

# What's on in Knowsley

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 learning programmes and workshops for Knowsley 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](#)**

## Online Learning Workshop

**Difficulties Attending School:**  
To help you to better understand the reasons why neurodivergent children and young people may have difficulties in accessing education, the impact of not attending and strategies we can use to support our children and young people to support them in accessing school.

**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](#)**

## 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 7 | [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.

## Huyton Community Network Group

### Where?

**Old Schoolhouse Community Project, St. John's Road, Huyton, Liverpool, L36 0UX.**

The venue is around a 10 minute walk from Huyton Village Shopping Centre, and is reachable by the 7, 61 and 50 bus routes.

[Get directions](#)



When?	Topic
<b>Wednesday 26th February</b> 9:30am - 11:30am	<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 5th March</b> 9:30am - 11:30am	<b>In Partnership with Early Help:</b> To discuss how the Early Help service provides extra support for those families who may need it in Knowsley.
<b>Wednesday 12th March</b> 9:30am - 11:30am	<b>Supporting Adolescent Mental Health:</b> Our partner <b>Ahead of the Game</b> will be providing information about how we can help identify mental health difficulties in adolescents and how we can support them with this.
<b>Wednesday 19th March</b> 9:30am - 11:30am	<b>Toileting and Neurodevelopmental Conditions:</b> Understanding the common challenges that neurodivergent children and young people may experience around toileting, and providing strategies to support.
<b>Wednesday 26th March</b> 9:30am - 11:30am	<b>Understanding Executive Functioning:</b> Discussing how neurodivergent young people may struggle with executive functioning - such as organising, sequencing and managing time - and how we can support them in developing these skills.
<b>Wednesday 2nd April</b> 9:30am - 11:30am	<b>Tantrums v Meltdowns:</b> Identifying the key differences between a tantrum and a meltdown, as well as 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.**

## Face to Face Neurodevelopmental Conditions Learning Programme

**Please book your free place in advance.**

Call our office on **0151 486 1788** or email us on **info@advancedsolutions.co.uk**  
**No referral or diagnosis is needed.**

### Where?

**L35, Prescot.**

The venue is located in Prescot, please contact us to receive further information.



Session 1&2	Session 3&4	Session 5&6
<b>Friday 28th February</b> 9.30am - 2.45pm	<b>Friday 7th March</b> 9.30am - 2.45pm	<b>Friday 14th March</b> 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, 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>Please join us online by clicking here to register your details.</u></b>

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

We are newly commissioned in Knowsley 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

## Face-to-face Preparing for Adulthood Learning Programme

**Please contact us to book your free place in advance**

call our office on **01925 320863** or email us on **info@advancedsolutions.co.uk**

### Where?

**WA1, Warrington**

Please contact us for further details about the venue.



Session 1 & 2	Session 3 & 4	Session 5 & 6
<b>Tuesday 18th March</b> 9:30am - 2.30pm	<b>Tuesday 25th March</b> 9:30am - 2.30pm	<b>Tuesday 1st April</b> 9:30am - 2.30pm

## Online Preparing for Adulthood Learning Programme

**If you would prefer to join us online,  
Please click here to register your details.**

Our PFA 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>Wednesday 26th February</b> 6:30pm - 8:30pm	<b>Wednesday 5th March</b> 6:30pm - 8:30pm	<b>Wednesday 12th March</b> 6:30pm - 8:30pm	<b>Wednesday 19th March</b> 6:30pm - 8:30pm	<b>Wednesday 26th March</b> 6:30pm - 8:30pm	<b>Wednesday 2nd April</b> 6:30pm - 8:30pm

## Preparing for Adulthood Online Learning Workshop for Parents/Carers

### Pathway to independent living, including housing

Our Preparing for Adulthood learning workshop for this half term will be looking at equipping you to support your young person, and planning for the next stage of employment, education and training, using clear examples and case studies and giving opportunity for questions, comments and discussion throughout the session. We will be exploring options including further education, higher education, training, supported internships and employment in various sectors.

When?	Where?
<b>Thursday 13th March</b> 6.30pm - 8.30pm	<b><u>Please join us online by clicking here to register your details.</u></b>

## Preparing for Adulthood Online Learning Workshop for Professionals

Our professionals learning workshop for this half term will be looking at equipping you to:

- Understand the challenges faced by neurodivergent individuals when preparing for adulthood
- Develop the skills to better support the young people and their families you work with as they prepare for the future and transition to adulthood

We will be looking at the four key areas which are: **employment, independent living, community inclusion** and **health**, using clear examples, case studies and giving opportunity for questions, comments and discussion throughout the session.

When?	Where?
<b>Tuesday 1st April</b> 3.30pm - 5.30pm	<b><u>Please join us online by clicking here to register your details.</u></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. 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

