

# SEFTON

**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.

We are commissioned and funded in Sefton by the NHS to support parents and carers to learn practical strategies to support neurodivergent children and young people.

No diagnosis or referral is needed to access our offer.



for families

## Sefton Community Network Group

**Each Wednesday in term time, 12.30pm - 2.30pm.** A solution focused drop in. Offering advice and strategies around managing and supporting many aspects of neurodiversity. We cover topics such as Supporting Sleep, Sensory Processing, Selective Mutism, Anxiety, Barriers to School attendance, Autism, ADHD and many more. There is also always time to ask advice around any specific challenges you might be facing as a family and to meet other parents and carers in similar situations.

**This Term we are at:**

 **Thornton Family Wellbeing Centre,  
Stanny Field Drive, Thornton, Liverpool, L23 1TY.**

There is on-site parking available, and the centre is reachable by bus via the 47 from Formby, 133 from Maghull, 63 from Seaforth and 52/52A from Bootle/Litherland.

[Get directions](#)

Please check our website for confirmation of next terms venue



**No need to  
book  
Just come  
along**

### Upcoming Topics:

- **Separation Anxiety** - Wednesday 20th November - 12.30 - 2.30pm
- **Supporting Sleep Difficulties** - Wednesday 27th Nov - 12.30 - 2.30pm
- **Tourettes Syndrome** - Wednesday 4th December - 12.30 - 2.30pm
- **Preparing for Christmas** - Wednesday 11th December - 12.30 - 2.30pm

**There is always an opportunity within each session to gain advice and support around any other challenges you might be facing as a family.**

Call us on 0151 486 1788 or email us [info@addvancesolutions.co.uk](mailto:info@addvancesolutions.co.uk) for more information.

Check out our website [www.addvancesolutions.co.uk](http://www.addvancesolutions.co.uk)

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## Neurodevelopmental Conditions Family Learning Programme

For parents and carers who want to understand more about neurodivergence in children and young people and gain strategies to support many of the challenges.

The Neurodevelopmental Conditions (ND) Learning Programme provides an opportunity for parents and carers to gain understanding of neurodevelopmental conditions, specific learning difficulties and associated mental health needs and gain strategies to support the difficulties that may present, including:

- **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**

### Neurodevelopmental Conditions Learning Programme

**Face to Face in Sefton - venue to be confirmed**

**across 3 Tuesdays - 7th, 14th & 21st January 2025**

**9.30am - 2.30pm**

**[Book Now](#)**

### Neurodevelopmental Conditions Learning Programme - Online

**across 6 Tuesday evenings - 7th, 14th, 21st & 28th January and 4th & 11th February**

**via zoom**

**6.30pm - 8.30pm**

**[Book Now](#)**

# Post Diagnosis Autism Support Liverpool and Sefton

  
**ADDvanced Solutions**  
Community Network  
Supporting you to find the answers

**ADDvanced Solutions Community Network in partnership with Alder Hey NHS Trust**  
offer learning, coaching and mentoring opportunities to parents, carers and young people following an autism diagnosis.



**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. The programme is for Liverpool and Sefton parents / carers and is age differentiated, recognising the spectrum of changing needs within autism.



**AGE 3-8**

**South Liverpool** - begins 27th Jan  
**Sefton** - begins 19th March



**AGE 9-13**

**Online** - begins 9th Jan  
**Liverpool** - begins 3rd March

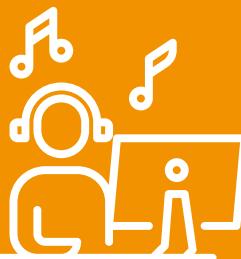


**AGE 14-19**

**Sefton** - begins 8th Jan  
**Online** - begins 27th February

**face to face sessions are 9.30am - 2.30pm across 3 days, weekly**  
**online session are 6pm - 8.30pm across 6 evenings, weekly**

call **0151 486 1788** to book your place



for young people

## Autism Coaching

Our ND Coaches are commissioned to deliver coaching sessions, for young people aged 12-19 who have received an autism diagnosis. The sessions are specifically designed to support autistic young people to better understand their diagnosis, to give strategies to navigate their challenges and to identify their own goals and feel positive about their future.

Contact us to enquire about coaching.

Call us on **0151 486 1788** or email us [info@addvancesolutions.co.uk](mailto:info@addvancesolutions.co.uk) for more information.

Check out our website [www.addvancesolutions.co.uk](http://www.addvancesolutions.co.uk)