

## Sleep Tight Trafford 1 to 1 Sleep Clinics: January - April 2019



Date	Clinic running time	Location
<b>Tuesday 8<sup>th</sup> January 2019</b>	9.00 am until 3.00 pm	<b>Kings Road Primary School</b> Kings Road, Firwood, Manchester. M16 0GR
<b>Tuesday 15<sup>th</sup> January 2019</b>	9.30 am until 4.30 pm	<b>Broomwood Community Wellbeing Centre,</b> Mainwood Road, Timperley, WA15 7JU
<b>Tuesday 22<sup>nd</sup> January 2019</b>	8.45 am until 3.30 pm	<b>Partington Children's Centre,</b> Central Road, Partington, M31 4FL
<b>Thursday 31<sup>st</sup> January 2019</b>	9.15 am until 3.15 pm	<b>Trafford Carers Health and Wellbeing Centre,</b> Curzon Road, Sale. (Above Trafford Carers charity shop)
<b>Tuesday 5<sup>th</sup> March 2019</b>	9.30 am until 4.30 pm	<b>Broomwood Community Wellbeing Centre,</b> Mainwood Road, Timperley, WA15 7JU
<b>Tuesday 12<sup>th</sup> March 2019</b>	9.00 am until 3.00 pm	<b>Kings Road Primary School</b> Kings Road, Firwood, Manchester. M16 0GR
<b>Tuesday 19<sup>th</sup> March 2018</b>	8.45 am until 3.30 pm	<b>Partington Children's Centre,</b> Central Road, Partington, M31 4FL
<b>Thursday 28<sup>th</sup> March 2019</b>	9.15 am until 3.15 pm	<b>Trafford Carers Health and Wellbeing Centre,</b> Curzon Road, Sale. (Above Trafford Carers charity shop)

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.