

What's on in St Helens

Spring 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.**

ST HELENS Community Network Group

Tuesday afternoons during term time



Join us from **12:30pm–2:30pm**

New Venue: Willowbrook Hospice, The Living Well, Borough Rd, St Helens WA10 3RN

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, you are not on your own.

New Venue - [Get directions](#)



The Living Well is located on Borough Road, reachable via the 10 bus routes from St Helens town centre.

Topics this term:

Tues 6 th January	Open Session seek advice around any challenges you are facing
Tues 13 th January	Sensory Processing Difficulties
Tues 20 th January	Home-Start Parent Support
Tues 27 th January	Improving Sleep for neurodiverse families
Tues 3 rd February	Autism, ADHD and Masking
Tues 10 th February	Supporting Siblings of neurodivergent children

Half Term Break

Tues 24 th February	Managing Stress as parents and carers
Tues 3 rd March	Supporting Situational Mutism
Tues 10 th March	SEND Support
Tues 17 th March	Welfare and Benefits Advice from Signs of a Rainbow
Tues 24 th March	Sensory Processing Difficulties

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

Online via Zoom

[Click here to register](#)

Monday 5th January	Open Session seek advice around any challenges you are facing
Monday 12th January	Puberty and Neurodiversity
Monday 19th January	Sensory Processing Difficulties
Monday 26th January	Supporting Siblings of neurodivergent children
Monday 2nd February	Supporting Situational Mutism
Monday 9th February	Troubleshooting Homework strategies for neurodivergent children and young people

Half Term Break

Monday 23rd February	Zones of Regulation
Monday 2nd March	Supporting Executive Functioning Skills
Monday 9th March	Open Session seek advice around any challenges you are facing
Monday 16th March	Toileting Difficulties in neurodivergent children
Monday 23rd March	Improving Communication with your neurodivergent child

Wednesday Online Community Network Group

Wednesdays during term time



5:00pm – 6:30pm

Online via Zoom

[Click here to register](#)

Wednesday 7th January	Open Session seek advice around any challenges you are facing
Wednesday 14th January	Sensory Processing Difficulties
Wednesday 21st January	Supporting Siblings of neurodivergent children
Wednesday 28th January	Separation Anxiety in neurodivergent children
Wednesday 4th February	Supporting Situational Mutism
Wednesday 11th February	Improving Sleep for neurodiverse families

Half Term Break

Wednesday 25th February	Open Session seek advice around any challenges you are facing
Wednesday 4th March	Gender Identity and Neurodiversity
Wednesday 11th March	Sharing a Diagnosis
Wednesday 18th March	Toileting Difficulties in neurodivergent children
Wednesday 25th March	Improving Communication with your neurodivergent child

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.

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 – Spring 2 Wednesdays during the school day

From **9:30am – 2:45pm**

Venue: Sankey Suite, World of Glass, Chalon Way E, St Helens WA10 1BX



[Click here for directions](#)

[Contact us to register](#)

Session 1 & 2

Wednesday 25th February

Session 3 & 4

Wednesday 4th March

Session 5 & 6

Wednesday 11th March

[Or join us online...](#)



Online Programme – Spring 1 (via Zoom) Tuesday Evenings from 6:30pm – 8:30pm

[Click here to register](#)

Session 1

Tuesday
6th January

Session 2

Tuesday
13th January

Session 3

Tuesday
20th January

Session 4

Tuesday
27th January

Session 5

Tuesday
3rd February

Session 6

Tuesday
10th February



Online Programme – Spring 2 (via Zoom) Monday and Wednesday Evenings from 6:30pm – 8:30pm

[Click here to register](#)

Session 1

Monday 23rd
February

Session 2

Wednesday
25th February

Session 3

Monday 2nd
March

Session 4

Wednesday
4th March

Session 5

Monday 9th
March

Session 6

Wednesday
11th March

Autism Learning Programme

The 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. 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. This offer is in partnership with St Helens Neurodevelopmental Pathway.

Each face to face programme is tailored to address the specific challenges facing either preschool & primary age children or tween and teenage young people.



Autism Learning Programme Tweens and Teens

[Contact us to register](#)

Focusing on the specific presentations and needs of autistic young people as they navigate high school, puberty and increased social expectations.



[Click here for directions](#)

Fridays during the school day

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

Venue: Park Farm Community Centre, 54

Kentmere Avenue, St Helens, WA11 7PG

Session 1 & 2

Friday 27th February

Session 3 & 4

Friday 6th March

Session 5 & 6

Friday 13th March

Preschool and Primary face-to-face Autism Learning Programme coming next term.

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.



All Ages Online Programme - Spring 1 (via Zoom)

[Click here to register](#)

Thursday Evenings from **6:30pm - 8:30pm**

Session 1

Thursday 8th
January

Session 2

Thursday 15th
January

Session 3

Thursday 22nd
January

Session 4

Thursday 29th
January

Session 5

Thursday 5th
February

Session 6

Thursday 12th
February



All Ages Online Programme – Spring 2 (via Zoom)

[Click here to register](#)

Tuesday and Thursday Evenings from 6:30pm – 8:30pm

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Tuesday 24 th February	Thursday 26 th February	Tuesday 3 rd March	Thursday 5 th March	Tuesday 10 th March	Thursday 12 th March

Additional Online Workshops

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

Supporting Behaviours that Challenge Workshop

Exploring behaviours that challenge and what can cause them. Providing a deeper understanding and practical strategies.

Friday 30th January – 9.30am – 12.00pm

[Click here to register](#)



Supporting Sleep Workshop

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.

Friday 6th February – 9.30am – 12.00pm

[Click here to register](#)



Demand Avoidance Workshop

Exploring Autism with a Demand Avoidant Profile and strategies to support autistic children and young people presenting with varying degrees of demand avoidance.

Friday 13th March – 9.30am – 12.00pm

[Click here to register](#)



Emotional Regulation and Praxis

Providing parents and carers with a greater understanding of how praxis and sensory processing difficulties can impact emotional regulation and explore strategies to support.

Friday 20th March – 9.30am – 12.00pm

[Click here to register](#)



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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 21st January

From 9:15am – 4:00pm

Contact us to register



Venue: World of Glass, Chalon Way E, St Helens WA10 1BX

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 01744 582172 or email info@advancedsolutions.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.advancedsolutions.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 01744 582172, email info@advancedsolutions.co.uk or visit our website www.advancedsolutions.co.uk

Get in touch with us

