



Liverpool Parenting Newsletter 2023

January - March

Welcome to the January to March edition of Liverpool's Parenting Newsletter. My name is Lisa Lunt and I would like to introduce myself to you all as Liverpool City Council's new Parenting Co Ordinator.

I joined Liverpool in November 2022, taking over the role from Chris Cavanagh. I have a background in supporting children and their families which spans over a 25 year time period and have worked alongside many partner agencies during that time, who have helped me to help families. I'm also a mum and recognise that as children grow and develop, at any point in life, we may need to access some form of help, guidance, advice or signposting from time to time, to ensure we can help our children to be the best they can be as they make the transition into adulthood.

In Liverpool, I hope to continue supporting families so that they can access that support should they need it. At the right times.... from the right services.

In this newsletter you will find information updates about new and existing services, events, activities and courses from our partners across the city who support those who care for children and their families. Remember to check online too, by going to google and typing [Liverpool Family Information and Support Directory](#) for regular updates and new programmes from a wide range of council and partner services.



Chinese New Year Celebrations

In 2023 Liverpool welcomes the year of the Rabbit during our Chinese New year Celebrations!

The main event takes place on Sunday 22 January from 11:00am until 5:00pm, with a grand finale courtesy of Bring The Fire and their stunning fire show. Following this you can head over to the Bombed Out Church for a spectacular projection show.

There will also be plenty of Chinese food to sample from the many food stalls, art workshops with make and do activities as well as storytelling and the popular funfair. Click on the link below for more details of how you and your family can join in the celebrations.

[CHINESE NEW YEAR 2023 - Culture Liverpool](#)



Alder Hey Symptom Checker

With a numerous amount of winter bugs around at present, there is an increased demand on paediatric services, please see [Alder Hey's Symptom Checker](#).

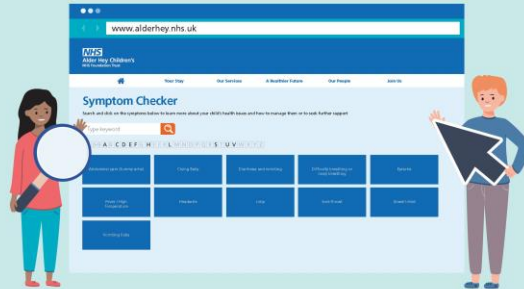
Please share this valuable information with your family members, friends and neighbours where possible as we approach the New Year period.

DOES YOUR CHILD NEED TO COME TO A&E?

CHECK YOUR CHILD'S SYMPTOMS AND
WHAT YOU CAN DO FOR THEM WITH

ALDER HEY'S Symptom Checker

IT'S  FAST  EASY TO USE  RELIABLE



WE ARE
STILL IN THIS
TOGETHER

Should you visit A&E?
Or can you treat symptoms at home?
OUR NEW SYMPTOM CHECKER WILL OFFER
YOU ADVICE YOU CAN TRUST.

Developed by the clinicians at Alder Hey for children
Visit: www.alderhey.nhs.uk

Queen of Greens Fruit and Veg Bus



The Queen of Green Fruit and Veg Bus are now accepting Healthy Start Vouchers at the van!

In a pioneering initiative, a healthy bus dubbed the ‘Queen of Greens’ will be taking to the city’s streets to increase access to healthy food and to help tackle health inequalities.

The bus, which has been launched by Feeding Liverpool in partnership with Liverpool City Council and the local NHS will visit 29 stops each week – including schools, hospitals and community centres. The healthy bus will give residents more opportunities to shop for nutritious food closer to their home, or workplace.

The bus route will be focused on areas that are classed as ‘food deserts’ – places where residents currently have to travel a kilometre or more to reach a supermarket, 800 metres to a convenience store, or 500 metres to a fresh market stall which sells ‘green’ produce.

See the link below for more information about the bus routes and timetable for The Queen of Green Fruit and Veg Bus Service.

