

SEPT 2025

Listen 4 Change Newsletter



Contact Listen 4 Change:

Website : www.listen4change.uk

Email: listen4change@outlook.com

Facebook private group -

<https://www.facebook.com/groups/1815692118888096>

Facebook page - Listen4Change, St Helens Parent Carer

Forum | Saint Helens | Facebook

JOIN US FOR A COFFEE & CHAT – YOUR VOICE MATTERS

Each month, Listen 4 Change hosts daytime and evening coffee events for parent carers of children and young people (0–25) with Special Educational Needs and/or Disabilities (SEND).

A relaxed space to connect with other parent carers, share experiences, and talk openly about local services.

Your feedback is shared by Parent Reps to help shape better support. Whether you want to influence change or simply chat—we'd love to see you.

SEPT 2025

Up and coming events for 2025

Tuesday 30th September Coffee evening -

The Council Lead for School Transport 6.30-8pm Wonderland Community Centre WA10 3JQ

Wednesday 1st October

Redesign of the Neurodevelopmental Pathway. 10am-12pm – Wonderland Community Centre WA10 3JQ

Booking required

<https://docs.google.com/forms/d/e/1FAIpQLScpFKh6dkJRRn1xn-R-J10NPONviUzQGv712mQIXvgt4TpvMw/viewform?usp=dialog>

Thursday 2nd October

Redesign of the Neurodevelopmental Pathway. 6-8pm – Wonderland Community Centre WA10 3JQ

Booking required

<https://docs.google.com/forms/d/e/1FAIpQLScpFKh6dkJRRn1xn-R-J10NPONviUzQGv712mQIXvgt4TpvMw/viewform?usp=dialog>

Friday 10th October Coffee morning-

Tell us what your priorities are for SEND and what you'd like from us in 2026 10am -12pm Wonderland Community Centre WA10 3JQ.

Tuesday 21st October - Coffee evening

Head of SEND, Intervention & Inclusion. 6.30-8pm Wonderland Community Centre WA10 3JQ

Friday 7th November - Coffee morning

SEND team Inclusion Manager 10am-12pm Wonderland Community Centre WA10 3JQ

Sept 2025

How Was Your NDP Team Experience?

Help us learn from your experience, let us know what we're doing well and where we need to get better.

<https://ratemynhs.co.uk/survey>

Please complete our short online survey. All responses are anonymous and are used to help improve the quality of our services. To take part, use our QR code or the link below.

If you would like to share your feedback in another format or language, please ask a member of staff or email: friendsandfamilytest@merseycare.nhs.uk



Have your say - Neurodiversity Profiling Tool Evaluation Survey

NHS Cheshire & Merseyside are launching a new neurodevelopmental pathway and vision for how services across Cheshire and Merseyside can better support neurodivergent children and young people. One of the proposed changes is the use of a 'This is Me' profiling tool to provide a holistic view of a child/young person's needs and to help identify strategies or further sources of support to help manage those needs. The profile will be completed by a professional in collaboration with parents and the child/young person (if appropriate).

You can test the tool and provide your thoughts and feedback on the draft Profiling Tool using the survey:

<https://forms.office.com>

We would encourage you to test this Tool and share your thoughts whilst it is still in draft format and your feedback can influence the development of a final Profiling Tool.



Sept 2025

Share Your Thoughts

The Neurodevelopmental Pathway in St Helens has set up an online noticeboard (Padlet) to collect feedback on the changes already underway.

You can use it to:

- Share your thoughts on the changes so far
- Tell us what feels helpful or unhelpful
- Suggest anything you think is missing

👉 <https://padlet.com/matthewdavies18/st-helens-nd-transformation-nuldw42zbop0knk4>

ADDvancedSolutions



ADDvanced Solutions
Community Network
Supporting you to find the answers



ADDvanced Solutions offers support, coaching and mentoring for families and professionals living with neurodevelopmental conditions and learning difficulties.

Scan the QR code to view ADDvanced solutions latest newsletter!

