

What's on in St Helens Autumn 1 2025

ADDvanced Solutions Community Network



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. **No diagnosis or referral is needed to access the offer.**

St Helens Community Network Group

The face-to-face St Helens Community Network Group is an informal, open access learning opportunity to seek advice and support around challenges at all stages of your journey. **No need to book, just come along**, to meet the team and visiting professionals.

Day: Tuesday

Time: 12:30pm – 2:30pm

Venue: **Wonderland Community Centre**,
Reflection Court, Canal Street, WA10 3JQ



Tuesday Afternoons 12:30pm–2:30pm

No need to book – just drop in!

9 th September	Identifying Problems, Finding Solutions
16 th September	Dynamic Key Support Workers
23 rd September	Choosing a School
30 th September	Supporting Organisational Skills
7 th October	Preparing for the Future
14 th October	Specific Learning Difficulties
21 st October	Separation Anxiety

Online Community Network Groups

An informal, online opportunity to seek advice and get support around challenges at all stages of your journey.

Monday mornings 9.30am – 11.00am

[Click here to register](#)

8 th September	Identifying Problems, Finding Solutions
15 th September	Puberty and Neurodiversity
22 nd September	Supporting Organisational Skills
29 th September	Autism and Girls
6 th October	Choosing a School
13 th October	Encouraging Independence
20 th October	Communicating with your Child

Wednesday afternoons 5.00pm–6.30pm

[Click here to register](#)

10 th September	Identifying Problems, Finding Solutions
17 th September	Introduction to Autism
24 th September	Choosing a School
1 st October	Difficulties Attending School
8 th October	Puberty and Neurodiversity
15 th October	Zones of Regulation
22 nd October	Encouraging Independence

Neurodevelopmental Conditions Learning Programme – Face-to-Face

This three session programme will run during the daytime. The sessions equip parents and carers with:

- **A greater understanding of Neurodevelopmental Conditions – including Autism, ADHD, Sensory Processing Difficulties, Specific Learning Difficulties.**
- **Practical strategies to manage everyday challenges and behaviours – including sleep, toileting and eating.**
- **Knowledge around your Local Offer, disability welfare rights and SEND, Early Help and EHCPs.**

Please contact us to register your interest for our next available face-to-face Neurodevelopmental Conditions Learning Programme in St Helens.

Neurodevelopmental Conditions Learning Programme – Online

An online, evening alternative to the face-to-face learning programme. The programme is delivered as a webinar, with the ability to engage with the facilitator and other parents/carers through the Q&A and chat.

Day: Tuesday
Time: 6:30pm – 8:30pm
Venue: Online via Zoom

Tuesday evenings for six weeks 6:30pm – 8:30pm

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Tuesday 9 th September	Tuesday 16 th September	Tuesday 23 rd September	Tuesday 30 th September	Tuesday 7 th October	Tuesday 14 th October

Online Learning Workshop – Sleep Difficulties

Online Learning Workshops are designed to help parent/carers understand and learn more in-depth about a specific topic relating to neurodevelopmental conditions. This half term's topic will be **Sleep Difficulties**:

Sleep can be a challenge for neurodivergent children and young people, which can have an impact on their day-to-day life and wider family. During this webinar, our sleep practitioners will identify the difficulties that neurodivergent children and young people experience which can impact bed time and sleep. We will also explore what a good bedtime routine looks like, incorporating sleep hygiene, whilst providing advice and strategies for common challenges.

Day: Friday
Time: 9:30am – 12:00pm
Venue: Online via Zoom

Supporting Sleep Difficulties

Friday 26th September
9:30am – 12:00pm

[Click here to register](#)

Online community network groups and learning workshops provide parents and carers with an understanding of a particular topic around neurodevelopmental conditions. We provide 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. 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.

Our online offer is delivered by Zoom for Healthcare, you will need to have a free Zoom account to register. The details we request when you register are kept securely and used in line with our privacy policy: <https://www.advancedsolutions.co.uk/wp-content/uploads/2025/04/Privacy-Policy.pdf>



Autism Learning Programme – Face-to-Face

This post-diagnostic 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 St Helens parents/carers whose children and young people have received a diagnosis of autism (ASD). This offer is in partnership with St Helens Neurodevelopmental Pathway, commissioned by NHS Cheshire & Merseyside.

All Ages

Day: Mondays
Time: 9:30am – 2:45pm
Venue: WA10, St Helens

Mondays for three weeks

9:30am – 2:45pm

[Contact us to register](#)

Session 1	Session 2	Session 3
Monday 15 th September	Monday 22 nd September	Monday 29 th September

Autism Learning Programme – Online

We are pleased to offer an online, evening alternative to the face-to-face learning programme. The programme is delivered as a webinar, with the ability to engage with the facilitator and other parents/carers through the Q&A and chat.

All Ages

Day: Thursday
Time: 6:30pm – 8:30pm
Venue: Online via Zoom

Mondays for six weeks

6:00pm – 8:30pm

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Thurs 18 th September	Thurs 25 th September	Thurs 2 nd October	Thurs 9 th October	Thurs 16 th October	Thurs 23 rd October

Preparing for the Future Learning Offer – Parent/Carers

Offering parents and carers, in St Helens, Knowsley and Warrington, learning opportunities to understand and better support neurodivergent young people aged 11+ as they prepare for the future.

This is a structured, 6 session learning programme, delivered face to face or online, supporting parents and carers as their young person approaches adulthood:

- **Independent living**
- **Community inclusion**
- **Relationships**
- **Good health and wellbeing**
- **Exploring local provision and services for young people**
- **Planning for transition**
- **Supporting independence**
- **Reasonable adjustments and SEND**
- **Further education and employment**

Day: Tuesday
Time: 6:30pm – 8:30pm
Venue: Online via Zoom

Tuesday evenings for six weeks

6:30pm – 8:30pm

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Tuesday 9 th September	Tuesday 16 th September	Tuesday 23 rd September	Tuesday 30 th September	Tuesday 7 th October	Tuesday 14 th October

Preparing for the Future Learning Opportunity – Young People

A 7-session programme, created for neurodivergent young people 11-18, with or without a diagnosis, providing information, strategies and advice around:

- **Health, wellbeing and personal safety**
- **Friendships and Relationships**
- **Transition planning and coping with change**
- **Workplace readiness**
- **Independence, travel and managing money**
- **Community engagement opportunities**
- **Education and training opportunities**

Day: Wednesday
Time: 6:00pm – 7:30pm
Venue: Online via Zoom

Wednesday evenings for seven sessions 6:00pm – 7:30pm

[Click here to register](#)

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
Wed 10 th September	Wed 17 th September	Wed 24 th September	Wed 1 st October	Wed 8 th October	Wed 15 th October	Wed 22 nd October

Neurodevelopmental Conditions Awareness Raising Training for Professionals

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 and the typical behaviours of ADHD, Autism, and other NDCs
- Recognise the impact that unsupported and unmanaged 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

Contact us for further information about our next training for professionals.

[Seeking Crisis Support? Click here.](#)

Get in touch with us

