



KNOWSLEY WHAT'S ON NEWSLETTER

Autumn Term 1 2023

ADDvanced Solutions Community Network encourages, equips and empowers neurodiverse children, young people and their families, 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 for parent/carers to better understand and support the needs of their child and for the professionals who support them.

Community Network Groups

Each week during term time, we deliver face to face and online, 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 2-4

Supporting Behaviours that Challenge Learning Programme

A three session learning opportunity to support parents and carers to increase their understanding of their child/young person's behaviours that challenge and gain skills and confidence to better support them.

[**CLICK HERE FOR MORE INFORMATION**](#)

PAGE 6

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 5-6

Professionals Workshop: Supporting Behaviours that Challenge

Join this workshop looking at the four drivers of behaviour, to help you better support the families you work with.

[**CLICK HERE FOR MORE INFORMATION**](#)

PAGE 7

Family Learning Workshops

Join the online learning workshop on Sleep, to better understand and support any sleep difficulties your child may be experiencing.

[**CLICK HERE FOR MORE INFORMATION**](#)

PAGE 7

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.

Knowsley Community Network Group

Join us face-to-face at Old School House Community Project, St. Johns Rd, Huyton, L36 0UX. There's no need to book - please drop in!

When?	What?
Wednesday 13th September 2023 9.30am-11.30am	Understanding the Exclusion Process: In this session we are going to have a look at the facts and procedures surrounding exclusions. At what stage can a child/young person be excluded? What can we as parents/carers do in this situation? Join us for an informal discussion - please share your experience and any questions.
Wednesday 20th September 2023 9.30am-11.30am	Visit from Mediate Legal: The session this week will be delivered in partnership with a Mediatelegal. This service is an independent SEND mediation service for parents/carers. Come along to this session to find out how this service can support our Families.
Wednesday 27th September 2023 9.30am-11.30am	Specific Learning Difficulties: This week we will be looking at specific learning difficulties and giving an overview of dyslexia, dyscalculia and dyspraxia - the four major specific learning difficulties.
Wednesday 4th October 2023 9.30am-11.30am	Visit from Signs Of A Rainbow: Signs Of A Rainbow will be joining us to explain what benefits parents/carers can apply for to support the needs of their neurodiverse child/young person.
Wednesday 11th October 2023 9.30am-11.30am	Understanding and Supporting Behaviour: Sometimes we can struggle to understand why our children/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 some strategies that may help.
Wednesday 18th October 2023 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/young people to get better sleep.
Wednesday 25th October 2023 9.30am-11.30am	Autism with Demand Avoidant profile: Autistic children/young people will have a degree of demand-avoidance due to their levels of anxiety. Behaviour associated with autism with a demand avoidant profile can be challenging and requires a non-confrontational approach. We will discuss how to adopt this approach in this session for families.

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 7th August 2023 9:30am – 11:00am	An introduction to SEND support: This week our information workshop is about understanding the SEND process in educational settings such as nursery, school and further education and how our children/young people can access support in these settings.
Monday 14th August 2023 9:30am – 11:00am	Difficulties Attending School: This workshop will help identify why our children/young people may be finding it difficult to attend school and look at what we can do to support them.
Monday 11th September 2023 9:30am – 11:00am	Autism with Demand Avoidant Profile: Autistic children and young people will have a degree of demand-avoidance due to their levels of anxiety. Behaviour associated with autism with a demand avoidant profile can be challenging and requires a non-confrontational approach. We will discuss how to adopt this approach in this session.
Monday 18th September 2023 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/young people with these difficulties.
Monday 25th September 2023 9:30am – 11:00am	Understanding Tourettes Syndrome: Tourette's Syndrome affects over 300,000 people in the UK. It is an inherited neurological condition which causes involuntary motor and vocal tics. Join us for our awareness-raising session where we can discuss ways to understand and support impact.
Monday 2nd October 2023 9:30am – 11:00am	Visit from YGAM: The session this week will be delivered in partnership with the YGAM Service to offer advice and support to parents/carers dealing with any difficulties or concerns regarding online gambling.
Monday 9th October 2023 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 16th October 2023 9:30am – 11:00am	Looking at Autism, ADHD and masking: In today's session we will be looking at masking - why do individuals with a neurodevelopmental condition 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?
Monday 23rd October 2023 9:30am – 11:00am	ADHD & Rejection Sensitive Dysphoria: Rejection Sensitive Dysphoria is an intense and distressing condition, frequently experienced by young people with ADHD as a result of their perception of failing and letting others down. Please join us as we discuss RSD and strategies to support impact.

