



SLEEP SERVICE

North & North East Lincolnshire

Workforce Sleep Awareness Workshop

Practitioners – would you like to find out more or expand your knowledge on:

- what is sleep
- how to improve sleep hygiene
- how to support those you work with

We have exciting training opportunities available in the KIDS Sleep Service with places for practitioners on our Sleep Awareness workshop. This 3-hour workshop is delivered online by KIDS Sleep Practitioners for those staff working with children and young people with SEND (Special Educational Needs & Disabilities) aged 1 and over who live in the North and North East Lincolnshire area or have a GP in this area. You will gain a basic awareness of children and young people's sleep, the impact of sleep deprivation on their development and wellbeing and how to support families known to you.

Parent/Carer Sleep Workshop

Parents/Carers – children and young people with SEND (Special Educational Needs and Disabilities) are far more likely than their peers to have sleep problems. These may include difficulty going to sleep, waking frequently throughout the night or waking early in the morning. We can support you through online sleep workshops and follow up support to provide you with the knowledge and skills to promote your child's sleep. For families of children/young people aged 1 and over who live in the North and North East Lincolnshire area or have a GP in this area

To book your place or for more info please contact **Claire Earley**
 South Bank Sleep Coordinator
 at Claire.Earley@kids.org.uk



Parents and carers are invited to attend a free sleep workshop online, funded by Humber Transforming Care Partnership.

The workshop consists of two, two hour sessions that are held over two weeks. Please chose one set of sessions.

Sleep Workshop for Parent/Carers

Tuesday 1 and Tuesday 8 February, 2022 from 10am-12pm

Thursday 17 and Thursday 24 February 2022 from 12pm-2pm

Tuesday 22 February and Tuesday 1 March 2022 from 10am-12pm

Saturday 5 and Saturday 12 March 2022 from 9.30am-11.30am

To book a place please email Claire.Earley@kids.org.uk

Find out more about services to help your child to sleep. [NELC SEND Local Offer | Social, emotional and mental health \(nelincs.gov.uk\)](#)