



Liverpool Parenting Newsletter - April - June 2022

Liverpool City Council and partners across the city have been working extremely hard to provide services for families. The introduction of online support, alongside face-to-face work has increased opportunities for parents to access services and has proved useful for parents.

Starting May 2022 Liverpool Parenting Network will be putting on workshops for parents every Tuesday and Thursday evening, these will run until July 2022 ending just before the Summer holidays. There are lots of different workshops and we hope that you will find them useful for you on your parenting journey.

By clicking on images within this Newsletter it will make them large for you to be able to view.

Finally as always remember to check online by going to google and typing [Liverpool Early Help Directory](#) for regular updates and new programmes from a wide range of council and partner services. If you have an event you feel would be of interest to parents we would be happy to publicise it with our partners

then please just get in touch with **Liverpool's Parenting Coordinator Chris Cavanagh** at **parenting@liverpool.gov.uk**.

If you would like to have your Parenting information in future newsletters please get in touch.

Parenting Newsletter Survey



We are always looking to improve how we communicate with parents across the city, if you have a couple of minutes could you complete a few questions in the survey by clicking [HERE](#).

Prime Time Parents



Book your workshop

Le



03/05/22 - RASA Merseyside - Understanding Child Sexual Abuse - [BOOK HERE](#)

05/05/22 – ADDvanced Solutions – “Practical strategies for supporting your autistic child/young person” - [BOOK HERE](#)

10/05/22 - Children's Centre - Parenting Nurture style - [BOOK HERE](#)

12/05/22 - IDVA service - Understanding Domestic Abuse - [BOOK HERE](#)

17/05/22 – CAMHS - Seeing the World through your child’s eyes - [BOOK HERE](#)

19/05/22 - Bullybusters - Details to follow

24/05/22 - Liverpool YPAS - Parentalk, The Teenage Years - A Snap Shot - [BOOK HERE](#)

26/05/22 – ADHD Foundation - The ADHD Foundation - a strengths-based approach to Neurodiversity - [BOOK HERE](#)

31/05/22 – TEDS Liverpool – Talking Eating Disorders - [BOOK HERE](#)



02/06/22 - Citizens Advice Liverpool - Managing your Money - Details to follow

07/06/22 – WHISC – Details to follow

09/06/22 - ADHD Foundation - Understanding Neurodiversity in the Early Years - [BOOK HERE](#)

14/06/22 - The Brain Charity - Becoming a Parent of a Child with Additional Needs - [BOOK HERE](#)

16/06/22 - ADHD Foundation - Planning for Stress-Free School Holidays - [BOOK HERE](#)

21/06/22 - IDVA service - Understanding Domestic Abuse - [BOOK HERE](#)

23/06/22 - We Are With You - Drug and Alcohol Awareness - [BOOK HERE](#)

28/06/22 - Vauxhall Law Centre - Renting – Know your rights - [BOOK HERE](#)



05/07/22 - Mersey Care CYP - Mersey Care Children & Young People's services - [BOOK HERE](#)

07/07/22 - Kinship Carers - Awareness of Kinship - [BOOK HERE](#)

12/07/22 - RASA Merseyside - Understanding Child Sexual Abuse - [BOOK HERE](#)

14/07/22 - Bullybusters - Details to follow

19/07/22 - Liverpool YPAS - Incredible years - Effective Limit Setting - [BOOK HERE](#)

Local Foodbank's

Trussell Trust websites for Foodbank's, individuals will still need a referral as per usual process rather than people going directly to the Foodbank. [Trussell Trust Website](#)

Please see links below

[Locations | North Liverpool Foodbank Website](#)

[Locations | South Liverpool Foodbank Website](#)



Healthy Start vouchers are changing

What are Healthy Start vouchers?

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk.

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses

- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

How are they changing?

Healthy Start paper vouchers are being discontinued and the vouchers are going digital.

The scheme will offer a prepaid card instead of paper vouchers. This card will be automatically topped up every 4 weeks with your payment.

If you currently receive the paper vouchers, **you need to reapply to get a digital prepaid card and continue to receive this benefit.**

You can apply here: [Healthystart - How to apply](#)

The cost of living is rising - Here's what you can do.

We are heading into a perfect storm of pressures as spring approaches, with increases to National Insurance, Council Tax and energy bills. Our Service Delivery Manager spoke to the Liverpool Echo about how this will affect Liverpool – [you can read that here](#).

Citizens Advice Liverpool have put together some resources to help

- Visit the Citizens Advice website for self-help advice for help with:
 - [Paying your energy bills](#)
 - [If you're struggling with living costs](#)
 - [Reducing your regular living costs](#)
 - [Getting help from a foodbank](#)
 - [If you can't pay your bills](#)
 - [Working out a budget](#)

You can also use the [Money Helper Budgeting Tool](#).

- Last year, Citizens Advice Liverpool helped 30,000 people with the problems they face.
 - If you need help, call us today on freephone **0808 278 7840**
 - If you need debt advice, call **0300 330 1196**
 - If you need help to claim universal credit, call **0800 144 8 444**

We can use translation services on your call, just ask for language line.

[Visit our website for more information about how we can help.](#)

[Follow us on Twitter for regular service information and opening times.](#)

- The Liverpool City Region Combined Authority want to hear how the cost-of-living crisis is impacting you – so it can better help to alleviate some of these pressures. You can make your voice heard by filling out the [#LCRlistens survey](#).

Citizens Advice Liverpool's dedicated Perinatal Link workers are helping new families to connect with activities in their community.

Citizens Advice Liverpool features in this new film from Wellbeing Liverpool in partnership with Liverpool CCG, about a new holistic approach to health and wellbeing in our city. It shows new parents a practical resource called 'social prescribing' that they can turn to for support, from practical advice to help connecting with activities.

You can watch the video here: [Best for Baby Too - Well Being Liverpool](#)



Liverpool Parent & Carers Forum (LivPaC)





28th March 2022 - 19:00pm – 20:30pm - Autism and Behaviour

This course is being delivered by Reachout –ASC Autism Support and funded by The Isabella Trust.

This session will be over ZOOM. To book please email info@livpac.org.uk for the link to register with Eventbrite. This session is free to all parents, if you are a professional there is a small cost, please email LivPaC for further details.

30th March 2022 - 19:00pm - 20:30pm - SEND Sufficiency Consultation

31st March 2022 - 19:00pm - 20:30pm - Autism and Girls –

This course is being delivered by Reachout –ASC Autism Support and funded by The Isabella Trust.

