

ASD Family Help

Registered Charity No. 1135718

Autumn Term

Sleep Matters Workshops & Sleep Peer Support Groups

Cronfa Gymunedol Comic Relief yng Nghymru



Comic Relief Community Fund in Wales

Sleep Workshops - These workshops are for parents/carers with children (aged 3-18) who are autistic or have additional needs and are having difficulties with sleep. You will have a chance to share concerns and learn how best to support our young people. The course is split into three sessions:

Session	Time	Course Content
1	9.45am – 12 noon	Welcome & Introduction. The importance of sleep, What is sleep and the different stages, and identifying sleep problems / triggers and sleep associations.
2	9.45am – 12noon	Looking at good sleep hygiene, sleep, strategies and interventions. Using sleep dairies and sleep routine/programmes.
3 Optional	10am to 12 noon	1-2-1 catch ups/Peer Support Groups/Learning from each other/checking in on how things are going.

Sessions 1 and 2 need to be attended to complete the course

Dates and Venues

27th Sept & 4th Oct 22 9.45am to 12 noon At the Albany Church Hall- Haverfordwest. To book click on Eventbrite Link: <https://www.eventbrite.co.uk/e/sleep-matters-workshop-tickets-406205510617>

Sleep Peer Support Group – all are welcome 25th Oct 10am to 12 noon – Albany Church Hall - Haverfordwest

9th Nov & 16th Nov 22 9.45am to 12 noon At the Torch Theatre- Milford Haven. To book click on Eventbrite Link: <https://www.eventbrite.co.uk/e/406225781247>

Sleep Peer Support Group – all are welcome 7th Dec 10am to 12 noon – Phoenix Bowls – Milford Haven

Ongoing support will be available for those who attend the workshops

Contact Melissa at melissa@asdfamily.org or call 07384 733658 for more information.