What's on in

Sefton

Autumn Term 2026

ADDvanced Solutions Community Network
Supporting you to find the answers

ADDvanced Solutions Community Network

supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. **No diagnosis or referral is needed to access the offer**.

SEFTON Community Network Group

Wednesday afternoon during term time

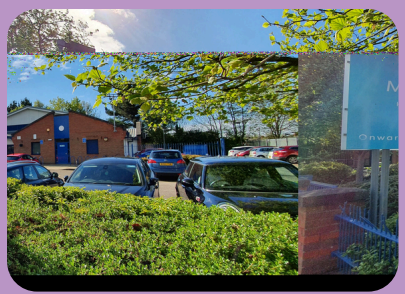
Join us from **12:30pm-2:30pm**

Venue: May Logan Health Living Centre, 294 Knowsley Rd, Bootle L20 5DQ

No booking needed, just come along

Come along and meet our team, to learn more about neurodiversity from those who can share lived experiences and practical strategies. Our groups create a welcoming, accepting and relaxed environment for parents and carers, knowing you are not on your own.





The centre is located on Knowsley Road, opposite Bootle Ambulance Station. It is a 10 minute walk from Bootle New Strand bus and train stations.

Topics this term:

Wed 9th September	**Open Session** - come along, get advice and support
Wed 16th September	**Autism and Girls**
Wed 23rd September	Neurodiversity and **Gender Identity**
Wed 30th September	**Y-Kids -** Family Activities and Youth Clubs
Wed 7th October	**Specific Learning Difficulties - Dyslexia**
Wed 14th October	**Kids SENDIASS** - Impartial SEN Advice
Wed 21st October	**NEW! Preparing for the Teenage Years**
Half Term Break	
Wed 4th November	**Supporting Transition**
Wed 11th November	**Tantrums V Meltdowns**
Wed 18th November	**NEW!** Neurodiversity and **Stimming**
Wed 25th November	**Preparing for the Christmas Break**
Wed 2nd December	**ADHD and Masking**
Wed 9th December	Neurodiversity and **Puberty**

If you can't make it face-to-face, join us online...

Online opportunities to learn more about neurodiversity from the comfort of your own home! With your camera and microphone off for your privacy, you can interact using the chat/Q&A feature to ask any questions you may have. Come along, learn more and get some strategies.

Monday Online Community Network Group

Mondays during term time



9:30am - 11:00am

Click here to register

Mon 7th September	**Autism, ADHD and Masking**
Mon 14th September	**NEW! Monotropism** - Intense Focus and Interests
Mon 21st September	**NEW! The Knowing Me Tool**
Mon 28th September	**Open Session** - come along, get advice and support
Mon 5th October	**Neurodiversity and Mental Health**
Mon 12th October	ADHD and **Rejection Sensitive Dysphoria (RSD)**
Mon 19th October	**NEW! Preparing for the Teenage Years**

Half Term Break

Mon 2nd November	**Open Session** - come along, get advice and support
Mon 9th November	**Tantrums V Meltdowns -** knowing the difference
Mon 16th November	**NEW!** Neurodiversity and **Stimming**
Mon 23rd November	**Preparing for the Christmas Break**
Mon 30th November	**NEW! The Knowing Me Tool**
Mon 7th December	Neurodiversity and **Gender Identity**

Wednesday Online Community Network Group

Wednesdays during term time



5:00pm - 6:30pm

Click here to register

Wed 9th September	**Supporting Behaviours that Challenge**
Wed 16th September	**Choosing a School**
Wed 23rd September	**NEW! Monotropism** - Intense Focus and Interests
Wed 30th September	**NEW!** Neurodiversity and **Self Harm**
Wed 7th October	**Neurodiversity and Mental Health**
Wed 14th October	**SEND Jargon Buster**
Wed 21st October	**NEW! The Knowing Me Tool**

Half Term Break

Wed 4th November	**The Graduated Approach**
Wed 11th November	**NEW! The Knowing Me Tool**
Wed 18th November	**NEW! Preparing for the Teenage Years**
Wed 25th November	**Preparing for the Christmas Break**
Wed 2nd December	**Tantrums V Meltdowns -** knowing the difference
Wed 9th December	**NEW!** Neurodiversity and **Stimming**

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.

Learning Programmes

Neurodevelopmental Conditions Learning Programme

This programme equips parents and carers with a greater understanding of neurodevelopmental conditions, specific learning difficulties and associated mental health needs and provides practical strategies that support the difficulties that may present:

- **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.**

No referral or diagnosis is needed.