This session will be over ZOOM. To book please email info@livpac.org.uk for the link to register with Eventbrite. This session is free to all parents, if you are a professional there is a small cost, please email LivPaC for further details.

1st April 2022 - 11:00am – 14:00pm - Calm in the Palm – The Palm House, Sefton Park

5th April 2022 - 10:00am – 12:00pm - Coffee Morning Session

6th April 2022 - 19:00pm - 20:30pm - SEND Sufficiency Consultation

20th April 2022 - 10:00am – 12:00pm - SEND Sufficiency Consultation

26th April 2022 - 10:00am – 12:00pm - Coffee Morning Session

28th April 2022 - 10:00am – 12:00pm - SEND Sufficiency Consultation

3rd May 2022 - 10:00am – 12:00pm - Coffee Morning Session

5th May 2022 - 19:00pm – 20:30pm - Autism and Transition to Secondary School -

This course is being delivered by Reachout –ASC Autism Support and funded by The Isabella Trust.

This session will be over ZOOM. To book please email info@livpac.org.uk for the link to register with Eventbrite. This session is free to all parents, if you are a professional there is a small cost, please email LivPaC for further details.

9th May 2022 - 18:00pm – 20:00pm - Coffee Evening Session (1st evening face to face session)

17th May 2022 - 10:00am – 12:00pm - Coffee Morning Session

7th June 2022 - 10:00am – 12:00pm - Coffee Morning Session

14th June 2022 - 18:00pm – 20:00pm - Coffee Evening Session

16th June 2022 - 19:00pm – 20:30pm - Autism and Early Years -

This course is being delivered by Reachout –ASC Autism Support and funded by The Isabella Trust.

This session will be over ZOOM. To book please email info@livpac.org.uk for the link to register with Eventbrite. This session is free to all parents, if you are a professional there is a small cost, please email LivPaC for further details.

5th July 2022 - 10:00am – 12:00pm - Coffee Morning Session

6th July 2022 - 11:00am – 18:00pm - Local Offer LIVE event - St Georges Hall

12th July 2022 - 18:00pm – 20:00pm - Coffee Evening Session

Please visit our website [LivPaC](http://livpac.org.uk)



Autism and Girls
Thursday 31th March 2022
7pm - 8.30pm

This course is being delivered by Reach out ASC and funded by The Isabella Trust. This course looks at the identification, characteristics and support needs of autistic girls.

This session is held over ZOOM
To book, please email info@livpac.org.uk for the link to register with Eventbrite.

INFO@LIVPAC.ORG.UK
DCLP, 5 SHELMOORE DRIVE,
DINGLE LIVERPOOL L8 4YL



Transition to Secondary School Thursday 5th May 2022 7pm - 8.30pm

There are many challenges for autistic children making the transition to secondary school. This course is full of practical explanation, planning and preparation and resources that can help you support your autistic child into secondary school and through that first year of Y7.

This course is being delivered by Reachout – ASC Autism Support and funded by The Isabella Trust.

This session will be over ZOOM. To book please email info@livpac.org.uk for the link to register with Eventbrite

INFO@LIVPAC.ORG.UK
DCLP, 5 SHELMORE DRIVE,
DINGLE LIVERPOOL L8 4YL



Autism in Early Years Thursday 16th June 2022 7pm - 8.30pm

Getting your autistic child ready for starting school can seem overwhelming. How will they manage it, how will they settle in? How can I let the teachers know how to support my child? If we haven't a diagnosis, will they still help my child? How can we prepare them for new experiences, uniform, lunch at school and the school toilets? This course will help you with tips and resources to make this transition go as smoothly as it can.

This course is being delivered by Reachout – ASC Autism Support and funded by The Isabella Trust. This session is held over ZOOM

To book, please email info@livpac.org.uk for the link to register with Eventbrite.

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ADHD Foundation



- ADHD Foundation Neurodiversity Charity have a new look website! We have changed it to make it easier for families to navigate and find the information they need. Explore the website here <https://www.adhdfoundation.org.uk/>
- Keep an eye on the skies in June for our Exciting Umbrella Project 2022! We will be celebrating Neurodiversity across the city with our colourful art installations, including a large outdoor installation in Church Alley, Liverpool City Centre, and in schools across the City. Participating schools will have access to neurodiversity training, assemblies and lots of exciting resources see umbrella attachments
- ADHD Foundation Neurodiversity Charity offer pre and post diagnostic advice, guidance and support to Liverpool families, including an online skills building programme for parents/carers.





“Understanding and supporting my child’s ADHD” programme

The three-part “Understanding and supporting my child’s ADHD” programme explores different aspects of living with ADHD and strategies to support. The programme is delivered as live streamed online sessions, with sessions available on a wide range of dates and times including evenings and weekends.

Referrals for the programme can be made by CAMHS, Local Authority and Paediatrics, however, families can also self-refer into the service using the **referral form below**. A wide range of resources can be found on our website <https://www.adhdfoundation.org.uk/>

| | | | |
|---|--|---|------------------------|
| Date: | | Referred by: | |
| | | Referral form completed by: | |
| Child/Young Person Details: (Please include any previous name/otherwise known as) | | | |
| Surname: | | Forenames: | |
| | | D.O.B: | |
| Gender: | Sexual Orientation: (LGBTQIA-specify) | Ethnicity: | Nationality: Religion: |
| | | | |
| NHS number: | | URN (ADHD Foundation Staff use only) | |
| Alder Hey Number: | | | |
| Current Address: | | Alternative Address: | |
| Postcode: | | Postcode: | |
| Telephone: | | Telephone: | |
| Mobile: | | Mobile: | |
| Email: | | Email: | |
| Name of Parent/Carer at above address: | | Name of Parent/Carer at above address: | |
| Parental Responsibility: Yes <input type="checkbox"/> No <input type="checkbox"/> | | Parental Responsibility: Yes <input type="checkbox"/> No <input type="checkbox"/> | |
| Any shared PR: | | Any shared PR: | |
| Emergency contact name/Number: | | | |
| Community Paediatrician: | | GP Name/Surgery: | |
| | | | |
| Date diagnosed: | Age at diagnosis: | QB Test given: Yes <input type="checkbox"/> No <input type="checkbox"/> (If yes please include date) | |
| | Awaiting diagnosis: Yes <input type="checkbox"/> No <input type="checkbox"/> | | |
| Current Medication: | | Comorbid Conditions/Additional Diagnosis (please give brief details): | |
| | | | |
| Any other known concerns or disabilities: | | | |
| | | | |
| Safeguarding (e.g. Looked After Child, Child Protection Plan): | | EHAT Open? Y/N | |
| | | | |

