



ADDvanced Solutions
Community Network
Supporting you to find the answers



Knowsley: Our Offer June 2020

ADDvanced Solutions Community Network have a new, online offer to support children, young people, families and professionals in the Knowsley area. **We are offering telephone and email consultations so please get in touch by calling 0151 486 1788 from 9am-5pm Monday to Friday, or email us at info@advancedsolutions.co.uk.**

Online Community Network Groups

Our new online Community Network Groups are an opportunity to discuss your current difficulties around neurodevelopmental conditions (NDCs). During this session, you can view (if you wish) and talk to other parents, the ADDvanced Solutions team and other professionals who can help 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.

Wednesday 10.00am -11.00am:

3rd June: Preparing for transition

10th June: Knowsley Direct Payments

17th June: Managing stress

24th June: Understanding emotions

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.

Mondays 10.00am-11.30am

([click here to register](#))

Monday 8th June - Session 1

Monday 15th June - Session 2

Monday 22nd June - Session 3

Monday 29th June - Session 4

Monday 6th July - Session 5

Monday 13th July - Session 6

Online Learning Workshops for Families

Our learning workshops have been designed to help you with the difficulties you are facing at the moment. 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 follow the links below and complete 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-2.00pm:

1st June: ASD/C - support and advice whilst at home ([click here](#))

8th June: Introduction to Sensory Processing Difficulties ([click here](#))

15th June: Emotional regulation and praxis ([click here](#))

22nd June: Sensory Strategies ([click here](#))

29th June: ND and Eating Difficulties ([click here](#))

Tuesdays 7.30pm-8.30pm:

2nd June: Transition from home to school ([click here](#))

9th June: ADHD - support and advice whilst at home ([click here](#))

16th June: Understanding and supporting behaviour ([click here](#))

23rd June: Sleep Difficulties Part 1 ([click here](#))

30th June: Sleep Difficulties Part 2 ([click here](#))

Family Activities -- have fun, get fit and relax!

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

FAMILY YOGA:

Mondays 10-10:30am

Monday 1st June

Monday 8th June

Monday 15th June

Monday 22nd June

Monday 29th June

([click here to register](#))

FAMILY KEEP FIT:

Tuesdays 6-7pm

Tuesday 2nd June

Tuesday 9th June

Tuesday 16th June

Tuesday 23rd June

Tuesday 30th June

([click here to register](#))

FAMILY KEEP FIT:

Thursdays 6-7pm

Thursday 4th June

Thursday 11th June

Thursday 18th June

Thursday 25th June

([click here to register](#))

See page 3 for our:

- **Activities for children**
- **Offer for professionals**

Children's Activities

We are hosting online household junk art and craft sessions delivered by our artist Helen. All articles needed are old household waste and a list of what is needed is available on the registration form and on our website.

Wednesdays 3.00pm - 4.00pm:

Wednesday 3rd June: Glitter Sensory Globe ([click here](#))

Wednesday 10th June: Bird Feeder ([click here](#))

Wednesday 17th June: Flower in a pop bottle ([click here](#))

Wednesday 24th June: Model boat with sails ([click here](#))



Professionals Online Solution Focused Drop In

Our weekly online Q&A sessions for professionals working with families living with neurodevelopmental conditions (delivered via Zoom for Healthcare). Please contact the office to register your interest and to receive your link:

Friday 10.00am-11.00am:

Friday 5th June

Friday 19th June

Friday 12th June

Friday 26th June

Professionals Online Learning Workshops

Our Professionals Online Learning Workshops 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 chat to be answered at the end of the session. Please click the links below to access.

Thursday 10.00am-11.00am:

Thursday 4th June: Introduction to Autism Spectrum Disorder/Condition ([click here](#))

Thursday 11th June: Autism with a Demand Avoidant Profile (PDA) ([click here](#))

Thursday 18th June: Introduction to ADHD ([click here](#))

Thursday 25th June: Introduction to Sensory Processing Difficulties ([click here](#))

Virtual Coffee Mornings

We are happy to attend any virtual coffee mornings and online sessions to explain our current offer to families and professionals during this term. 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