Click Here or Scan the QR code to view Full Details of Autumn 1 Half Term Offer

Our website is currently under maintenance so please contact the office directly to book onto our learning programmes and workshops.

https://mcusercontent.com/324ac5731eb9f0525ea588dba/files/8ebcac3d-60d2-3afa-f995-8cc5076fdd41/St_Helens_Autumn_1_Half_Term_2025_Newsletter.pdf

SEPT 2025

Research Opportunity – Count Me In

Mersey Care NHS Foundation Trust has launched Count Me In, an innovative new approach to research.

The aim is to increase the number of patients and service users taking part in research so that future care and treatments can be improved.

With Count Me In, all patients and service users may be contacted about potential research opportunities that are relevant to them – unless they choose to opt out.

👉 For more details, please visit the Mersey Care NHS Foundation Trust website.

Watch the animation below and visit
<https://www.merseycare.nhs.uk/count-me-in>

You can also speak to your care team or call 0151 351 8476.

Kidz to Adultz North – Free Event in Liverpool

Wednesday 3rd December 2025 | ACC Liverpool | 9.30am – 4.00pm

Free entry | Parking available | Fully accessible

One of the UK's largest free events for children and young people with disabilities and additional needs is returning to Liverpool this winter. Explore over 100 exhibitors, specialist equipment, services, and expert advice. This year's focus is navigating key transitions – from education and employment to greater independence.

- ✓ CPD-certified seminars
- ✓ Fun inclusive activities, Santa's Grotto & Bubble Ology
- ✓ Exciting competitions with prizes at M&S Bank Arena

Perfect for families, carers, professionals, SENCOs, and therapists.

👉 Register free and find out more: [Kidz to Adultz North](#)

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CECiLiA an online survey

Project CECiLiA is running an online survey to learn more about Care, (Education) and Treatment Reviews (C(E)TRs). The surveys have been co-produced with people who have lived experience.

We are inviting people to take part who have attended a C(E)TR in the last year and who are from the following groups:

- Autistic adults and children
- Adults and children with a learning disability
- Family members and carers
- Health, education, and social care professionals
- C(E)TR panel members

If you, or someone you know, fits into one of these groups, we'd love to hear from you.

Thank you for your support, and please get in touch if you have any questions about the project.

https://bham.qualtrics.com/jfe/form/SV_82E4pYDCifCQCLI?Q_CHL=qr

TESSA



TESSA Information for Parent and Carers

<https://sway.cloud.microsoft/egGLcMkkcg4DSbXJ?ref=Link>

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Research Opportunity – Parents & Carers Needed

My name is Heather, and I am a second-year trainee clinical psychologist at the University of Liverpool. I am currently recruiting for my thesis project, which explores the experiences of parents and carers waiting for mental health services for young people who self-harm.

I am looking for parents and carers who would be willing to share their experiences. Your insights could help shape future support and services for families in similar situations.

If you would like to take part or find out more, please get in touch directly with Heather or scan the QR code.

Heather.Boughey@liverpool.ac.uk



St Helens IASS



St Helens IASS is a statutory service providing information, advice and support on matters relating to children and young people with special educational needs and disabilities (SEND). The service is offered to children and young people with SEND, and their parents/carers

St Helens IASS provides free, confidential, impartial advice and helps parents play an active and informed role in their child's education.

sthelens.gov.uk

Getting our help - Parents can contact the service, attend a SEND drop in and make a self-referral

Please use the online form to help our team deal with your query in the most efficient way.

<https://forms.office.com/e/ahV5HQfz6E>

More information can be found here

<https://familyinfodirectory.sthelens.gov.uk/kb5/sthelens/directory/service.page?id=CKytboDDiEw>

Neurodevelopment pathway drop ins



Mersey Care
NHS Foundation Trust

Come along to one of our drop in sessions in St Helens.

Our team will answer questions you have about the neurodevelopment pathway process.

You don't need to be using our service, you can drop in if you have any questions to ask about this.

We look forward to meeting you.