|  ADHD FOUNDATION Referral Form <small>The Neurodiversity Charity</small> | |
|---|---|
| Is there anyone currently absent from the family home? (If yes please give details and relationship) | |
| Any other agencies involved: | |
| Education Status: (e.g. Main Stream/Home Taught) | |
| School Address: | Has your Child/YP ever been excluded? Yes <input type="checkbox"/> No <input type="checkbox"/> (If yes please give brief details/action) |
| Does your child/young person have an Education, Health and Care Plan (EHCP) in place? Yes <input type="checkbox"/> No <input type="checkbox"/> | |
| Does your child/young person take part in any activities in or outside school? | |
| Are there any other health concerns with your child/young person or anyone else in the family? | |
| Do you know of any mental health conditions within the family? (e.g. ADHD, Dyslexia or ASD) | |
| Do you have any concerns about alcohol or substance misuse? | |
| Any Police involvement/Risk? (Brief details) | |
| Any Significant/Relevant Information? (e.g. Child Protection/Looked after) | |
| Does the child/parent/carer have any accessibility requirements (including hearing, large print documents) | Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, please provide details: Don't Know <input type="checkbox"/> |
| Interpreter required? Yes <input type="checkbox"/> No <input type="checkbox"/> | |
| Any Signposting: | |
| ADHD Foundation Staff ONLY | |
| IAG <input type="checkbox"/> PCSBT <input type="checkbox"/> YPSBT <input type="checkbox"/> Qb Test <input type="checkbox"/> Therapy <input type="checkbox"/> Other: _____ | |

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- ADHD Foundation Neurodiversity Charity offer therapeutic services throughout all key stages in a large number of schools in the Liverpool Region. Our team work closely with those schools proving both 1:1 and group support to children and young people. We provide support to parents/carers via a variety of "Understanding and Supporting" programmes that cover topics such as ADHD, ASD and Behaviour. Please see attached flyers. Referrals for therapeutic work and parent webinars should be made by the school SENCO
- The Neurodiversity Early Years Team from the ADHD Foundation continue to provide support to families of children attending private, voluntary and independent early years settings. After the success of the parent/carer skills building course "Understanding your child's early development," the Early Years Team are planning to facilitate additional sessions throughout the Spring/Summer. The course dates will be sent to Nursery settings, so please keep in contact with your child's SENCO for further information.

For further info, head to adhd.foundation.org.uk



Understanding and Supporting ADHD

Does your child have ADHD? Are they on the ADHD Pathway? Are you just interested to find out more about ADHD?

The ADHD Foundation Neurodiversity Charity invites you to attend our 3-part, live-streamed webinar series with one of our Parenting Team to explore ADHD.

Session 1 - Neuroscience of ADHD

- Understanding ADHD characteristics and dispelling myths
- Understanding co-occurring conditions and complexities
- Exploring the impact of living with ADHD

Session 2 - Sleep and Wellbeing

- Understanding sleep physiology
- Understanding diet in relation to ADHD
- Exploring the role that movement plays

Session 3 - Stress Awareness and Self Regulation

- Understanding our stress response system
- Recognising internal and external triggers
- Exploring strategies to promote self regulation

What people have said about this course:

"I found the session completely whizzed by I was so engaged."

"Great sessions, I would highly recommend to other parents"

"I really enjoyed all 3 webinars, I gained some really useful knowledge about ADHD which will hopefully help me on my journey with my children"

"I would just like to say thankyou so much for your clear explanation and knowledge of ADHD, so many things now make sense."



For further info, head to adhd.foundation.org.uk



Understanding and Supporting ASD

Does your child have ASD? Are they on the ASD Pathway? Are you just interested to find out more about ASD?

The ADHD Foundation Neurodiversity Charity invites you to attend our 2-part, live-streamed webinar series with one of our Parenting Team to explore ASD.

Session 1 - Introduction to ASD

- Understanding ASD characteristics
- Identifying different ways ASD may present and dispelling myths
- Exploring Sensory Integration

Session 2 - ASD and Complexity

- Understanding the impact of co-occurring conditions
- Exploring ASD and mental health
- Exploring how we can support our child when they are overwhelmed

What people have said about this course:

"My child did not present as 'classic' ASD. Thank you for helping me make sense of her diagnosis"

"Thank you. The sessions have been very clear and informative"

"This has given me a much better insight into some of the behaviours my son shows"



For further info, head to adhd.foundation.org.uk



Understanding Behaviour

Our behaviour is how we express ourselves. Sometimes our children may behave in a way that we do not understand, in ways that may not seem appropriate, or may seem challenging. When we understand behaviour, we are better able to support our child - recognising triggers for their behaviours, helping them to regulate their emotions and supporting them to make positive life choices.

The ADHD Foundation Neurodiversity Charity invites you to attend a live-streamed 2-part webinar series with one of our Parenting Team to explore Behaviour.

Session 1 - What is behaviour?

- Understand how we make choices by using our emotional or logical brain.
- Understand what the behaviour may be communicating
- Exploring how lifestyle choices may impact on behaviour

Session 2 - Promoting behaviour we want to see more of

- Identifying behaviour triggers
- Exploring positive behaviour strategies
- Exploring self-care

Each session lasts approximately 1hr 15 mins and is followed by Q&A.