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 9th August 2023 5:00pm – 6:30pm	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/young people to get better sleep.
Wednesday 16th August 2023 5:00pm – 6:30pm	Encouraging Independent Living skills: This workshop looks at how children/young people with neurodevelopmental conditions will have different skills and abilities as they grow. We will identify how we can support them to become more independent.
Wednesday 13th September 2023 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 20th September 2023 5:00pm – 6:30pm	Supporting Siblings of CYP with ND Conditions: 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 27th September 2023 5:00pm – 6:30pm	Visit from YGAM: The session this week will be delivered in partnership with the YGAM Service to offer advice and support to parents/carers dealing with any difficulties or concerns regarding online gambling.
Wednesday 4th October 2023 5:00pm – 6:30pm	Specific Learning Difficulties: This week we will be looking at specific learning difficulties and giving an overview of dyslexia, dysgraphia, dyscalculia and dyspraxia - the four major specific learning difficulties.
Wednesday 11th October 2023 5:00pm – 6:30pm	Understanding ADHD: This week our workshop is about ADHD - looking at the characteristics of hyperactivity, impulsivity, inattention and how they can impact on education and home life. We will also look at strategies that can support our children/young people with ADHD.
Wednesday 18th October 2023 5:00pm – 6:30pm	Communicating with your Child: What is communication? This session we will be looking at how to recognise different forms of verbal and non verbal communication and identify strategies for improving communication with children/young people with neurodevelopmental conditions.
Wednesday 25th October 2023 5:00pm – 6:30pm	ADHD & Rejection Sensitive Dysphoria: Rejection Sensitive Dysphoria is an intense and distressing condition, frequently experienced by young people with ADHD as a result of their perception of failing and letting others down. Please join us as we discuss RSD and strategies to support impact.

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)**
- **Managing everyday challenges and behaviours associated with NDCs**
- **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 once a week over six weeks. [Please click here to register.](#)

When?	What?
Tuesday 12th September 2023 6:30pm - 8:30pm	Session 1
Tuesday 19th September 2023 6:30pm - 8:30pm	Session 2
Tuesday 26th September 2023 6:30pm - 8:30pm	Session 3
Tuesday 3rd October 2023 6:30pm - 8:30pm	Session 4
Tuesday 10th October 2023 6:30pm - 8:30pm	Session 5
Tuesday 17th October 2023 6:30pm - 8:30pm	Session 6

**Please see over for our face-to-face
Neurodevelopmental Conditions Learning Programme**

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

When?	What?
Monday 2nd October 2023 9:30am - 2:45pm	Session 1 and 2
Monday 9th October 2023 9:30am - 2:45pm	Session 3 and 4
Monday 16th October 2023 9:30am - 2:45pm	Session 5 and 6

Supporting Behaviours that Challenge Learning Programme

The Supporting Behaviours that Challenge Learning Programme for parents and carers who wish to gain understanding and skills about their child/ young person's behaviours that challenge, in order to identify what's really going on, and to gain strategies to support them.

**Join us face-to-face for our
Supporting Behaviours that Challenge Learning Programme:
To register please contact the office on 0151 486 1788
Venue: TBC address provided on registration**

When?	What?
Friday 6th October 2023 9:15am - 12:45pm	Session 1
Friday 13th October 2023 9:15am - 12:45pm	Session 2
Friday 20th October 2023 9:15am - 12:45pm	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 and Q&A function.

To join us online: Please click the link provided below

When?	What?
Friday 20th October 2023 9:30am - 12:00pm	Supporting Sleep Difficulties Family Workshop: Click Here to Register

Supporting Behaviours that Challenge Workshop for Professionals.

This workshop is for professionals , and includes: the four drivers of behaviour, effective communication and positive relationships, creating a positive environment, de-escalation strategies and managing higher level challenges. Practitioners will be encouraged to consider and explore any challenges they may encounter in their own practice.

Contact the office for further details and to book this training for your team.

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 [HERE](#)



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.

GET IN TOUCH



0151 486 1788



EMAIL



WEBSITE



FACEBOOK



TWITTER



INSTAGRAM