

# Sleep Workshop

***For parents/carers of children that started school in September 2018 (ages 4/5) & up to age 11.***

This free, half day workshop is aimed at parents & carers of children in Thanet (between the ages of 4/5 and 11 years) who have not previously received any training or support around sleep issues. The Workshop will include information on a range of sleep problems in children, who may or may not have a medical diagnosis, identifying the possible causes and consider interventions and advice to improve them.

<b>Date</b>	<b>Thursday 28<sup>th</sup> March 2019</b>
<b>Time</b>	<b>Registration and Coffee from 9.00 am Workshop starts at 9.30 am and finishes at 12.45 pm. Refreshments will be provided.</b>
<b>Venue</b>	<b>Green Banks MASH Westfield Road, Margate CT9 5PA</b>
<b>Cost</b>	<b>There is no charge for this workshop, attendance for parents and carers is free.</b>
<b>Additional information</b>	<b>This is an adult only attendance course, children should not attend. We ask that care be arranged for other children &amp; dependants – unfortunately, there are no crèche facilities at the venue.</b>

There are limited places which are available on a first come, first served basis.

To book your place please complete and return an application form **by Friday 1<sup>st</sup> March 2019** to [ffiss@foreland.kent.sch.uk](mailto:ffiss@foreland.kent.sch.uk) or by post to FFISS, Foreland Fields School, Newlands Lane, Ramsgate, Kent CT12 6RH. We can be contacted by telephone on 01843 268997 term-time only.

As places are limited, we will write to families who have secured a place to confirm details. If you do not receive a confirmation letter by Friday 8<sup>th</sup> March 2019, please assume you have not been successful in securing a place on this workshop and we ask that you re-apply when we advertise our next workshop in the Summer; unfortunately we are unable to hold waiting lists.

***We respectfully ask that you do not travel to Greenbanks without having received a letter from us confirming your place.***



# Sleep Workshop

Thursday 28<sup>th</sup> March 2019  
 Green Banks MASH, Westfield Road, Margate, CT9 5PA  
 Registration and Coffee from 9.00am  
 Workshop starts at 9.30 am and finishes at 12.45 pm

Please complete the form in full and return it to the following address **by Friday 1<sup>st</sup> March 2018** there are limited places allocated on a first come first served basis.

**Foreland Fields Inclusion and Support Service**  
**Foreland Fields School, Newlands Lane, Ramsgate CT12 6RH**  
 Or email to: [ffiss@foreland.kent.sch.uk](mailto:ffiss@foreland.kent.sch.uk)

Parent/Carer Name(s)					
Address					
Tel		Email			
Child's Name		Child's Date of Birth			
Child's School					
Number of places		(max 2 per family)			
Does your child have a diagnosis of (tick as appropriate)					
ADHD	<input type="checkbox"/>	ASD	<input type="checkbox"/>	Other (please detail)	<input type="checkbox"/>
What is your main concern regarding your child's sleep pattern? (tick as appropriate)					
Getting to sleep	<input type="checkbox"/>	Waking up during the night	<input type="checkbox"/>	Waking up too early?	<input type="checkbox"/>
List any other sleep concerns you may have:					
Permission to collect, process, store, share and destroy your data (GDPR)					
In submitting this form you agree to us collecting, processing, storing and destroying your data in accordance with the Foreland Fields School Privacy Statement (available at this drop in and on-line at <a href="https://www.foreland.kent.sch.uk/parents/general-data-protection-regulation">https://www.foreland.kent.sch.uk/parents/general-data-protection-regulation</a> )					
Signed		Date			

If you are referred to 'Sleep' by another agency such as Social Services, Early Help or medical professionals for example we ask your permission to share your attendance data with them (i.e did you attend). Do you agree to this? (please tick) YES  No . ***This does not prevent data sharing without your consent where there is a lawful basis for doing so.***

As places are limited we will write to families who have secured a place to confirm details. If you do not receive a confirmation letter by Friday 15<sup>th</sup> March 2018, please assume you have not been successful in securing a place on this workshop and we ask that you re-apply when we advertise our next workshop in the Spring. ***We respectfully ask that you do not travel to Greenbanks without having received a letter from us confirming your place. Unsuccessful application forms will be securely destroyed.***

If you would like an electronic version of this form, please contact [ffiss@foreland.kent.sch.uk](mailto:ffiss@foreland.kent.sch.uk) or call us [during term time on 01843 268997](tel:01843268997).