



Support • Inform • Signpost • Empower



Autism and Sleep

Sleep is vitally important to maintain mental health and wellbeing. However, for many autistic people and their families getting enough sleep can be difficult.

Problems with sleep are twice as common among autistic children.

Our sleep workshop will give an overview of common sleep issues and tips and strategies that can help. It will cover:

- Why we need sleep
- Factors influencing sleep
- Autism and sleeping difficulties
- Ideas to promote better sleep

This workshop will be run by Gina Mahoney, Autism Hub London Manager.

www.bexleyvoice.org.uk

Parent Carer Workshop

Tuesday 20th May 25

9:30am-11:30am

**Danson Youth Centre
Brampton Road
Bexleyheath
DA7 4EZ**

Our free parent carer workshop series provides Bexley Voice members with the opportunity to get information relating to your child or young person's additional need and/or disability. We cover various topics according to parental demand.

Advance booking required at:

<https://bexleyvoice.org.uk/calendar/item/55574584>

or scan the QR code:

