

Sleep Tight Trafford 1 to 1 Sleep Clinics: April - July 2019



Date	Clinic running time	Location
Tuesday 16th April 2019	9.00 am until 3.00 pm	Kings Road Primary School Kings Road, Firswood, Manchester. M16 0GR
Thursday 2nd May 2019	9.15 am until 3.15 pm	Trafford Carers Health and Wellbeing Centre, Curzon Road, Sale. (Above Trafford Carers charity shop)
Tuesday 7th May 2019	9.30 am until 4.30 pm	Broomwood Community Wellbeing Centre, Mainwood Road, Timperley, WA15 7JU
Thursday 16th May 2019	9.15 am until 3.15 pm	Trafford Carers Health and Wellbeing Centre, Curzon Road, Sale. (Above Trafford Carers charity shop)
Tuesday 21st May 2019	8.45 am until 3.30 pm	Partington Children's Centre, Central Road, Partington, M31 4FL
Tuesday 4th June 2019	8.45 am until 3.30 pm	Partington Children's Centre, Central Road, Partington, M31 4FL
Thursday 13th June 2019	9.15 am until 3.15 pm	Trafford Carers Health and Wellbeing Centre, Curzon Road, Sale. (Above Trafford Carers charity shop)
Tuesday 18th June 2019	9.00 am 3.00 pm	Kings Road Primary School Kings Road, Firswood, Manchester. M16 0GR
Tuesday 25th June 2019	9.30 am until 4.30 pm	Broomwood Community Wellbeing Centre, Mainwood Road, Timperley, WA15 7JU
Tuesday 2nd July 2019	8.45 am until 3.30 pm	Partington Children's Centre, Central Road, Partington, M31 4FL

These sessions are available to any Trafford parent who is struggling with their child's sleep.

Appointments are with a member of the Sleep Tight Trafford team and last 60 minutes and parents do not need to bring their child to this appointment.

If your child has additional needs you can request a double appointment so we have plenty of time to help you improve your child's sleep.

Parents can phone: **0161 286 4201** to book themselves an appointment.



Chris Hoyle, Sleep Tight Trafford Coordinator; email chris.hoyle@togethertrust.org.uk , tel: 0161 286 4201

