

ADDvanced Solutions Community Network Supporting you to find the answers





## LIVERPOOL WHAT'S ON NEWSLETTER Summer Term 1 2023 (Updated)

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.

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.

Please find below our What's On Newsletter which details all of the support we have available for neurodiverse children, young people and their families - including our weekly drop-in Community Network Groups and six-session Neurodevelopmental Conditions Learning Programme.



# 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 3-5

#### Sensory Processing Difficulties Workshop

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

### 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 11

#### 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 6-7

#### 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 8-9**

#### 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 11













PAGE 2

**GET IN TOUCH** 



#### 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 postdiagnosis. 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.

### **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?
<b>Tuesday 18th April 2023</b> 9:30am – 11:30am	<b>Understanding Theory of Mind:</b> In today's session we will be looking at 'Theory of Mind'. What is it, and the impact on our children and young people with neurodevelopmental conditions in their understanding of how other people think and feel.
<b>Tuesday 25th April 2023</b> 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.
<b>Tuesday 2nd</b> <b>May 2023</b> 9:30am – 11:30am	Visit from Occupational Therapist: The session this week will be delivered in partnership with the Occupational Therapist in Liverpool. Please come along to discuss and ask questions.
<b>Tuesday 9th May 2023</b> 9:30am – 11:30am	Supporting Sleep Difficulties: Sleep difficulties can have a major impact on the whole family, not just the individual child. They can impact on mental and physical health, cause relationship breakdowns and affect how all the family respond to everyday situations. In today's session we look at how we can help our children and young people to get better sleep.
<b>Tuesday 16th May 2023</b> 9:30am – 11:30am	<b>Puberty and Neurodevelopmental Conditions:</b> This session's topic is puberty, and we will be looking at how puberty can impact on our children and young people with ND conditions. Come with any questions, concerns, tips and solutions you have for this informal learning opportunity.
<b>Tuesday 23rd May 2023</b> 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.





# Monday All Area Online Community Network Group

To join us online: <u>please click here to register.</u> You only need to register once to join any of the sessions below, please drop into whichever topics you will find helpful.		
When?	What?	
<b>Monday 17th April 2023</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/young person and explore strategies to support them.	
<b>Monday 24th April 2023</b> 9:30am – 11:00am	<b>Puberty and Neurodevelopmental Conditions:</b> This session's topic is puberty, and we will be looking at how puberty can impact on our children and young people with ND conditions. Come with any questions, concerns, tips and solutions you have for this informal learning opportunity.	
<b>Monday 15th May 2023</b> 9:30am – 11:00am	Introduction to Sensory Processing Difficulties: Effective sensory processing is essential in order to develop skills, to learn and to function in everyday life. Children with neurodevelopmental conditions 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>Monday 22nd May 2023</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/young person and explore strategies to support them.	





# Wednesday All Area Online Community Network Group

To join us online: <u>please click here to register.</u> You only need to register once to join any of the sessions below, please drop into whichever topics you will find helpful.		
When?	What?	
<b>Wednesday 19th</b> <b>April 2023</b> 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.	
<b>Wednesday 26th</b> <b>April 2023</b> 5:00pm – 6:30pm	Understanding Executive Function: Our executive functioning is like the 'airport control tower' of our brain. It's how we organise, sequence, manage time, decide what to do first/next, etc. This week's session looks at executive function in children and young people with ND conditions, and to support them to develop their skills.	
<b>Wednesday 3rd May 2023</b> 5:00pm – 6:30pm	Emotions - what our body is telling us: Our children and young people with neurodevelopmental conditions don't always recognise the connection between their emotions and what they feel physically inside their body. Today we will be discussing how to help them to understand what is going on inside their body to help them to better manage their different emotions.	
<b>Wednesday 10th May 2023</b> 5:00pm – 6:30pm	Understanding Theory of Mind: In today's session we will be looking at 'Theory of Mind'. What is it, and the impact on our children and young people with neurodevelopmental conditions in their understanding of how other people think and feel.	
<b>Wednesday 17th May 2023</b> 5:00pm – 6:30pm	Introduction to Sensory Processing Difficulties: Effective sensory processing is essential in order to develop skills, to learn and to function in everyday life. Children with neurodevelopmental conditions 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>Wednesday 24th May 2023</b> 5:00pm – 6:30pm	Zones of Regulation: 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.	





### 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 <u>please click here to register.</u>

When?	What?
<b>Tuesday 9th May 2023</b> 6:30pm - 8:30pm	Session 1
<b>Thursday 11th May 2023</b> 6:30pm - 8:30pm	Session 2
<b>Tuesday 16th May 2023</b> 6:30pm - 8:30pm	Session 3
<b>Thursday 18th May 2023</b> 6:30pm - 8:30pm	Session 4
<b>Tuesday 23rd May 2023</b> 6:30pm - 8:30pm	Session 5
<b>Thursday 25th May 2023</b> 6:30pm - 8:30pm	Session 6





Join us face-to-face for our Liverpool Neurodevelopmental Conditions Learning Programme: To register please contact the office on: 0151 486 1788 Venue: L9 address provided on registration

When?	What?
<b>Wednesday 10th May 2023</b> 9:30am - 2:45pm	Session 1 and 2
<b>Wednesday 17th May 2023</b> 9:30am - 2:45pm	Session 3 and 4
<b>Wednesday 24th May 2023</b> 9:30am - 2:45pm	Session 5 and 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: address provided on registration		
When?	Postcode	How to book
Monday 15th May 2023	L9	Please call the office on 0151 486 1788 or email info@addvancedsolutions.co.uk for further information
9:30am – 2:30pm		and to book your place.

### **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.







#### **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: PR8 address provided on registration	
When?	What?
<b>Tuesday 9th May 2023</b> 9:30am – 2:45pm	Session 1 and 2
<b>Tuesday 16th May 2023</b> 9:30am – 2:45pm	Session 3 and 4
<b>Tuesday 23rd May 2023</b> 9:30am – 2:45pm	Session 5 and 6





#### IF YOUR CHILD IS 9-13 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: L24 address provided on registration

What?	When?
Session 1 and 2	<b>Wednesday 26th April 2023</b> 9:30am – 2:45pm
Session 3 and 4	<b>Wednesday 3rd May 2023</b> 9:30am – 2:45pm
Session 5 and 6	<b>Wednesday 10th May 2023</b> 9:30am – 2:45pm

#### IF YOUR CHILD IS 14-19 YEARS OF AGE

To join us online: <u>please click here to register.</u> Our Autism Post Diagnostic Learning Programme will be running online one morning a week <u>for six weeks</u>.

When?	What?
<b>Friday 21st April 2023</b> 9:30am – 12:30pm	Session 1
<b>Friday 28th April 2023</b> 9:30am – 12:30pm	Session 2
<b>Friday 5th May 2023</b> 9:30am – 12:30pm	Session 3
<b>Friday 12th May 2023</b> 9:30am – 12:30pm	Session 4
<b>Friday 19th May 2023</b> 9:30am – 12:30pm	Session 5
<b>Friday 26th May 2023</b> 9:30am – 12:30pm	Session 6





### 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 the link provided below	
When?	What?
Wednesday 10th May 2023	Supporting Sleep Difficulties: <u>Click Here to Register</u>
6:00pm - 9:00pm	

### 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@addvancedsolutions.co.uk



### 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.addvancedsolutions.co.uk under the 'Contact' menu option, where you will also find links to national organisations that can offer support.

Click <u>HERE</u>





PAGE 11