



## **HALTON WHAT'S ON NEWSLETTER**

### **Spring Term (January-March 2023)**

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.

### **Introducing: our new format!**

Welcome to our new What's On newsletter, created to celebrate our ten-year anniversary. We now have a *contents page* with links and page numbers for each section of the newsletter, together with more detailed explanations about our delivery. We welcome your feedback.

**SCROLL DOWN OR CLICK HERE TO  
VISIT THE CONTENTS ON PAGE 2**

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.



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## 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](#)

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## 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](#)

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## 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](#)

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## 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](#)

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## GET IN TOUCH



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## 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.



## 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.

## 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?
<b>Monday 9th January 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 16th January 2023</b> 9:30am – 11:00am	<b>Communicating with your Child / Young Person:</b> 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 and young people with neurodevelopmental conditions.
<b>Monday 23th January 2023</b> 9:30am – 11:00am	<b>Looking at Tantrums V Meltdowns:</b> Is my child having a tantrum or a meltdown? What is the difference? How do I support them at these times? Today's workshop looks at these and other concerns, and we will be discussing strategies to help.
<b>Monday 30th January 2023</b> 9:30am – 11:00am	<b>Introduction to Sensory Processing Difficulties:</b> 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 6th February 2023</b> 9:30am – 11:00am	<b>Exploring Social Stories:</b> Social stories™ were developed (by Carol Gray) to help children to understand social situations, and to provide social information they may be missing. In this workshop we will discuss how to develop social stories and how to use them effectively.
<b>Monday 13th February 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.

# 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?
<p><b>Monday 20th February 2023</b> 9:30am – 11:00am</p>	<p><b>Autism with Demand Avoidant Profile:</b> 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 for families.</p>
<p><b>Monday 27th February 2023</b> 9:30am – 11:00am</p>	<p><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.</p>
<p><b>Monday 6th March 2023</b> 9:30am – 11:00am</p>	<p><b>Understanding Tourette's Syndrome:</b> 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 people who have this condition.</p>
<p><b>Monday 13th March 2023</b> 9:30am – 11:00am</p>	<p><b>Introduction to Sensory Processing Difficulties:</b> 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.</p>
<p><b>Monday 20th March 2023</b> 9:30am – 11:00am</p>	<p><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.</p>
<p><b>Monday 27th March 2023</b> 9:30am – 11:00am</p>	<p><b>Looking at Autism, ADHD and Masking:</b> 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?</p>

# Halton Community Network Group

Join us face-to-face at Ditton Community Centre (Children's Centre), Dundalk Road, Widnes, WA8 8DF. There's no need to book - please drop in!

When?	What?
<p><b>Monday 9th January 2023</b> 12.45pm - 2.45pm</p>	<p><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.</p>
<p><b>Monday 16th January 2023</b> 12.45pm - 2.45pm</p>	<p><b>Music and Neurodiversity:</b> Our children and young people with neurodevelopmental conditions often respond very positively to music; used effectively it can support communication and social interaction. Music can be calming, engaging, exciting... Join us as we explore some of the beneficial ways we can incorporate music into our families' lives.</p>
<p><b>Monday 23rd January 2023</b> 12.45pm - 2.45pm</p>	<p><b>Visit from Halton Healthwatch Team:</b> The session this week will be delivered in Partnership with Healthwatch Halton. They will be discussing how they support Social Care in the Halton area.</p>
<p><b>Monday 30th January 2023</b> 12.45pm - 2.45pm</p>	<p><b>Visit from Independent Travel Training:</b> The session this week will be delivered in Partnership with The Independent Travel Training Team. Please come along and ask questions about this service.</p>
<p><b>Monday 6th February 2023</b> 12.45pm - 2.45pm</p>	<p><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.</p>
<p><b>Monday 13th February 2023</b> 12.45pm - 2.45pm</p>	<p><b>Understanding and Supporting Behaviour:</b> Sometimes we can struggle to understand why our children and 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.</p>

# Halton Community Network Group

Join us face-to-face at Ditton Community Centre (Children's Centre), Dundalk Road, Widnes, WA8 8DF. There's no need to book - please drop in!

When?	What?
<b>Monday 27th February 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 6th March 2023</b> 9:30am – 11:00am	<b>Visit from Special Educational Needs and Disability Service (SENDIASS):</b> SENDIASS will be joining us to discuss the information, advice and support they provide for parents/carers of children and young people with SEND, including how the service supports families through the Education Health Care Plan (EHCP) process.
<b>Monday 13th March 2023</b> 9:30am – 11:00am	<b>Understanding The Exclusion Process:</b> 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 and carers do in this situation? Join us for an informal discussion - please share your experience and any questions.
<b>Monday 20th March 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 27th March 2023</b> 9:30am – 11:00am	<b>Understanding Autism:</b> Our topic for discussion this week is Autism (ASD). We will be looking at the characteristics that indicate a diagnosis of Autism Spectrum Disorder, how autism can present differently in individuals, and identifying strategies to support autistic children and young people.