[Queen of Greens Fruit and Veg bus Click Here](#)



Healthy Start Voucher Scheme

Accessing Healthy Start vouchers has changed...

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.

How have they changed?

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

The scheme will now 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](#)

NHS

Healthy Start

The Healthy Start paper voucher scheme is changing and vouchers will be replaced with a prepaid card.

You'll need to reapply online to continue to get help to buy food and milk. We'll let you know when you can apply.

1 - Healthy Start Vouchers have changed

Local Foodbank's



See the 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](#)

Cost of Living Help



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

Citizens Advice Liverpool have put together some resources to help with the demands of cost of living

- 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.](#)

Reducing Parental Conflict Support



3 - Liverpool City Council are working to offer more support to parents and carers who are experiencing conflict in their relationships, whether they are together or separated.

Conflict in relationships is normal, but conflict that is intense and poorly resolved can affect our children, now and in the future.

Liverpool's Healthy Relationships Co Ordinator - Michelle Lea has worked together with other authorities across the City Region with the design of a new website which parents can access www.relationkit.co.uk

Parents can find content on some really common things, like struggling to communicate well with your partner, raising kids together, and parenting after break-up.

"Everyone needs a hand with their relationship sometimes. Add kids into the mix, and there can be lots of extra pressure on you both, as you juggle looking after yourselves and your little (and not so little) ones".

Click on the link above to access the website.



The Brain Charity



Find the Value of You

Free confidence coaching for anyone in Liverpool
affected by a neurological condition

Are you lacking confidence?

Would you like support to change your
employment situation?

Let The Brain Charity's confidence coaches
help you feel happier, empowered
and more independent.

To find out more or sign up now:

@: confidence@thebraincharity.org.uk

☎: 07888 301735 (Mandy)

☎: 07888 310811 (Emily)

Or scan the QR code opposite →





Looking for your next opportunity? Speak to The Brain Charity about:



Directions & New Horizons Employment Projects

Supporting people with a neurological condition to find work, access training or qualifications, build new employment skills and confidence

In partnership with The Women's Organisation.
Part funded by the European Social Fund.



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The Brain Charity

Employability support from our friendly team is free and personal to YOU

- Employment, careers and skills advice
- Smart job search and CV workshops
- Job application support, interview techniques, post placement support
- Source training, qualifications or placements with accredited providers
- Employer liaison
- Inclusive and empowering environment
- Connecting with disability friendly employers to find quality jobs
- Self confidence building
- Weekly job searches and news

Participants must live in the Liverpool City Region, be aged 18-65 and receive an unemployment benefit. For more information:

✉ employment@thebraincharity.org.uk

☎ 0151 298 2999

NEW HORIZONS LIVERPOOL CITY REGION

Directions Ways to a brighter future

European Union European Social Fund

The Brain Charity's Value of You project offers confidence coaching for parents (and none parents) with a neurological condition, or for those who look after someone with a condition. The service is free and runs in small groups, which has the added benefit of connecting like-minded people to enhance confidence, self-esteem and social circles.

The project is funded by **Merseycare Life Rooms** and includes modules on boundary setting, positive affirmations, breathwork and mindset.

Get in touch with the team to sign up confidence@thebraincharity.org.uk or visit <https://www.thebraincharity.org.uk/free-confidence-coaching-life-rooms/> for more information."

The Directions and New Horizons programmes are open to anyone in the Liverpool City Region. We support those looking for work or to progress towards the labour market (getting people into training, education, job search etc).

Sign up or send referrals to employment@thebraincharity.org.uk

More Information can be found here: <https://www.thebraincharity.org.uk/service/employment/>



WHISC. The Women's Health Information & Support Centre is a charity dedicated to improving the health and wellbeing of women and their families throughout Liverpool and the surrounding areas.

Established in 1984, our experienced and professional team guarantee a warm and friendly welcome, offering an extensive range of information, support and guidance services designed to improve health and wellbeing for women in its broadest sense.