What people have said about this course:

"My son's behaviour makes more sense to me now"

"I have tried some of the strategies I learnt on the course yesterday and I can already see some difference"

"It was good to have time to ask questions at the end and the trainer was great in helping me with strategies for my daughter"



Further information and resources from the Early Years Team can also be found on the ADHD Foundation website here <https://www.adhdfoundation.org.uk/what-we-do/schools-education/nd-early-years-service/>

- We work closely with The Virtual School Service to support looked after children and support their families and placements. Services offered may include therapeutic counselling, ADHD assessment (using QB Test technology), and a range of 'Understanding and Supporting' webinar programmes.
- The 'NeurodiverCity Training Academy' is for neurodiverse young care leavers from Year 11 up to age 21, hoping to learn a valuable skill, enter the world of work, create a business, or go onto further training. Working closely with Liverpool City Council, The Virtual School Service and

other partner agencies, this multi sector partnership will ensure learning and mental health needs are prioritised, and that young people and their carers, get the support they need as they transition and into adulthood. Further details can be found here <https://nd-city.academy/>



The Brain Charity



Information on Early Years Support for Parents, Carers and Professionals

22nd June 9.30am registration, presentations commence 10am – 12.30 pm

Speakers confirmed to-date:

Elaine Pilmoor from the Family Fund (largest UK grant provider for children with additional needs)

Karen Dobson, Nurse Consultant from Newlife (provide grants, emergency equipment, nurse helpline, sensory pods)

Zoe's Place, hospice in Liverpool (0-5)

Stickstep, charity that provides free conductive education

Maria Wilson and Sue Blackburn (from The Brain Charity) will speak about the new service at The Women's Hospital for children and parents with neurological conditions

Other speakers tbc

Light refreshments will be available

Booking womens@thebraincharity.org.uk

ADDvanced Solutions



The team at ADDvanced Solutions Community Network continue to support the families living with Neurodevelopmental conditions in Liverpool pre, during and post-diagnosis.

What's available?

A weekly programme of Virtual Community Network Groups and webinar Learning Workshops for parents and carers of children and young people living with neurodevelopmental conditions pre, during and post-diagnosis and also to the professionals who support them while we are unable to deliver our face-to-face delivery.

You can see their calendar of activities for Liverpool parents [HERE](#) and also find information on the services [HERE](#)

Sensory Processing Difficulties Learning Workshops (Online)

Our Sensory Processing Difficulties learning workshops will be delivered as webinars. It is recommended that you attend all three sessions.

Mondays: 1:00pm - 2:30pm

[Please click here to register for the three sessions.](#)

25th April: Introduction to Sensory Processing Difficulties (Session 1 of 3)

9th May: Emotional Regulation and Praxis (Session 2 of 3)

Sensory Strategies (Session 3 of 3)

Neurodevelopmental Conditions and Eating Difficulties (Online)

This Learning Workshop is specifically for families of children who experience avoidant and restrictive food intake difficulties. We recommend you access the Sensory Processing Difficulties training before accessing our Eating Difficulties training.

Monday 23rd May 1:00pm - 2:30pm:

[Please click here to register for this workshop](#)

Learning Workshops for Families (Online)

Our Family Learning Workshops, delivered as webinars, 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).

Please click the appropriate link below to register:

Monday 9th May 10:00am - 12:00noon: LINK HERE - [Autism with a Demand Avoidant/PDA Profile](#)

Sleep Difficulties Learning Workshop

Our trained sleep practitioners will present a webinar on sleep difficulties faced by children and young people with neurodevelopmental conditions, and offer suggestions and strategies to improve their sleep routine.

Thursday 26th May 9:30am - 12:30pm: LINK HERE - [Supporting Sleep Difficulties](#)

Liverpool ND Family Learning Programme (Face-to-Face)

This Liverpool Family Learning Programme will be running Face-to-Face, and will be delivered over three sessions.

Tuesdays: 9:30am - 2:45pm

Location: South Liverpool

Please contact the office on 0151 486 1788 if you wish to register for a place.

Tuesday 10th May

Tuesday 17th May

Tuesday 24th May

All Areas ND Family Learning Programme (Online)

This online programme will be delivered over six sessions.

Monday and Thursday evenings: 6:30pm - 8:30pm

Monday 9th May

Thursday 12th May

Monday 16th May

Thursday 19th May

Monday 23rd May

Thursday 26th May

[Please click here to register for this Learning Programme.](#)

Autism Post Diagnostic Learning Programme

We are delighted to provide an open offer to Liverpool and Sefton parents and carers, whose child/young person has received a diagnosis of autism (ASD) from Alder Hey NHS Trust, or from either Axia ASD Ltd or Healios via Alder Hey NHS Trust. This is a pilot offer in partnership with Alder Hey NHS Trust, commissioned by NHS Liverpool Clinical Commissioning Group (CCG), NHS South Sefton CCG and NHS Southport and Formby.

From the selection of online Learning Programmes listed for this half term, please choose the appropriate parent/carer course specific to the age of your child/young person: 3-8 years; 9-13 years or 14-19 years.

This Learning Programme is delivered over five weekly sessions face to face and 6 sessions online. It is recommended that parents and carers attend all sessions where possible.

Autism Post Diagnostic Learning Programme (Face-to-face)

For parents/carers of 3-8 yrs age group Wednesdays: delivered over 5 weekly sessions.

Sessions 1-4 9:30am-12:30pm; Session 5 9:30am-3:00pm

Location: Liverpool, L17

To book your place, please contact our office on 0151 486 1788 or email learning@advancedsolutions.co.uk quoting Booking code: LIV4

Wednesday 27th April: 9:30am - 12:30pm - Session 1

Wednesday 4th May: 9:30am - 12:30pm - Session 2

Wednesday 11th May: 9:30am - 12:30pm - Session 3

Wednesday 18th May: 9:30am - 12:30pm - Session 4

Wednesday 25th May: 9:30am - 3.00pm - Session 5

Autism Post Diagnostic Learning Programme (Face-to-face)

For parents/carers of 9-13 yrs age group.

Thursdays: delivered over 5 weekly sessions.

Sessions 1-4 9:30am-12:30pm; Session 5 9:30am-3:00pm

Location: Sefton Venue TBC

To book your place, please contact our office on 0151 486 1788 or email learning@advancedsolutions.co.uk quoting Booking code: SEF4

Thursday 28th April: 9:30am - 12:30pm - Session 1

Thursday 5th May: 9:30am - 12:30pm - Session 2

Thursday 12th May: 9:30am - 12:30pm - Session 3

Thursday 19th May: 9:30am - 12:30pm - Session 4

Thursday 26th May: 9:30am - 3:00pm - Session 5

Autism Post Diagnostic Learning Programme (Online)

For parents/carers of 14-19 yrs age group

Tuesdays weekly sessions (Sessions 1-5); Thursday (Session 6) from 6:00pm - 9:00pm

Location: Online via Zoom

[Please click here to register for this Learning Programme.](#)

