

Sleep, What's that ?

The Norfolk Register of Disabled Children and Young People show returns of 347 males and 129 females having problems with sleep.

NANSA is running a series of **Good Sleep Routines workshops** especially for parents/carers of children with special needs and the professionals who work with them, starting on:

12 November 2013 and 20 March 2014, from 10.00am to 1pm at NANSA Family Centre, 33 Woodcock Road, Norwich, NR3 3TT.

The sessions will include:

- good sleep hygiene,
- developing a good bedtime routine,
- why is your child not sleeping,
- keeping a sleep diary and useful resources.

The sessions will be run by Joy Bishop (Sleep Counsellor, Counselling Diploma UEA), and Michelle Mould (Parent and Independent Trainer, Honours Degree in Psychology. Diploma in Hypnotherapy & Counselling. Certificate in Autistic Spectrum Disorders).

Prices for parents/carers £20.00. Bring along your favourite professional for £40.00. Send a cheque to book your place (stating which date you want) to: Joy Bishop, NANSA, 200 Bowthorpe Road, Norwich, NR2 3TZ. Or email joybishop@nansa.org.uk for an invoice.

NANSA is a local independent charity which offers services, information and support for Norfolk children and adults with disabilities. Our services are run from an Adult and Youth Services Centre and a Children & Families Centre in Norwich.