We support women who are living with anxiety, depression stress-related illness and those who are feeling isolated or simply in need of a listening ear.

Women can join free workshops, classes and training courses at our warm and welcoming city-based centre.

Call us on 0151 707 1826

Click here for details of the services that are available [whisc](#)

Liverpool Adult Learning

LIVERPOOL ADULT LEARNING

NEW YEAR & NEW YOU

GIVE YOURSELF THE GIFT OF LEARNING!

Get your January resolutions off to a flying start and come along to one of our Information and Assessment sessions.

Are you interested in:

- Beauty & Therapies
- Early Years
- Supporting Teaching in Schools
- Or similar courses.



Then don't delay, apply today and book your **FREE** place now!
Get ready to start your learning journey in January 2023.

Many courses are accredited with recognised qualifications
and **FREE** when in receipt of certain benefits or earning less than £19,500.

The courses above require a simple skills check
Visit: liverpool.gov.uk/learninginliverpool



Or to book a skills check
hold your camera to the image and
click the website.

For more information and to book your place

E: julia.hooks@liverpool.gov.uk

T: 0151 233 3026

Office hours: Mon to Fri - 10am until 4pm



BELIEVE. ACHIEVE. SUCCEED.

Date	Centre	Information and Assessment Session
Monday 9th January 2023	Park Road	Supporting Teaching and learning / Early Years Employability courses
Tuesday 10th January 2023	Newsham	Supporting Teaching and learning / Early Years Employability courses
Wednesday 11th January 2023	Granby	Supporting Teaching and learning / Early Years Employability courses
Thursday 12th January 2023	Norris Green	Supporting Teaching and learning / Early Years Employability courses
Wednesday 11th January 2023	Norris Green	Beauty/ Therapies
Wednesday 11th January 2023	Norris Green	Beauty/ Therapies
Thursday 12th January 2023	Norris Green	Beauty/ Therapies

Book onto a skills check and a member of staff will contact you.

All centres are closed from 23 Dec until 3 Jan 2023.

Solihull Parenting Programmes

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

NHS

Transformed the way I respond to the kids

Every parent could benefit from this course!

Reassured me I'm already taking the right approach!

**NEW TERM
NEW START
NEW LEARNING
FOR PARENTS TOO!**

online courses available 24/7
prepaid access for residents in eligible areas

WWW.INOURPLACE.CO.UK

Liverpool families
enter the access code **PURPLEBIN** to gain free access

The advertisement features a central blue speech bubble with the text 'NEW TERM NEW START NEW LEARNING FOR PARENTS TOO!'. Surrounding this are three smaller speech bubbles containing testimonials. The background shows a collage of images: a young girl in a yellow shirt, a young girl in a pink shirt, a young boy in a red shirt, and a woman in a blue jacket. The NHS logo is in the top right corner. At the bottom, there is a pink and blue gradient bar with the website URL and access code information.

Becoming a parent or carer of a child is a life changing event.

Gain more confidence as a parent - Focus on enhancing relationships at every stage from antenatal to 19+ years.

Liverpool families can go to this website;

[Solihull - In Our Place Website](http://www.inourplace.co.uk) and enter the access code PURPLEBIN to register for any of the following FREE programmes listed below:

- Understanding your pregnancy, labour, birth & your baby
- Understanding your baby
- Understanding your relationships' (young people, adults, older adults' course)
- Understanding your child' 0-19+yrs (main course)
- Understanding your child with additional needs' 0-19+yrs (main course)
- Understanding your child's mental health and well-being (accompanies UYC and/or UYCAD)
- Understanding your child's feelings' (taster course)
- Understanding your teenager's brain' (short course)
- Understanding your brain (for teenager's only!)

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

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

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

Children's Centres 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.