Tuesdays at Parr Children's Centre and Central Link Family Hub
Seedetails and times below

12 August at Parr Children's Centre, 9am to 12 noon.

23 September at Central Link Family Hub, 1pm to 4pm.

25 November at Central Link Family Hub, 1pm to 4pm.

26 August at Central Link Family Hub, 1pm to 4pm.

7 October at Parr Children's Centre, 9am to 12 noon.

9 December at Parr Children's Centre, 9am to 12 noon.

9 September at Parr Children's Centre, 9am to 12 noon.

21 October at Central Link Family Hub, 1pm to 4pm.

18 November at Parr Children's Centre, 9am to 12 noon.

16 December at Central Link Family Hub, 1pm to 4pm.

We work with children and young people with complex neurodevelopmental difficulties, who need an assessment to gain a better understanding of their needs.

Parr Children's Centre, Ashtons Green Drive, St Helens, WA9 2AP
Central Link Family Hub, Westfield Street, (off Peter Street), St Helens, WA10 1QF

If you need more information you can contact us on or email: mcn-tr.sthelensneuropathway@nhs.net

01744 415 608



SLEEP ADVICE DROP-INS

**Is your child aged 12 months and onwards?
Are they having difficulty getting enough
sleep, waking in the night or having bad
dreams?**

**DROP IN AND GAIN SOME PRACTICAL SUPPORT AND
ADVICE FROM ONE OF OUR TRAINED PRACTITIONERS.**

Newton Family Hub

Monday 10.00am - 12.00pm

Sutton Family Hub

Tuesday 9.30am - 11.30am

Moss Bank Children's Centre

Wednesday 9.30am - 11.30am

Lowe House Clinic

Thursday 9.30am - 11.30am

Parr Children's Centre

Friday 9.30am - 11.30am

**BSL INTERPRETERS ARE AVAILABLE ON REQUEST.
TO GET IN TOUCH WITH US PLEASE CONTACT:
EMAIL: CHILDRENSCENTRES@STHELENS.GOV.UK
TELEPHONE: 01744 673445 / 01744 671788
TEXT: 07761045427**



What's Going On With Autism and ADHD Help in St Helens?

Sept 2025 Update

Why is this being shared?

Parent Carers have told us how important communication is about the local Neurodevelopmental Pathway. So, here are some things you and your family may want to know!

How Long Will it Take?

Autism Pathway

	Time for reply after referral	Within 4 weeks
	Speech & Language Assessment	Within 18 weeks
	Paediatrician Assessment	About 45 weeks
	Whole Process	About 28 months

What Help Can You Get?

In St Helens, you can get the same support before, during and after a referral to the Pathway.



Help at School: Adaptations & support can be given regardless of a diagnosis. Speak with your SENCO or Teacher.



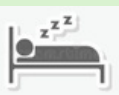
SEND Info Hub: Visit the [Hub](#) for information about the [Local Offer](#), including support in [Family Hubs](#).



Learning & Peer Support: Access a range of support with [Advanced Solutions](#)
Tel: 01744 582 172



Emotional Wellbeing: Visit [Thrive](#) for CYP MH support including [MHST](#) in Primaries and [Resilience Service](#) in High Schools.



Sleep: For support with sleep, first contact the 0-19+ Service on Tel 01744 411 277 or your local Family Hub Tel 01744 673 445 or visit [Sleep Charity](#)

How Long Will it Take?

ADHD Pathway



Time for reply after referral

Within 4 weeks



Qb Test

Within 18 weeks



Decision Appt (Paediatrician) / Whole Process

About 24 months



Let's Clear Up Some Myths!



"Having a diagnosis will give my CYP access to new areas of support."



Nope! Lots of help is there before, during or after being on the Pathway.



"School won't help without a diagnosis."



Schools in St Helens will support based on individual needs using the graduated response.



"My child's referral was rejected by the Pathway, because school doesn't see the differences or didn't fill it in properly."



Non-acceptance is usually due to the Pathway believing that more helpful work can be done with the young person first.



"A diagnosis will mean that my young person can access specialist educational provision."



Access is based on need and not a diagnosis.



"Having a diagnosis of Autism or ADHD will allow my child to access medication."



Medication should be a last resort option and will only be considered after other strategies have been trialled.



"A diagnosis will mean my child can get an EHCP."



Also based on need rather than a diagnosis and many CYP, including those with a diagnosis, can be fully supported and understood under their schools universal and SEND provision.



The next update will come Dec 2025