## 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?
<b>Wednesday 11th January 2023</b> 5:00pm – 6:30pm	<p><b>Identifying Problems, Finding Solutions:</b></p> <p>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.</p>
<b>Wednesday 18th January 2023</b> 5:00pm – 6:30pm	<p><b>Understanding Dyslexia:</b></p> <p>We have a session looking at what dyslexia is, what it means and how we can support those with dyslexia. We will also be continuing our usual opportunities to catch up with and support families of children and young people with neurodevelopmental conditions.</p>
<b>Wednesday 25th January 2023</b> 5:00pm – 6:30pm	<p><b>Introduction to Sensory Processing Difficulties:</b></p> <p>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.</p>
<b>Wednesday 1st February 2023</b> 5:00pm – 6:30pm	<p><b>Autism and Girls - A Different Presentation:</b></p> <p>Autistic girls can be missed in assessment because autism can appear differently to the way it presents in boys. In today's session we will look at the differences between autistic boys and autistic girls, and specific ways to support autistic girls.</p>
<b>Wednesday 8th February 2023</b> 5:00pm – 6:30pm	<p><b>Understanding Theory of Mind:</b></p> <p>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.</p>
<b>Wednesday 15th February 2022</b> 5:00pm – 6:30pm	<p><b>Attachment and NDC's:</b></p> <p>This week's topic is Attachment and NDCs. We will be looking at what attachment is and how this can link to neurodevelopmental conditions. We will also be looking at how attachment can present, and how to support my child or young person with this.</p>

## 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?
<b>Wednesday 22nd February 2023</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/young person and explore strategies to support them.
<b>Wednesday 1st March 2023</b> 5:00pm – 6:30pm	<b>Supporting Siblings of CYP with ND Conditions:</b> 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.
<b>Wednesday 8th March 2023</b> 5:00pm – 6:30pm	<b>Understanding ADHD:</b> This week our workshop is about ADHD - looking at the characteristics of hyperactivity, impulsivity and inattention and how they can impact on education and home life. We will also look at strategies that can support our children and young people with ADHD.
<b>Wednesday 15th March 2023</b> 5:00pm – 6:30pm	<b>Specific Learning Conditions:</b> This week we will be looking at specific learning difficulties and giving an overview of dyslexia, dyspraxia, dyscalculia and dyspraxia - the four major specific learning difficulties.
<b>Wednesday 22nd March 2023</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/young person and explore strategies to support them.
<b>Wednesday 29th March 2022</b> 5:00pm – 6:30pm	<b>Communicating with your Child:</b> 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 and young people with neurodevelopmental conditions.

## 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 once a week over six weeks [please click here to register.](#)

When?	What?
<b>Thursday 12th January</b> 6:30pm - 8:30pm	<b>Session 1</b>
<b>Thursday 19th January</b> 6:30pm - 8:30pm	<b>Session 2</b>
<b>Thursday 26th January</b> 6:30pm - 8:30pm	<b>Session 3</b>
<b>Thursday 2nd February</b> 6:30pm - 8:30pm	<b>Session 4</b>
<b>Thursday 9th February</b> 6:30pm - 8:30pm	<b>Session 5</b>
<b>Thursday 16th February</b> 6:30pm - 8:30pm	<b>Session 6</b>

**ONLINE Neurodevelopmental Conditions Learning Programme will be delivered once a week over six weeks [please click here to register.](#)**

<b>When?</b>	<b>What?</b>
<b>Wednesday 22nd February</b> 6:30pm - 8:30pm	<b>Session 1</b>
<b>Wednesday 1st March</b> 6:30pm - 8:30pm	<b>Session 2</b>
<b>Wednesday 8th March</b> 6:30pm - 8:30pm	<b>Session 3</b>
<b>Wednesday 15th March</b> 6:30pm - 8:30pm	<b>Session 4</b>
<b>Wednesday 22nd March</b> 6:30pm - 8:30pm	<b>Session 5</b>
<b>Wednesday 29th March</b> 6:30pm - 8:30pm	<b>Session 6</b>

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

<b>When?</b>	<b>What?</b>
<b>Wednesday 22nd February</b> 9:30am - 2:45pm	<b>Session 1 and 2</b>
<b>Wednesday 1st March</b> 9:30am - 2:45pm	<b>Session 3 and 4</b>
<b>Wednesday 8th March</b> 9:30am - 2:45pm	<b>Session 5 and 6</b>

## 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?
<b>Friday 10th February 2023</b> 9:30am - 12:00pm	<b>Supporting Sleep Difficulties:</b> <a href="#">Click Here to Register</a>
<b>Friday 17th March 2023</b> 9:30am - 12:00pm	<b>SEND Processes including EHCP:</b> <a href="#">Click Here to Register</a>

## 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@advancedsolutions.co.uk](mailto:info@advancedsolutions.co.uk)**

## 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.



## 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) under the 'Contact' menu option**, where you will also find links to national organisations that can offer support. Click [HERE](#)

### GET IN TOUCH



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