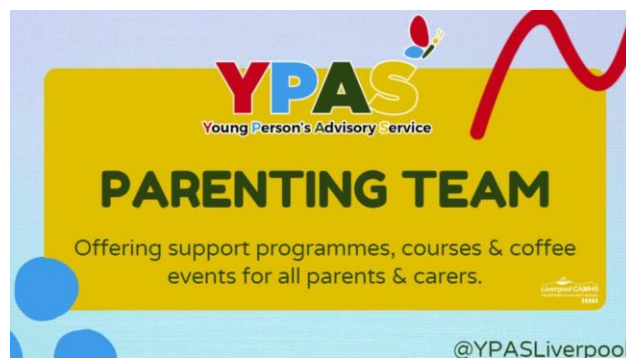
You & Me, Mum

You & Me, Mum is a 10 week course 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](#)

Liverpool YPAS



4 - For more information on Liverpool YPAS Parenting services please contact the YPAS Parenting Team on: 0151 707 1025

Parenting Programmes run by YPAS include,



5 - 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



6 - 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

Liverpool Children's
1942

**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



Everton In The Community



Dads Walk

On the first Saturday of each month we hold a dads walk for dads to come and meet other dads with their little ones. A walk around Stanley Park and a great way to pick up tips from other dads and meet some new people. We leave the peoples hub on Spellow lane at 10:30am and walk for around an hour.

Dads Club

On the last Saturday of each month we have a Dads club in Clubmoor Childrens centre.

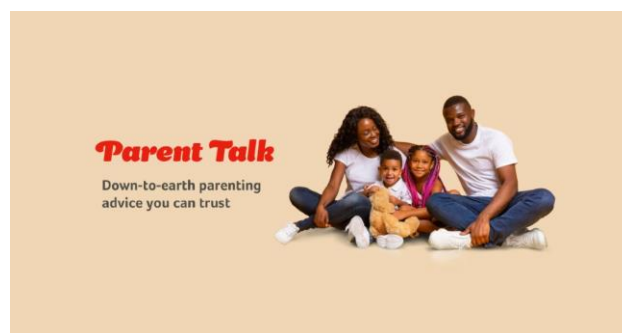
Loads of activities, play and craft equipment about and free tea, coffee and bacon butties for the dads and fruit and snacks for the children.

The Dads club starts at 10am and runs to 12pm

Dads Classes

Once a month at the Liverpool Womens Hospital we run a dads class. This is for expectant fathers and touches on a wide range of topics to help dads navigate their exciting new roll of fatherhood. Classes are usually on the last Wednesday of the month and start at 6pm. We welcome expectant fathers from 5:30 and food provided. The class last about an hour and profesionslas from Mersey care and PSS are there to answer questions.

If you would like to sign up to any of these please email andrew.cousins@evertonfc.com



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.

Where to go for help and support if you are worried about your child's mental health?

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

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

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



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>





Kinship Carers



Kinship Carers Liverpool

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.

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**.

COFFEE MORNINGS

Coffee mornings continue to grow in numbers, every Wednesday in term time 10 – 12, come along for a cuppa, toast, fresh fruit and guest speakers! Meet others with similar life experiences.

The first Wednesday of the month is our teen chat group 5pm – 7pm, where young people set the agenda and take part in activities that support their needs and raise awareness.

SEND Support For Children and Families



We are LivPaC.. Liverpool Parents & Carers Forum

We offer mutual support, training for Parents, Carers and Professionals.

We are volunteers, but work in participation with service providers, sitting on participation groups and consulting with services to help to design better services for our children and young people.

WE ARE MOVING IN JANUARY 2023

Our New home will be:-

Liverpool Parent and Carer Forum - LivPaC

Granby Adult Learning Centre

Granby Street

L8 2TU

Email:- info@livpac.org.uk

Facebook:- LivPaC – Liverpool Parent and Carer Forum

Twitter:- LivPaCL8

Website:- www.livpac.org.uk

COMING SOON IN 2023

New coffee sessions times and dates LivPaC Lending Library Training Sessions Focus Groups Local Offer LIVE 2023 - 5th July

Have a look at the LOCAL OFFER:- [SEND Local Offer | Liverpool Family Information & SEND Directory](#)

- Let us know what you think?
- What is missing?
- Do you like the new banner and icons?

