

SLEEP WORKSHOP

Date: Tuesday 7th July 2026

Time: 10.15am - 11.45am

Ifield SMILE, Cedar Avenue, Gravesend, DA12 5JT

We are delighted to be able to offer a **Sleep Workshop** in collaboration with Kent Community Health. This is an informal approach to support parents/carers with all things SLEEP.



“Drawing on the experience of our Assistant Practitioners who have worked with parents/carers to support healthy sleep for children and young people with a variety of differing needs, this session aims to really listen to, and respond positively to the unique experience of parents supporting a child with complex needs. We will strive to understand where each child is starting their journey, what has been working well for them, what the barriers have been, and how we can help to encourage them to continue to take small steps through their sleep journey.”

Kent School Health

To secure your place contact Hannah Walsh at: hwalsh@ifield.kent.sch.uk

Unfortunately, there is no parking permitted on site but there is parking available in the surrounding roads.