS OF AGE

Join us face-to-face for our Autism Post Diagnostic Learning Programme:
To register please contact the office on: 0151 486 1788
Venue: Bootle, L20 address provided on registration

When?	What?
Monday 28th November 2022 9:30am – 2:30pm	Session 1
Monday 5th December 2022 9:30am – 2:30pm	Session 2
Monday 12th December 2022 9:30am – 2:30pm	Session 3

IF YOUR CHILD IS 9-13 YEARS OF AGE

To join us online: [please click here to register](#). Our Autism Post Diagnostic Learning Programme will be delivered online one evening a week for six weeks.

When?	What?
Tuesday 8th November 2022 6:00pm – 9:00pm	Session 1
Tuesday 15th November 2022 6:00pm – 9:00pm	Session 2
Tuesday 22nd November 2022 6:00pm – 9:00pm	Session 3
Tuesday 29th November 2022 6:00pm – 9:00pm	Session 4
Tuesday 6th December 2022 6:00pm – 9:00pm	Session 5
Tuesday 13th December 2022 6:00pm – 9:00pm	Session 6

IF YOUR CHILD IS 14-19 YEARS OF AGE

Join us face-to-face for our Autism Post Diagnostic Learning Programme:
To register please contact the office on: 0151 486 1788
Venue: Speke, L24 address provided on registration

When?	What?
Tuesday 22nd November 2022 9:30am – 2:30pm	Session 1
Tuesday 29th November 2022 9:30am – 2:30pm	Session 2
Tuesday 6th December 2022 9:30am – 2:30pm	Session 3

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 function.

To join us online: [please click here to register.](#)

When?	What?
Friday 9th December 2022 10:00am – 12:00noon	Autism with Demand Avoidant Profile (PDA): Autistic children and young people can have a degree of demand-avoidance due to their levels of anxiety. We will look at how behaviours associated with autism with a demand avoidant profile (PDA) can be challenging, requiring a non-confrontational approach. Join us for this overview and strategies to support.

What is the Professionals Neurodevelopmental Conditions Awareness Raising Training?

Designed to improve professionals' understanding of neurodevelopmental conditions, 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, ASD/C, and other NDCs
- Recognise the typical behaviours of ADHD, ASD/C 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
- Recognise 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

Coffee Mornings/Afternoons

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 contact the office 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 under the 'Contact' menu option**, where you will also find links to national organisations that can offer support.

Click [HERE](#)

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