Tuesday 26th April: 6pm - 9pm - Session 1

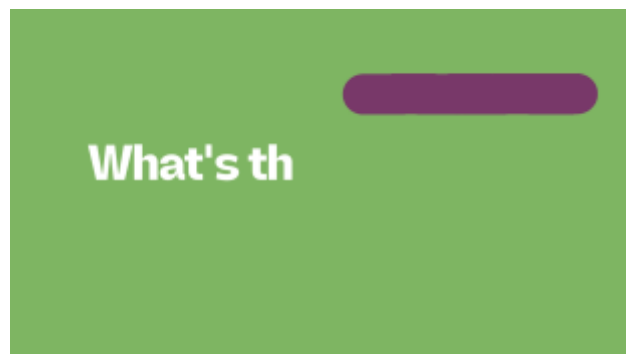
Tuesday 3rd May: 6pm - 9pm - Session 2

Tuesday 10th May: 6pm - 9pm - Session 3

Tuesday 17th May: 6pm - 9pm - Session 4

Tuesday 24th May: 6pm - 9pm - Session 5

Thursday 26th May: 6pm - 9pm - Session 6



<https://sway.office.com/F51soq0bn2mWYo7U#content=eLfiWOvOM5HapC>

The ASD Training Team



The Liverpool ASD Training Team are providing a series of virtual drop in sessions and training sessions via zoom & classroom sessions throughout 2022.

1:1 Zoom/Telephone Consultation

They are for parent/carers wishing to talk in a private one to one setting, ask any questions or discuss concerns they may have about their child regarding autism.

You do not require a diagnosis of ASD to book your place.

Pre-Diagnosis Course - Social Communication & Behaviour

This course offers families information and practical strategies to support their children/young people's Social Communication & Behaviour Difficulties whilst waiting for an assessment to be completed.

The course will be facilitated over two mornings via zoom or face to face sessions 9.30am – 1pm.

Autism Training Programme

The course aims to build on family's knowledge of ASD and help to develop practical strategies to support the children/ young people.

The course will be facilitated over three mornings via zoom or face to face sessions 9.30am – 1pm.

To book your place for your preferred session please email asdtrainingteam@liverpool.gov.uk

Liverpool YPAS



What's coming up from Your YPAS Parenting Team

Exam stress primary 6th April 2022

Finance event 4th May 2022

For more information please contact the YPAS Parenting Team on: 0151 707 1025



Parenting Programmes run by YPAS include,



1 - Incredible Years:

Incredible Years:

This parenting programme focuses on strengthening parenting competencies and fostering parent involvement in children's experiences, to promote their social and emotional skills and reduce conduct problems. The programme is for any parent or carer of a child aged between 2 and 8 years old in Liverpool who want to learn new ways to manage their child's behaviour.

[Download information here](#)

This is a face to face delivery service

For more information please contact the YPAS Parenting Team on: 0151 707 1025



Youth Connect 5

A five week programme to help parents gain an understanding, knowledge and skills in relation to promoting resilience for their children. Parents will finish the course with a range of tools that they can use to support their children. This is a course for parents/carers of children aged 8 plus.

[Download information here](#)

This is a face to face delivery service

For more information please contact the YPAS Parenting Team on: 0151 707 1025



**PARENTS/CARERS
PARTICIPATION GROUP**
have your say....

Did you know you can:

- Be involved in YPAS interview panels
- Share your views on what would be a good agenda for our coffee mornings
- Have the opportunity to use feedback forms after any service delivery at YPAS
- Consult on our service leaflet designs and other promotional material
- Share your journey/experience with us with the possibility of YPAS using this for marketing purposes

**Would you like to be part of our participation group?
Contact us today to find out more**

YPAS
Young Person's Advisory Service
www.ypas.org.uk
0151 707 1025
support@ypas.org.uk

Liverpool Children Centres



Liverpool Children Centres are delivering lots of programmes across the city, for further information please look at [Liverpool Early Help directory Website](#) for your nearest one and their contact details.

- **Nurture Parenting Programme**

The Nurturing Programme is a 10-week parenting programme that improves the emotional health of both adults and children and also strengthens family relationships.

- **Baby Massage**

Baby massage has many benefits for your baby. It encourages better digestion, can relieve both colic and constipation, and aids better sleep. It is also an excellent way to bond with your baby.

- **Welcome to Play**

6 week course - Introduces the importance of play, encouraging parents/carers to take part in playful activities with their children which can support your child's learning and development.

- **SEND Support**

To provide advice and support to families with children ages 0-5 years with special educational needs and disabilities (SEND) making the information easier to access.

Our aim is to demonstrate practical strategies to promote play, engagement and interaction for the parents to work with their child/ren and to find ways to overcome any challenges together.

One of the groups delivered is a support network for parents/carers where they can receive advice and support from staff, other parents or guests from partner agencies. They also give information on local services and refer to partner agencies when required.

- **You & Me, Mum.**

You & Me, Mum is a 10 week course programme for mothers which will help you understand how domestic violence effects you as a parent and how it effects your children.

It will empower, support and develop further understanding of your role as a mother in addressing the needs of your children and young people.

Please contact your local centre for further details, information can be found on all children centres [HERE](#)

FOUNTAINS CHILDREN CENTRE



Are you looking to get back into employment or education?

Fountains, Vauxhall, County and Walton children centre can help;

We can help support you with;

- Job searching
- Application forms
- CV Writing
- Interview techniques
- Finding affordable childcare
- Accessing training
- Confidence building Please get in contact with Jess, Adele or Kelly on **0151 233 4741, 0151 233 3760 or 0151 298 2918**

and they will arrange an appointment with you at your nearest children centre.

WONDERFUL - ONES Programme!

WONDERFUL - ONES!

We have a new and exciting group starting for your Wonderful Ones. (1-2 years) Come and join us in our interactive play sessions for lots of learning & fun and a chance to meet with other parents with children of similar age!

Sessions will take place;

Tuesday mornings 9:30-10:30 County Children Centre

Friday Afternoons 1:30-2:30

Fountains Children Centre

Sessions are bookable so please speak to a member of staff or call 0151 233 3760 - County - 0151 233 4741- Fountains



Welcome to play

A wonderful course full of fun and creative ideas for playing together with your child.

- *Book making*
- *Junk modelling*
- *Exploring nature*
- *Making Playdough*

- *Creating dens*

This six week course will give lots of play ideas for you to create special memories together.

For further information or to book on call 0151 233 4741



Solihull Parenting Guides



Gain more confidence as a parent:

Try our **FREE online guide LIVERPOOL** for all parents and carers to understand your child (0-19 year olds).

Find out more about:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Different styles of Parenting
- Having fun together
- Why is sleep important?
- Communication with your child

Liverpool families enter the access code PURPLEBIN to gain free access, go to [Solihull - In Our Place Website](#) for further information.


