ADDvanced Solutions Community Network have a new, online offer to support children, young people, families and professionals in the Warrington area. We are offering telephone and email consultations so please get in touch by calling 01925 320863 from 9am-5pm Monday to Friday, or email us at info@addvancedsolutions.co.uk.

Online Community Network Groups

Our new online Community Network Groups are an opportunity to develop your understanding around neurodevelopmental conditions (NDCs), to ask questions and share learning and experience. During this session, you can talk to other parents, the ADDvanced Solutions team and visiting professionals who can help and support you. These sessions are delivered through Zoom for Healthcare meetings, so please get in touch to register your interest and to receive your invitation. Groups are limited to ten people per session.

Thursdays 1:00pm-2:00pm:
10th September: Welcome Back: Identifying problems, finding solutions
17th September: Choosing the appropriate school for your child
24th September: Education Health Care Plan Team
1st October: Attention Deficit Hyperactivity Disorder (ADHD)
8th October: Autism Spectrum Disorder (ASD)
15th October: Creating visual resources
22nd October: Supporting your child's self esteem

Please see the following pages for details of our Family Learning Programme, family workshops, transition support and professionals offer
Our Online Family Learning Programme

Our online learning programme for parents, carers and supporters who wish to gain knowledge and skills about their child's neurodevelopmental condition, with strategies to support the difficulties that may present around:

- Neurodevelopmental conditions/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 ND conditions
- Your local offer, welfare rights and special educational support

The programme will be delivered in webinar format, with the opportunity to ask questions at the end of the session.

**Monday weekly for six sessions from 10.00am-11.30am:**
- Monday 14th September
- Monday 21st September
- Monday 28th September
- Monday 5th October
- Monday 12th October
- Monday 19th October

**Thursday weekly for six sessions from 6.00pm-7.30pm:**
- Thursday 17th September
- Thursday 24th September
- Thursday 1st October
- Thursday 8th October
- Thursday 15th October
- Thursday 22nd October

[Click HERE to register]

Our Sleep Offer

For parents/carers and supporting professionals who would like talk to our Sleep Practitioners, to be able to better support children and young people living with neurodevelopmental conditions experiencing sleep difficulties. Our sleep practitioners are available Monday to Thursday so please contact the office.

Young People's Offer

If you are a parent/carer of a young person (aged 12-19) who would like one of our team to talk to them, to help them better understand their Autism, ADHD, sensory processing difficulties or other neurodevelopmental conditions, please contact the office.
Online Learning Workshops for Families

Our learning workshops have been designed for families, to better recognise, understand and support their own needs and those of their children and young people living with neurodevelopmental conditions (NDCs). They are delivered as webinars through Zoom for Healthcare's webinar platform (which complies to stringent security standards and has the appropriate privacy shield in place). A webinar is a platform where you are not visible or heard by others joining the training. You can type any questions into the chat, and these will be answered at the end of the session.

Please click the topic below which will take you to a short registration process. If you are using a phone, you will need to download the Zoom app beforehand. The details we request are kept secure, used only for commissioning purposes and to help us make the right offer to you and your family. Registration will close 30 minutes before the session.

If you are accessing our online offer using your mobile phone, please be mindful of your data usage. If you do not have an unlimited data plan, you may need to connect to a wifi connection to prevent charges.

If there are other topics you would like us to cover in these workshops, please let us know.

**Mondays 1:00pm-2:30pm:**
- 7th September: Supporting your child through transition
- 14th September: Supporting your child through transition
- 21st September: Introduction to Sensory Processing Difficulties
- 28th September: Emotional Regulation and Praxis
- 5th October: Sensory Strategies
- 12th October: Eating Difficulties associated with NDCs

**Tuesdays 7:30pm-9:00pm:**
- 8th September: Supporting your child through transition
- 15th September: Supporting your child through transition
- 6th October: Maths Difficulties and Dyscalculia
- 13th October: ADHD and Adolescence

**Thursdays 10:00am-11:30am:**
- 24th September: Sleep Difficulties associated with NDCs Part 1
- 1st October: Sleep Difficulties associated with NDCs Part 2
As the return to nursery, school, college and further education approaches, we are aware of the concerns of parents/carers of children and young people living with neurodevelopmental conditions (NDCs) about returning following a prolonged period away due to Covid-19.

In response, we are offering advice and support by either telephone or, if preferred, via an online meeting (Zoom for Healthcare) for parents/carers to explore their concerns and identify strategies to support transition. If your young person aged 11-19 would also like to speak to us, we can arrange this, with appropriate permission/consent in place for those under age 16.

Please contact the office by telephone on 0151 486 1788 or email info@addvancedsolutions.co.uk to book.

Sessions are running Monday to Wednesday and will be for a maximum of 45 minutes and any further sessions may be booked as required. You will also be offered a follow up conversation.

**Reduce stress, get fit and relax!**

Our family yoga delivered by our qualified yoga teacher has been designed as an activity that anyone in the family can join in and enjoy.

**FAMILY YOGA:**
Monday morning from 10:00am-11:00am

Monday 21st September
Monday 28th September
Monday 5th October
Monday 12th October
Monday 19th October

Please register for these sessions by contacting the office.

Please see the following page for our offer for professionals.
Professionals Online Learning Workshops

Our Professionals Online Learning Workshops will focus on the challenges associated with neurodevelopmental conditions (NDCs). Each session will be delivered as Zoom for Healthcare webinars. This means that attendees will not be visible or heard by others on the learning workshop, but questions can be asked using the Q&A feature to be answered at the end of the session. Please click the topics below to register.

Thursday 3:30pm-5:00pm

24th September: Supporting and Understanding Behaviour
1st October: Supporting Anxiety in the Classroom
8th October: Maths Difficulties and Dyscalculia (4:30pm-6.00pm)
15th October: Supporting Sleep Difficulties

Professionals Solution Focused Drop In and 1-1 Advice Sessions

Opportunities for professionals to bring any questions about children, young people or families living with neurodevelopmental conditions (NDCs) who you are working with to discuss and problem solve.

For 1-1 advice: please contact the office.
To join our weekly drop in session: (every Friday 10:00am - 11:00am) please contact the office to receive your link

Virtual Coffee Mornings

We are happy to attend any virtual coffee mornings and online sessions to explain our current offer to families and professionals. Please contact the office.

Follow us on Twitter: @ADDvancedSol
Follow us on Instagram: @ADDvancedSolutions
Like us on Facebook: ADDvanced Solutions Community Network
Join our closed Facebook group for parents and carers: ADDvanced Solutions Community Network CIC

For full details and descriptions of the events listed in this 'What's On' newsletter, please visit the What's On section on our website and view the calendar listings.

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 under the 'Contact' menu option, where you will also find links to national organisations that can offer support.

Click HERE