



What's On in St Helens: Winter/Spring Half Term 2021

ADDvanced Solutions Community Network have an online offer to support children, young people, families and professionals in the St Helens area.

We offer:

- **online learning workshops, groups and programmes for parents/carers**
- **professionals learning workshops**
- **telephone and email support**

Our online offer is delivered using Zoom for Healthcare (which complies to stringent security standards and has the appropriate privacy shield in place). If you are using a phone, you will need to download the Zoom app beforehand. The details we request are kept secure and used in line with our privacy policy: <https://www.addvancedsolutions.co.uk/policies/privacy-policy.html>

If you are accessing our online offer using your mobile phone, 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.

Online Community Network Groups

A discussion based opportunity to develop your understanding around neurodevelopmental conditions (NDCs), to ask questions and share learning and experience.

You can talk to other parents, the ADDvanced Solutions team and **visiting professionals** who can help and support you. Please contact the office to register your interest and we will email you the link to join the meeting.

Tuesdays 1:00pm-2:30pm:

23rd February: SEND Information Advice and Support Service

2nd March: What is anxiety

9th March: Supporting transition

16th March: Autism and girls

23rd March: Identifying problems, finding solutions

30th March: What's on in your area for Autism Awareness Week

Our Online Family Learning Programme

Our online learning programme for parents, carers and supporters who wish to gain knowledge and skills about their child's neurodevelopmental condition, with strategies to support the difficulties that may present around:

- Neurodevelopmental conditions/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 ND conditions
- Your local offer, welfare rights and special educational support

The programme will be delivered in webinar format. A webinar is a platform where you are not visible or heard by others joining the training. You can type any questions into the chat, and these will be answered during or at the end of the session. **Please click the link below which will take you to a short registration process.**

The programme will be delivered over six sessions.

Monday and Wednesday evening from 6.00pm-7.30pm:

Monday 8th March

Wednesday 10th March

Monday 15th March

Wednesday 17th March

Monday 22nd March

Wednesday 24th March

Click [here](#) to register for
the six session Family
Learning Programme

Our Online Sensory Processing Difficulties Learning Workshops and Support

Our Sensory Processing Difficulties learning workshops will be delivered as webinars over three sessions on consecutive **Mondays from 1.00pm-2.30pm**. It is recommended that you attend all three sessions.

Please click the links below to register:

Monday 22nd February: [Introduction to Sensory Processing Difficulties](#)

(Session 1 of 3)

Monday 1st March: [Emotional Regulation and Praxis](#)

(Session 2 of 3)

Monday 8th March: [Sensory Strategies](#)

(Session 3 of 3)

Following our Sensory Processing Difficulties training, if you would like to talk to one of our team around supporting your child or young person with Sensory Processing Difficulties, please call the office.

Our Online Sleep Difficulties Learning Workshops and Support

Our Sleep Difficulties learning workshops will be delivered as webinars. We recommend that you also access the Family Learning Programme and Sensory Processing Difficulties training, as this will be the foundation for our Sleep Difficulties offer.



We have three opportunities this half term, please register for one of the sessions below. Please click the link below for your chosen date:

Thursday 25th February: [Supporting Sleep Difficulties](#) (9:30am-12:00pm)

Thursday 4th March: [Supporting Sleep Difficulties](#) (6:30pm-9:00pm)

Monday 22nd March: [Supporting Sleep Difficulties](#) (1:00pm-3:30pm)

At the end of the workshop, there will be an opportunity to discuss and complete sleep diaries, and have further conversations with one of our Sleep Practitioners.

Professionals working with families living with neurodevelopmental conditions can also access this offer.

SUPPORTING YOUR CHILD OR YOUNG PERSON WITH CHALLENGES AROUND THEIR EDUCATION DURING UNCERTAIN TIMES:

During the current uncertain times, we are aware that children and young people may be struggling to engage in their education, whether learning from home or in an educational setting.

We are also offering telephone advice and support or, if preferred, an online meeting:

- for parents/carers to explore their concerns and identify strategies to support their child or young person with neurodevelopmental conditions during challenging and uncertain times to engage in their education.
- for young people aged 11-19 (with appropriate permission/consent in place for those under age 16).

Please contact the office by telephone on 0151 486 1788 or email info@advancedsolutions.co.uk to book.

Sessions will be for a maximum of 45 minutes and any further sessions may be booked as required. You will also be offered a follow up conversation.

Online Learning Workshops for Families

Our learning workshops, delivered as webinars, have been designed for families, to better recognise, understand and support their own needs and those of their children and young people living with neurodevelopmental conditions (NDCs). If there are other topics you would like us to cover in these workshops, please let us know. **Please click the link below to register:**

10.00am-12.00pm:

Tuesday 9th March: [ND Conditions: Puberty, Health & Relationships](#)

Thursday 18th March: [De-escalation strategies for Neurodevelopmental conditions](#)

Thursday 25th March: [Autism with a Demand Avoidant Profile](#)

Children's Activities - "Dance your socks off Friday!"

Every Friday this half term, we will be holding a dance your socks off party for children with neurodevelopmental conditions and their siblings.

Building on the popularity of our Christmas party, we will be partnering with Aladdin's Cave Entertainment to deliver a party **each Friday from 4.00pm-5.00pm** to dance, have fun and play games. Come and burn some energy to start the weekend, and put on some party clothes if you would like.

Please contact the office to register your child/children's place.



Young People's Offer

If you are a parent/carer of a young person (aged 11-19) who would like one of our team to talk to them, to help them better understand their autism, ADHD, sensory processing difficulties or other neurodevelopmental conditions, please contact the office (with appropriate permission/consent in place for those under age 16).

Professionals Online Learning Workshops

Our Professionals Online Learning Workshops, delivered as webinars, will focus on the challenges associated with neurodevelopmental conditions (NDCs). **Please click the links below to register:**

3.30pm-5.00pm:

Thursday 4th March: [Autism with a Demand Avoidant Profile](#)




Thursday 11th March: [Introduction to ADHD](#)

Thursday 18th March: [Neurodevelopmental conditions and Anxiety](#)

Virtual Coffee Mornings

We are happy to attend any virtual coffee mornings and online sessions to explain our current offer to families and professionals. Please contact the office.



 Follow us on Twitter: @ADDvancedSol
 Follow us on Instagram: @ADDvancedSolutions
 Like us on Facebook: ADDvanced Solutions Community Network
Join our closed Facebook group for parents and carers:
ADDvanced Solutions Community Network Discussion Group

For full details and descriptions of the events listed in this 'What's On' newsletter, please visit the What's On section on our website and view the calendar listings.

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](#)