 Liverpool City Council

Understanding your Baby (0-1 years)

Gain more confidence as a parent:
 Try our **FREE online guide** for all parents and carers to understand your baby. Find out more about:

- Your baby's brain
- Understanding your baby's crying
- Baby's rhythms
- Developing healthy sleep patterns
- Understanding your baby's feeding
- Baby's development and play
- Your baby's childcare

Go online to www.inourplace.co.uk
 and use the access code **PURPLEBIN**







 together
we make a difference



UNDERSTANDING YOUR CHILD
 COLINELL APPROACH



FANCY A
Spring Clean?

Give your best parenting habits a polish,
 make them sparkle and shine!

FASCINATING ONLINE COURSES FOR EVERYONE WHO WANTS
 TO BE AN EVEN BETTER MUM, DAD, GRANDPARENT OR CARER.
 AVAILABLE 24/7. ANYTIME. ANYWHERE.

Liverpool families
 enter the Access Code **PURPLEBIN**
 to gain free access

WWW.INOURPLACE.CO.UK



Try our **FREE online guides in additional languages** for all **LIVERPOOL** parents and carers to understand your child (0-19 year olds).

These free and easy to follow parent guides are available in additional languages to enable access for our wider communities across the city, these include;

- Arabic - أطفالكم فهم
- Bulgarian - Как да разбирате детето си
- Chinese - 认识您的孩子
- Polish - Zrozumieć swoje dziecko
- Urdu - سمجھنا کو بچے اپنے

Go online to www.inourplace.co.uk and use the access code, **PURPLEBIN**

RASA Merseyside



RASA Merseyside is a professional counselling and support service that exists solely to improve the mental and physical well-being of individuals impacted by sexual violence at some point in their lives.

RASA run stop it now **Parents Protect** training on a monthly basis – This training aims to raise awareness of child sexual abuse it is aimed at parents , care givers and professional to assist them in spotting the signs of child abuse and also understanding the behaviours that perpetrators may display.

Further resources can be found here, [Stop It Now](#)

Protecting Our Children is an 8hr course which is usually delivered over 4 weeks.

This programme explores attitudes and beliefs, communicating with our young children and teenagers, warning signs in children who may have been subjected to sexual abuse, warning signs displayed by abusers, development of family safety plans, child sexual exploitation, trauma, relationships, dealing with disclosures and resilience building.

This programme is delivered via zoom on a bi-monthly basis.

For further information with regards to these courses please email referrals@rasamerseyside.org

Kinship Carers



Are you raising somebody else's child/ren? **KINSHIP CARERS LIVERPOOL** offer support to the Kin Carer and the Children via one to one and group support.

Lots of new families have engaged over the past months, with an increase of younger Kin Carers, so Kinship Carers are excited to look at how they can plan the program around their needs.

It will be an exciting time, with two new staff members who are looking forward to a planning event that will build on the skills that they will bring to our project.

From January onwards they will be delivering

- Intergenerational activities, to enable families to access activities together and meet others with similar life experiences, to reduce isolation and stigma often felt by our families.

- Complimentary Therapies for Kin Carers – to reduce stress and learn coping strategies that can be used with the whole family.
- Coffee Mornings –to create peer support, with guest speakers specific to families needs.

This coming year we are also excited to develop our work around providing Life Story Work specific to Kinship Kids.

Our calendar of activities with dates will be available early January, for more information visit the website: [Kinship Carers Website](#) or call **0151 270 2108**.

This year Kinship Carers alongside some of their Kinkids produced a short animated video on what Kinship Care is, please watch this video below.



The Young Peoples Teen Chat group will be restarting in February, they create their own agenda, with a key theme being Young Peoples voices being heard – which will build on the work that Kinship Carers have done in partnership with MYA, which led to the launch of an animation to raise awareness of Kinship Kids: the report from this gives us key areas that as a City we can work on to improve the support and raise awareness of Kin Kids

<https://www.liverpoolcamhs.com/wp-content/uploads/2021/12/Kinship-Kids-Launch-Event-Report-Oct-2021-.pdf> this will be used in the coming year in schools to highlight some of the challenges that young people face on a daily basis

Action for Children



Free 1-2-1 Parenting support



Parent Talk offers free, down-to-earth information and advice, including a confidential 1:1 online chat service as well answers to some of the most common parenting questions. In 2020/21 alone, over 350,000 families were supported by Parent Talk and almost 9000 people had a 1:1 conversation with a Parent Talk practitioner online.

Popular themes have included: child emotional wellbeing and mental health, meeting emotional needs/ resilience and challenging behaviour. Take a look at the [Parent Talk website](#) for more featured topics.

Bouncing Back Programme

Bouncing Back is a face-to-face early intervention resilience building programme for age 8-19 years old. It provides group discussion, practical tools and coping skills which enable children and young people to manage their day-to-day emotional wellbeing and reduces the risk of more intense mental health issues. It supports the mental health and wellbeing of pupils, helping them to understand:

- the feelings they're experiencing (both good and bad)
- how they got to those feelings
- things they can change to make their feelings more positive

The programme runs for 2 x 1 hour sessions and is a Universal offer that can be delivered to groups up to classroom size. The



The Blues Programme

The Blues Programme supports teenagers with their mental health and wellbeing. Blues tackles the early signs of low mood and anxious thoughts and helps young people to build resilience. The programme uses practical and emotional tools to help them understand their thoughts and feelings.

Really importantly, it gets teenagers talking. Blues runs for one hour a week over six weeks, for groups of 8-10 young people. It is evidence-based, using 'change how you think' and 'change what you do' approaches. The aim is to teach teenagers to look after their emotional wellbeing. The programme combines cognitive reforming techniques, practical coping skills and physical and social activity.

The Blues Programme has an eligibility criteria, we would ask a year group to complete a questionnaire and any young person showing indicators of low mood and anxiety will be invited to take part.

Domestic Abuse

Who to call for advice

Please remember, in an emergency dial 999 for immediate assistance. You can call 999 without speaking then pressing 55, or tapping or coughing into the phone. This will enable police to respond.

Local support agencies

- **Liverpool Domestic Abuse Services**

Domestic abuse support for women and girls. Drop in, referral and outreach services.

Tel: freephone - 0800 084 2744, office - 0151 263 7474, mobile/text for hard of hearing - 0756 201 3316

email: ldasenquiries@heatkensington.org.uk

website: liverpooldomesticabuseservice.org.uk

- **Merseyside Domestic Violence Service**

Services for women, men, families, children and young people, including help with domestic abuse and stalking.