Short Breaks

Please complete the survey below with regards to short breaks. The service is under review and we need parent feedback:

- what's working well
- what is missing
- what would you as a parent and carer like your child/young person to access

<https://www.surveymonkey.co.uk/r/6XXQ9WY>

Liverpool ASD Training Team



8 - The ASD Training Team

The Liverpool ASD Training Team are offering training and workshops for parents

One to one Telephone/Virtual Consultation

Group Questions and Answers (virtual sessions)

Question and Answer session into schools

Early concern - Social Communication/Interaction workshop

Pre an ASD assessment training/workshop

Post an ASD assessment training/workshop

The Team are providing a series of **Virtual Group Drop in** advisory sessions via zoom.

They are for parents/carers who have any questions or concerns about their child, in regard to pre and post Autism diagnosis. It is also an opportunity to speak with an ASD trainer and other parents.

Sessions will be 2 hours long, you can choose to join anytime within those two hours or stay for the duration.

You do not require a diagnosis of ASD to book your place. Enquire here asdtrainingteam@liverpool.gov.uk



ADDvanced Solutions Community Network

Working in Partnership with NHS Liverpool CCG

9 - 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](#)

Our newsletter provides the details for our offer of face-to-face and online delivery for the term. See the link below.

[ADDvanced Solutions spring Newsletter, Click Here](#)

ADHD Foundation



10 - 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.

Explore the website here <https://www.adhdfoundation.org.uk/>



11 - Referrals for the programme can be made by CAMHS, Local Authority and Paediatrics, however, families can also self-refer into the service by completing our online referral form <https://forms.office.com/r/cUfmGQFLBD>.



ADHD Foundation Neurodiversity Charity have a wide range of exciting resources on our website, including free downloadable booklets for children, teens, parents, adults and school staff.

Explore the website here <https://www.adhdfoundation.org.uk/>

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 through our

"Understanding your child's early development," parent/carer skills building course. Course dates will be sent to Nursery settings, so please keep in contact with your child's SENCO for further information.

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/>

“Umbrella Stay and Play “



LIVERPOOL CITY COUNCIL
EARLY NOTIFICATION
0-5 YEARS OLD

WHO WE ARE?
Chris & Laura - Are an Early Years Team in Liverpool City Council. They are here to help you get the correct support for your child with Special Educational Needs & Disability (SEND) within Liverpool.

WHAT WE DO?
We put you in contact with the right service at the earliest opportunity. Navigating the world of SEND in Liverpool will be made clearer and simpler.

EARLY YEARS GATEWAY TO SEND
This quarterly drop in session is a chance for you to find out exactly what we do. It is a positive way to start the conversation. Find us on The Liverpool SEND Local Offer to find out key dates.

FACE TO FACE
Every Tuesday 10am-12, we are available at Clubmoor & Ellergreen Children Centre, to give you the chance to discover the help that is on offer.

CONTACT US FOR MORE INFORMATION



Follow the QR code to the Liverpool SEND Local Offer- this website shows you everything that is available for children and young people with SEND in Liverpool.

 CHRIS - 07522619983
LAURA - 07933172130

 Christopher.Cowell@liverpool.gov.uk
Laura.Weekes@liverpool.gov.uk

The Neurodiversity Early Years Team have a new exciting “Umbrella Stay and Play “ **programme based at Clubmoor and Ellergreen Children Centre.** The Neurodiversity Early Years Team will be hosting 1:1 parent/carer support sessions at Clubmoor and Ellergreen Children Centre every Tuesday 1:30pm-3:30pm. Please contact the centre direct to book these sessions. These sessions offer information, advice and guidance to families on the best way to support their child who has, or may have emerging traits of, a neurodevelopmental condition such as ADHD, ASD, DCD etc.

