



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



## What's On in Warrington: July 2020

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@advancedsolutions.co.uk](mailto: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.

**Thursdays 1:00pm-2:00pm:**

**2nd July: Speech and Language Therapist**

**9th July: CAMHS Team**

**16th July: Sensory activities to keep your child occupied during summer**



### 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 and Thursday Weekly  
from 6:30pm-8:00pm:**

**Monday 6th July: Session 1**

**Thursday 9th July: Session 2**

**Monday 13th July: Session 3**

**Thursday 16th July: Session 4**

**Monday 20th July: Session 5**

**Thursday 23rd July: Session 6**

**[Click here to register](#)**

## 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-2:30pm:**

**6th July:** Introduction to Sensory Processing Difficulties

**13th July:** Emotional Regulation and Praxis

**20th July:** Sensory Strategies

### **Tuesdays 7:30pm-9:00pm:**

**7th July:** Understanding and Supporting Behaviours

**14th July:** Supporting Specific Learning Difficulties

**21st July:** Neurodevelopmental Conditions and Mental Health

## 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.

## 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 -**

**Monday morning from 10am - 11am:**

**6th July**

**13th July**

**20th July**

### **FAMILY KEEP FIT -**

**Tuesday and Thursdays from 6pm - 7pm:**

**7th July and 9th July**

**14th July and 16th July**

**21st July and 23rd July**

**Please register for these sessions by contacting the office.**

## Professionals Online Solution Focused Drop In

Our popular weekly online Q&A sessions are an opportunity for professionals to bring any questions about any children, young people or families living with neurodevelopmental conditions who you are working with to discuss and problem solve.(delivered via Zoom for Healthcare). **Please contact the office to register your interest to receive your link:**

**Friday 10:00am-11:00am:** (Each session is a themed Q&A opportunity but we are also happy to discuss other topics)

**Friday 3rd July:** Creating Sensory Friendly Environments

**Friday 10th July:** Supporting Stress and Anxiety

**Friday 17h July:** Understanding and Supporting Behaviour

**Friday 24th July :** Supporting Neurodevelopmental Conditions

## 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 Q&A feature to be answered at the end of the session. Please click the links below to access.

**Thursday 3:30pm-5:00pm:**

**Thursday 2nd July:** Understanding How Autism Presents in Girls ([Click Here](#))

**Thursday 9th July:** ADHD and Adolescence ([Click Here](#))

**Thursday 16th July:** Autism with a Demand Avoidant Profile (PDA) ([Click Here](#))

**Thursday 23rd July:** Sensory Strategies ([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. 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](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](#)