



**Presenters: Clare Whitehead and
Pam Dannell**

Sleep Workshop

***For parents/carers of Thanet children that started school in
September 2018 (ages 4/5) & up to age 11.***

This free, half day workshop is aimed at parents & carers of children in Thanet (between the ages of 4/5 and 11 years) who have not previously received any training or support around sleep issues. The Workshop will include information on a range of sleep problems in children, who may or may not have a medical diagnosis, identifying the possible causes and consider interventions and advice to improve them.

Date **Tuesday 26th November 2019**

Time **Registration and Coffee from 9.00 am
Workshop starts at 9.30 am and finishes at 12.45 pm.
Refreshments will be provided.**

Venue **Greenbanks MASH, Westfield Road, Garlinge, Margate.**

Cost **There is no charge for this workshop, attendance for parents
and carers is free.**

Additional information **This is an adult only attendance course, children should not
attend. We ask that care be arranged for other children &
dependants – unfortunately, there are no crèche facilities at
the venue.**

There are limited places which are available on a first come, first served basis; please send your application back as quickly as possible.

To book your place please complete and return an application form **by close of business Friday 8th November 2019** to ffiss@foreland.kent.sch.uk or by post to FFISS, Foreland Fields School, Newlands Lane, Ramsgate, Kent CT12 6RH. We can be contacted by telephone on 01843 268997 term-time only.

As places are limited, we will write to families who have secured a place to confirm details. If you do not receive a confirmation letter by Friday 22nd November 2019, please assume you have not been successful in securing a place on this workshop and we ask that you re-apply when we advertise our next workshop in the New Year; unfortunately, we are unable to hold waiting lists.

To avoid a wasted journey - we respectfully ask that you do not travel to Greenbanks if you have not received a letter from us confirming you have a place on this workshop.