

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



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