

What's on in Sefton 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.**

Sefton Community Network Group

The face-to-face Sefton 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: Wednesday

Time: 12:30pm - 2:30pm

Venue: May Logan Healthy Living Centre,
294 Knowsley Road, Bootle L20 5DQ



Wednesday afternoons 12:30pm - 2:30pm

No need to book - just drop in!

10th September	Identifying Problems, Finding Solutions
17th September	SENDIASS
24th September	Choosing a School
1st October	Supporting Friendships
8th October	Encouraging Independence
15th October	Emotions - what our body is telling us
22nd October	Dynamic ASD Key Support Worker

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](#)

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

Wednesday afternoons 5.00pm - 6.30pm

[Click here to register](#)

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

Day: Tuesday

Time: 9:30am – 2:45pm

Venue: Bootle, L20

Contact us for further details.

Tuesdays for three weeks

9:30am – 2:45pm

[Contact us to register](#)

Session 1	Session 2	Session 3
Tuesday 16 th September	Tuesday 23 rd September	Tuesday 30 th September

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.addvancedsolutions.co.uk/wp-content/uploads/2025/04/Privacy-Policy.pdf>



Autism Learning Programme

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 Liverpool and Sefton parents/ carers whose children and young people have received a diagnosis of autism (ASD). This offer is in partnership with Alder Hey NHS Trust, commissioned by NHS Cheshire & Merseyside.

Please select the appropriate programme specific to the age of your child/young person:

3-8 Years

Day: Monday
Time: 9:30am - 2:45pm
Venue: L6, Liverpool

Mondays for three weeks

9:30am - 2:45pm

[Contact us to register](#)

Session 1	Session 2	Session 3
Monday 6 th October	Monday 13 th October	Monday 20 th October

9-13 Years

Day: Thursday
Time: 9:30am - 2:45pm
Venue: L11, Liverpool

Thursdays for three weeks

9:30am - 2:45pm

[Contact us to register](#)

Session 1	Session 2	Session 3
Thursday 4 th September	Thursday 11 th September	Thursday 18 th September

14- 19 Years

Day: Tuesday
Time: 9:30am - 2:45pm
Venue: PR8, Southport

Tuesdays for three weeks

9:30am - 2:45pm

[Contact us to register](#)

Session 1	Session 2	Session 3
Tuesday 4 th November	Tuesday 11 th November	Tuesday 18 th November

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

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