“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**.

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 providing 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

For further info, head to adhdfoundation.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 thank you so much for your clear explanation and knowledge of ADHD, so many things now make sense."



For further info, head to adhdfoundation.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 cooccurring 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 adhdfoundation.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 1 hr 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"



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/>

Tax-Free Childcare

Childcare Choices

20% off childcare– it's time to find out more about how Tax-Free Childcare can help reduce your childcare bill

Did you know that many families who are eligible for a 20% reduction on their childcare bill are missing out? As the cost of living increases, there's never been a better time to check whether you're eligible for Tax-Free Childcare. Check your eligibility on the [GOV.UK website](#).

Alongside funded hours for [2 year olds](#) and for [3 and 4 year olds](#), the Government offer this scheme to reduce childcare costs for children aged 0-11. For every £8 paid in childcare costs by the family, Government tops this up with an extra £2, up to a maximum of £2,000 per year, per child. This can be used for registered Early Years provision (such as day nurseries and childminders) but can also be used to pay for registered breakfast, after-school and holiday clubs.

If your child is disabled, the amount of support you receive increases to up to £4,000 per year for children and young people aged up to 17 years. You can also use it to help pay your childcare provider so they can get specialist equipment for your child such as mobility aids. Talk to them about what equipment your child can get.

Check the [online calculator](#) to find out what support you can access. The [Childcare Choices](#) website has a wealth of information about childcare costs and funding.

The process of setting up your childcare account is quick and easy, so speak to your childcare provider about Tax-Free Childcare to see if you can benefit from the service. For advice, get in touch with the Early Years Funding team at EYFunding@liverpool.gov.uk or check out the [Liverpool Family Information and Support Directory](#).

RASA Merseyside



12 - 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

Safeguarding Training for Parents



13 - Or use the QR code to access

Liverpool County Football Association are offering parents free access to their "Safeguarding Awareness Course for Parents and Carers". Click on the link below to access the course.

[Safeguarding Awareness for Parents and Carers | England Football Learning](#)

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.

- **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

Mental Health Support

COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.

mind
0300 123 3393
Helpline
mind.org.uk

shout
85258
Text SHOUT to 85258
24/7 text service
giveusashout.org

SAMARITANS
116 123
24/7 helpline
samaritans.org

YOUNG MINDS
Text YM to 85258
24/7 text service
youngminds.org.uk

CALM
0800 58 58 58
Helpline for men
thecalmzone.net

PAPYRUS
PREVENTION OF YOUNG SUICIDE
0800 068 4141
Under 35s Helpline
papyrus-uk.org

Champion Health

**Feeling low?
Overwhelmed?
Anxious?**

Talk to us.

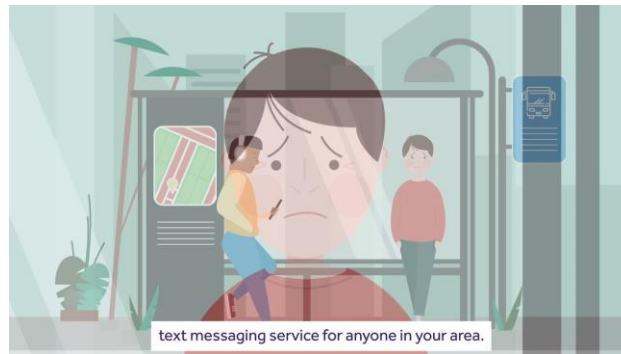
**Text
GREEN
to
85258**
for free and
confidential
support 24/7

shout
85258
in partnership with
**Cheshire and
Merseyside**
Health and Care Partnership

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



Our Partners



14 - Partner Websites

- Advanced Solutions – www.advancedsolutions.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

If you have an event or service that supports parents we would be happy to publicise it, together with our partners. Please get in touch with **Liverpool's Parenting Coordinator on the email below** parenting@liverpool.gov.uk.