Face-to-Face Programme in L37, Formby

Tuesdays during the school day

From **9:30am - 2:45pm**

Venue: Sefton Professionals Development Centre, 225 Park Rd, Formby, Liverpool L37 6EW



Contact us to register

Session 1 & 2	Session 3 & 4	Session 5 & 6
Tuesday 6th October	Tuesday 13th October	Tuesday 20th October

Or join us online...

Online Programme - Tuesday Evenings
From **6:30pm - 8:30pm**

Register Here

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Tuesday 15th September	Tuesday 22nd September	Tuesday 29th September	Tuesday 6th October	Tuesday 13th October	Tuesday 20th October

See below our online, learning workshops for parents/carers to better understand topics relating to neurodiversity, including sleep, mental health, barriers to attending school and demand avoidance.

Autism Learning Programme - Face-to-Face

This Autism 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. The programme is for Liverpool and Sefton parents and is in partnership with Alder Hey NHS Trust, commissioned by NHS Cheshire & Merseyside. Priority will be given to those whose child or young person has received a diagnosis of autism but places will also be offered to those who are waiting. **Please select the appropriate programme specific to the age of your child:**

Preschool and Primary (3-10 Years) or **Tweens and Teens (11-18 Years)**

Contact us to register

Preschool and Primary Programme

Tuesdays during the school day
From **9:30am -2:45pm**

Venue: Litherland Family Hub, L21 7LA



Session 1 & 2	Session 3 & 4	Session 5 & 6
Tuesday 15th September	Tuesday 22nd September	Tuesday 29th September

Tweens and Teens Programme

Wednesdays during the school day
From **9:30am -2:45pm**

Venue: Alt Valley Communiversity, L11 0BS



Session 1 & 2	Session 3 & 4	Session 5 & 6
Wednesday 4th November	Wednesday 11th November	Wednesday 18th November

Autism Learning Programme - Online

We also offer the Autism Learning Programme online exploring how autism is experienced by children and young people of all ages. This offer is in partnership with Alder Hey NHS Trust, commissioned by NHS Cheshire & Merseyside.

Online Programme - Preschool and Primary
Thursday Evenings from **6:30pm - 8:30pm**

Register Here

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Thurs 5th November	Thurs 12th November	Thurs 19th November	Thurs 26th November	Thurs 3rd December	Thurs 10th December

Additional Online Workshops

Short, online webinars to help you better understand a topic related to neurodevelopmental conditions. Interact via the chat and Q&A with any questions.

Neurodiversity and Sleep Difficulties

Exploring the reasons why neurodivergent children and young people can often struggle to sleep and the impact this can have on them and their family. Providing practical strategies to improve sleep.

Tues 22nd September - 9.30am - 12.00pm **Register Here**





Autism and Mental Health

Discussing the impact of autism on mental health and how we can support children and young people's mental health by addressing their neurodiverse needs.

Tues 6th October - 9.30am - 12.00pm **Register Here**

Barriers to School Attendance

Providing an understanding of common barriers neurodivergent children experience in the school environment, and how we can support them to access education.

Tues 17th November - 9.30am - 12.00pm **Register Here**





Autism with Demand Avoidance

Exploring how presenting anxiety in autistic children and young people can result in demand avoidance, and strategies to navigate the challenges of demand avoidance in everyday life.

Tues 24th November - 9.30am - 12.00pm **Register Here**

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.

See Page 6 for our upcoming Professionals Training

Professionals Neurodevelopmental Conditions Awareness Raising Training

Designed to improve 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 neurodivergent children, young people and their families:

- **Better Understand and recognise ADHD, Autism, and other NDCs**
- **Appreciate the impact that unsupported NDCs on an individual and their family**
- **Understand how sensory processing difficulties impact children and young people**
- **Identify local support available for professionals, children, young people and families**



Next Available Training - ND Awareness

Wednesday 14th October

From **9:15am - 4:00pm**

Contact us to register

CPD CERTIFIED
The CPD Certification Service

Venue: Sefton PDC, 225 Park Rd, Formby, L37 6EW

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 for your team, 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, please visit your local crisis service.

The details we request when you register are kept securely and used in line with our privacy policy:
https://www.addvancedsolutions.co.uk/wp-content/uploads/2025/04/Privacy-Policy.pdf

Need further information advice or guidance around neurodiversity or our offer in your area?

Please call the office on 0151 486 1788
email info@addvancedsolutions.co.uk
or visit our website
www.addvancedsolutions.co.uk

ADDvanced Solutions
Community Network
Supporting you to find the answers

Get in touch with us