



## **WARRINGTON 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](#)**

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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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**We will be running our online community network group on Monday and Wednesday for two weeks in August: Please see inside for our online offer**

## 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.

## Warrington Community Network Group

**Join us face-to-face at Sandy Lane Children's Centre, 113 Sandy Lane, Orford, WA2 9HY. There's no need to book - please drop in!**

When?	What?
<b>Thursday 14th September 2023</b> 12.30pm - 2.30pm	<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>Thursday 21st September 2023</b> 12.30pm - 2.30pm	<b>Autism with a 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.
<b>Thursday 28th September 2023</b> 12.30pm - 2.30pm	<b>Understanding and Supporting Behaviour:</b> 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 at some strategies that may help.
<b>Thursday 5th October 2023</b> 12.30pm - 2.30pm	<b>Preparing for meeting with professionals:</b> As parents/carers, we can work together with our child/young person's school, college or nursery in order to ensure their needs are better understood and met. In today's session we will discuss any concerns about meeting with professionals and share some suggestions on how to prepare in order to achieve the best outcomes.
<b>Thursday 12th October 2023</b> 12.30pm - 2.30pm	<b>Understanding the Exclusion Process:</b> In this session we will 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>Thursday 19th October 2023</b> 12.30pm - 2.30pm	<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>Thursday 26th October 2023</b> 12.30pm - 2.30pm	<b>Visit from Specialist Nurse Support, ADHD Nurse and Learning Disability Team:</b> The session this week will be delivered in Partnership with The Specialist Nurse Support, ADHD Nurse and Learning Disability Team. Please come along to discuss the neurodevelopmental pathway and ask questions.

# 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 7th August 2023</b> 9:30am – 11:00am	<b>An introduction to SEND support:</b> 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.
<b>Monday 14th August 2023</b> 9:30am – 11:00am	<b>Difficulties Attending School:</b> 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.
<b>Monday 11th September 2023</b> 9:30am – 11:00am	<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.
<b>Monday 18th September 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/young people with these difficulties.
<b>Monday 25th September 2023</b> 9:30am – 11:00am	<b>Understanding Tourettes 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 impact.
<b>Monday 2nd October 2023</b> 9:30am – 11:00am	<b>Visit from YGAM:</b> 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.
<b>Monday 9th October 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 October 2023</b> 9:30am – 11:00am	<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?
<b>Monday 23rd October 2023</b> 9:30am – 11:00am	<b>ADHD &amp; Rejection Sensitive Dysphoria:</b> 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?
<b>Wednesday 9th August 2023</b> 5:00pm – 6:30pm	<b>Supporting Sleep Difficulties:</b> 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.
<b>Wednesday 16th August 2023</b> 5:00pm – 6:30pm	<b>Encouraging Independent Living skills:</b> 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.
<b>Wednesday 13th September 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 20th September 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 27th September 2023</b> 5:00pm – 6:30pm	<b>Visit from YGAM:</b> 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.
<b>Wednesday 4th October 2023</b> 5:00pm – 6:30pm	<b>Specific Learning Difficulties:</b> 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.
<b>Wednesday 11th October 2023</b> 5:00pm – 6:30pm	<b>Understanding ADHD:</b> 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.
<b>Wednesday 18th October 2023</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/young people with neurodevelopmental conditions.
<b>Wednesday 25th October 2023</b> 5:00pm – 6:30pm	<b>ADHD &amp; Rejection Sensitive Dysphoria:</b> 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?
<b>Tuesday 12th September 2023</b> 6:30pm - 8:30pm	<b>Session 1</b>
<b>Tuesday 19th September 2023</b> 6:30pm - 8:30pm	<b>Session 2</b>
<b>Tuesday 26th September 2023</b> 6:30pm - 8:30pm	<b>Session 3</b>
<b>Tuesday 3rd October 2023</b> 6:30pm - 8:30pm	<b>Session 4</b>
<b>Tuesday 10th October 2023</b> 6:30pm - 8:30pm	<b>Session 5</b>
<b>Tuesday 17th October 2023</b> 6:30pm - 8:30pm	<b>Session 6</b>

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

Join us face-to-face for our Warrington  
Neurodevelopmental Conditions Learning Programme:  
To register please contact the office on: 01925 320863  
Venue: TBC address provided on registration

When?	What?
<b>Friday 22nd September 2023</b> 9:30am - 2:45pm	<b>Session 1 and 2</b>
<b>Friday 29th September 2023</b> 9:30am - 2:45pm	<b>Session 3 and 4</b>
<b>Friday 6th October 2023</b> 9:30am - 2:45pm	<b>Session 5 and 6</b>

## Supporting Children and Young People in Care in Warrington

We are commissioned in Warrington to support, through learning, coaching and mentoring, foster carers, kinship carers supporting professionals including residential children's home staff to better understand and support the needs of neurodiverse children and young people in care or at the edge of care.

**Please contact 01925 320863 to register your interest.**

## 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?
<b>Friday 20th October 2023</b> 9:30am - 12:00pm	<b>Supporting Sleep Difficulties Family Workshop:</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 (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 ADHD, Autism, and other NDCs
- Recognise the typical behaviours of ADHD, Autism 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
- Identify 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 01925 320863 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.





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.

### 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](http://www.addvancedsolutions.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



01925 320863



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