Tel: 0780 272 2703

website: mdvs.org

- **Paul Lavelle Foundation**

Support for men in domestic abusive relationships.

Tel: support line - 0151 651 3777, general enquiries - 0151 294 4176

email: info@paullavellefoundation.co.uk

website: paullavellefoundation.co.uk/services

- **Rape and Sexual Abuse (RASA)**

Professional counselling and support service to improve the mental and physical wellbeing of individuals impacted by sexual violence at some point in their lives. Support for women, men and children. Also support offered from an ISVA - Independent Sexual Violence Adviser.

Tel: helpline - 0151 666 1392, Tuesday and Thursday 6-8pm, Friday 12pm-2pm. Referrals - 0151 558 1801

email: helpline@rasamerseyside.org, general enquiries - rasa@rasammerseyside.org

website: rasamerseyside.org

- **Ruby Project**

Domestic abuse support for women.

Tel: 0151 702 5559/5500, mobile - 07714289180, out of hours - 0800 688 9990

email: ruby@pss.org.uk

website: pss people Web site page

- **Savera UK -**

Honour-based abuse and harmful practice specialist. tel: 0800 107 0726, head office - 0330 1592004

email: info@saverauk.co.uk

website: saverauk.co.uk

- **South Liverpool Domestic Abuse Services**

Support women across the South and South Central area of Liverpool.

tel: freephone - 0800 083 7114, mobile/text for hard of hearing - 07593 549 0040151, office - 0151 494 2222/0151 494 1777

email: services@sldas.co.uk

website: sl-domesticabuseservices.org.uk

- **Victim Support Merseyside**

Free and confidential support for people affected by crime and traumatic events.

tel: 0151 353 4003, Monday to Friday 9am-5pm, out of hours - 0808 1689 111

website: [victim support Web site page](#)

- **Worst Kept Secret Helpline Merseyside**

tel: 0800 028 3398 - this number will not show up on your phone bill

email: wks@localsolutions.org.uk

website: www.localsolutions.org.uk/north-west-services/domestic-abuse/14-worst-kept-secret

MYA Raise Team



Merseyside Youth Association's mental health promotion team (RAISE Team) continue to deliver their range of bite-size courses, adapted from courses they have previously delivered.

These sessions cover a range of mental health issues that impact children, young people and their families.

Bite-size sessions coming up in January, delivered via Zoom unless otherwise stated

- 04/04/2022 - 9:30 am - 4:30 pm - **Adverse Childhood Experiences (ACEs) and Trauma** - Merseyside Youth Association Ltd, Liverpool - [Book](#)
- 06/04/2022 - 3:30 pm - 5:00 pm - **An awareness session to EMDR** - [Book](#)
- 06/04/2022 - 4:00 pm - 4:45 pm - **Managing Child Worry Bite Size Via Zoom** - [Book](#)
- 09/05/2022 - 9:30 am - 4:30 pm - **Adverse Childhood Experiences (ACEs) and Trauma** - Merseyside Youth Association Ltd, Liverpool - [Book](#)
- 13/06/2022 - 9:30 am - 4:30 pm - **Adverse Childhood Experiences (ACEs) and Trauma** - Merseyside Youth Association Ltd, Liverpool [Book](#)
- 18/07/2022 - 9:30 am - 4:30 pm - **Adverse Childhood Experiences (ACEs) and Trauma** - Merseyside Youth Association Ltd, Liverpool - [Book](#)

"GET CREATIVE: Hands Together"

A FREE 6 week creative arts project for parents and carers with little ones under 5. Come and get 'hands on together', where you will work with your children to try lots of different types of art, craft and design and explore the importance of mental health in the early years, as well as the importance of looking after ourselves! The pieces you create with your children will be showcased at the Museum of Liverpool, to get a city wide conversation going around the early years!

Siblings are welcome during the Easter Half term sessions!

Workshop Dates 10:30am- 1pm - @ Merseyside Youth Association L1 3DY

- **Wednesday 6th April**
- **Wednesday 13th April**
- **Wednesday 20th April**
- **Wednesday 27th April**
- **Wednesday 4th May**
- **Wednesday 11th May**

Refreshments will be provided.

Spaces are limited and on a first come first serve basis, so if you would like to sign up to this free project, contact Leigh on 07766906174 or leighh@mya.org.uk



Where to go for support?

Here are some links to Mental Health support for your child if needed.

- [Kooth](#)
- Clear Fear app
- [Chill Panda](#)
- [Alder Hey Crisis](#)
- [YPAS](#)
- [Fresh CAMHS](#)
- [Head Space app](#)

Visit the young person's [‘about anxiety’](#) page



NSPCC Pregnancy In Mind



Liverpool NSPCC are continuing to take referrals for their perinatal service.

This service is for mothers and their partners who may be struggling with mild to moderate anxiety or depression during their pregnancy. We can support parents via our virtual offer with sessions about: mindfulness meditation, active relaxation, practical support, coping skills, social support and couple and co-parenting.

Further information on the programme can be found here, [Pregnancy In Mind Programme web page](#)

The programme is underpinned by six core evidence-based themes:

- mindfulness meditation
- active relaxation
- psycho education and coping skills
- social support
- awareness-raising of foetal development
- couple and co-parenting relationship (communication and conflict management).

If you would like to discuss this service further or make a referral for this service, please contact Liverpool Service Centre on 0151 556 1000.

Liverpool Fostering



Could you give a child a safe and loving home?

We're looking for foster carers to give love and care to young people who really need, and deserve it.

Visit: <https://fostering.liverpool.gov.uk>





Everton in the Community Wellbeing Programmes to Support Dads



All information below is for dads of children under 3. These projects specifically targets dads in the first 1001 critical days which is conception through to two.

Currently EITC are running a dads stay and play in Fountains Children Centre on Thursday afternoons at 1:30pm, for further information contact Fountains Children Centre on [0151 233 4741](tel:01512334741)

Coming on the 27th April 2022 EITC have agreed with Clubmoor Childrens centre to run dads groups from their family room, this will include lots of activities for dads and their children. For further information contact Clubmoor on 0151 233 8500

A dads walking group held on alternate Saturdays at 10:30am leaving from the Everton in the community hub, Spellow Ln, Liverpool L4 4DF.

In the Easter holidays EITC are going to give dads a free day out with the little ones at Croxteth farm.

