



**SEND CENTRAL in collaboration with Parent
Carer Forum York**

**ONLINE Sleep Charity Workshop for Parents
and Carers.**

Thursday 30th April 6pm- 7pm

The Sleep Charity are hosting a one off virtual sleep workshop for parents and carers of children with Special Educational Needs or who are Disabled. This is being commissioned directly in response to some of the feedback we are hearing from people around challenges around sleep.

If you would like the link to join this meeting on Microsoft Teams please email: SENDCENTRAL@york.gov.uk

