

# Sleepeast.

www.sleepeast.com

email: joybishop@sleepeast.co.uk

A Community Interest Company

Registered with Company House

Reg. no. 9369678



## Sleep.... what's that?

A workshop for parents of children with autism  
On Tuesday 17th March 2015

Cost: £25 per parent

**Time:** Arrival from 10:00 for refreshments and registration  
Workshop will start at 10:30 and finish at 13:00

### **Venue: Sprowston Diamond Centre,**

School Lane, Sprowston, Norwich, NR7 8TR

Located just off the Norwich Inner Ring Road, virtually opposite the fire station between the Sprowston Road / Wroxham Road roundabout and North Walsham Road roundabout.


There is onsite parking accessed via the entrance on Neville Road.

### **The workshop will include:**

- What is sleep?
- Keeping a sleep diary
- Sleep: tips, hints & information
- Developing a bedtime routine

**You will also receive a comprehensive pack to take home.**

### **About the trainers:**

**Joy Bishop** is a qualified sleep counsellor, registered with Sleep Scotland  and the British Sleep Council and has run a Sleep Clinic.

**Michelle Mould** has a 20year old daughter with autism. Her qualifications include: Cert Autistic Spectrum Disorders (Birmingham); an honours degree in psychology and Advanced Diploma in Psychotherapeutic Counselling and has done a TEACCH course in structured teaching for people with autism.

### **SPACES ARE LIMITED SO EARLY BOOKING IS ADVISABLE**

**Closing date for bookings is 27<sup>th</sup> February 2015**

**Please use the attached booking form to book your place**

**Please return with a cheque payable to: Joy Bishop**

**Post to: Joy Bishop, Beck Cottage, Meeting House Hill, Worstead NR28 9LR**

**Any queries please email: joybishop@sleepeast.co.uk**

<b>FOR SLEEPEAST ADMIN PURPOSES ONLY</b>		Booking ref. no
Date application received		
Delegate(s) added to list		
Cheque payment received £	Cheque drawn on:	
Confirmation emailed - Date:		

**BOOKING FORM FOR: Sleep, what's that?  
A workshop for parents of children with autism  
Tuesday 17th March 2015**

PLEASE PRINT ALL DETAILS BELOW

WORKSHOP DELEGATE(S) NAMES:

1. \_\_\_\_\_
2. \_\_\_\_\_

ADDRESS:

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Contact details:

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_  
(confirmation of this booking will be emailed to this address)

*\* Please insert amount of cheque enclosed*

A cheque payable to **Joy Bishop** for the sum of \*£\_\_\_\_\_ is enclosed in payment for the delegate(s) named above at **£25 per person**

**Terms & conditions of booking:**

- Spaces will be allocated on a first come first allocated basis.
- **Cancellation:** Once Sleepeast has acknowledged receipt of this booking, usually by email, fee(s) paid will not be refunded should you need to cancel.

**Please return completed form with your cheque for payment to:  
Joy Bishop, Beck Cottage, Meeting House Hill, Worstead NR28 9LR**