If anyone wants to sign up to any of these groups they can email Andrew Cousins - Andrew.cousins@evertonfc.com or call 07890637568.

To find out more about PSS's growing together service email growingtogether@pss.org.uk

#BLADEFREE

Merseyside has suffered a number of tragedies as a result of violence and knife crime. Therefore, we must educate young people around the dangers of carrying and using a knife as the reality is, even being in possession of one could see them facing a criminal record, imprisonment, injury or much worse.

Those working to prevent and protect our young people from violence want to reassure parents and carers that despite some very tragic events of late, we know that the vast majority of young people in Merseyside don't have a violent bone in their bodies. If, however, you feel that you need support or your child is talking about needing protection, we're here for you.

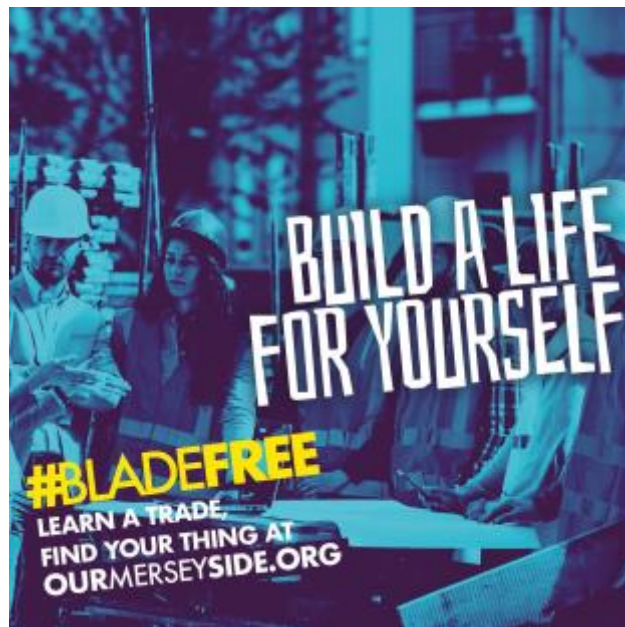
The [Our Merseyside](#)'s #BladeFree campaign was launched in 2020 to deter people from getting involved in knife crime and instead encourages them to take part in diversionary activities and initiatives such as sport, music, and theatre to improve practical skills and employability.

Campaign research states that one of the main reasons for knife crime and gang culture in communities is the lack of inspiration and belonging. That is why #Bladefree aims to showcase the range of local clubs and activities accessible across Merseyside to help give young people further hope, aspiration and opportunity.

The pan-Merseyside campaign unites stakeholders across the community, local authorities and within Merseyside Police to collectively tackle this issue and we'd together, encourage everyone to pledge their support to #BladeFree or, if you're looking to advertise your services, groups and opportunities, please visit [Our Merseyside Link](#).

Merseyside is full of passionate people who are doing huge amounts of good work in their local neighbourhoods to educate, divert and influence young people away from knife and other violent crimes and we should do everything in our power to share their achievements – by starting this social movement today, we can give young people a better tomorrow.

For more information visit our new website: <http://www.ourmerseyside.org/> or follow @OurMerseyside on social media.





Liverpool Learning Partnership



You can find some resources that have been identified to support parents allowing you opportunities to **learn together** by Liverpool Learning Partnership;

They are mostly resources to explore and do together:

https://padlet.com/jholder_llp/eyfsmathspartybag Maths Activities for Families

https://padlet.com/jholder_llp/hoorayforfish Activities for Families based on the story Hooray for Fish

https://padlet.com/jholder_llp/rfpathome Reading for Pleasure At Home

<https://wakelet.com/wake/4e0999b4-e31b-425e-8f4a-6e5e81f1723d> Book Based Activities for at Home

https://www.canva.com/design/DAEffLXg0GY/p2pWEnA_l4fsYQVb4WzOYQ/view?utm_content=DAEffLXg0GY&utm_campaign=designshare&utm_medium=link&utm_source=viewer a resource with early maths games and ideas for 3-5

Other sites that might be useful:

<https://www.eyfshome.com/> Activities for families with children aged 3-5

https://www.pacey.org.uk/working-in-childcare/spotlight-on/being-school-ready/?gclid=CjwKCAjw3MSHBhB3EiwAxcaEu1BOa74SAwj23SXNJLOLPejff9jTxpeDiPRlhrOOQ1GAr4p0K8z8NBocFolQAvD_BwE#parents School Readiness page from PACEY

<https://youtube.com/playlist?list=PL9Huox3U1NqMQyA-8bO9BngRKd4yiJNR-> Parent Channel YouTube playlist on learning for 0-5s

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/hometime-for-your-child/> Booktrust stories and activities for 0-5s

Mental Health Support



Shout 85258 is a free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope. The service is staffed by trained volunteers who will work with the individual to take their next steps towards feeling better.

Children and young people in Liverpool & Sefton Text GREEN to 85258

Adults in Liverpool & Sefton Text HEAL to 85258



Qwell



On Qwell you can:

Get online support from the Qwell community

Relate and connect with others by sharing similar experiences, and gain valuable self-care tips and tools from our engaged community and professional team.

Chat online to qualified counsellors

Our team of professionals aim to provide early response to emotional wellbeing as well as emerging mental health needs via our online platform and counselling sessions.

Read and write Articles

Helpful articles, personal experiences and tips from our community and professional team.

Use personal tools

Set personal goals, write in your journal, or start a discussion with the community.

Go to [Qwell Website](http://www.qwell.io) to register and receive free confidential support.



Partner Websites



- Advanced Solutions – www.addvancedsolutions.co.uk
- ADHD Foundation – www.adhdfoundation.org.uk
- Barnados – Barnados.org.uk
- CAMHS Partnership info plus websites – www.liverpoolcamhs.com/training/ (Bitesize training)
- Fresh CAMHS – www.freshcamhs.org
- Kooth – www.kooth.com
- Liverpool Learning Partnership – www.liverpoollearningpartnership.com

- Liverpool Parent & Carers Forum (LivPaC) - <https://livpac.org.uk/>
- MYA – www.mya.org.uk
- NSPCC – www.nspcc.org.uk
- Reachout ASC – reachoutasc.com
- Talking Eating Disorders (TEDS) – tedsuk.com
- The Brain Charity – thebraincharity.org.uk
- YPAS – ypas.org.uk

Contact Us



If you would need any further information please contact Chris Cavanagh, Liverpool Parenting Coordinator - parenting@liverpool.gov.uk