



🌙 Helping Your Child Sleep Better/Peer Support workshop (90mins once a month)

A gentle sleep support guide led by a trained specialist nurses for children with autism, disability or other additional complex needs

💡 Why Sleep is Important

Children need good sleep to grow, stay healthy, and feel calm during the day. For children with Autism, ADHD, sensory processing needs, or other conditions, sleep can be especially tricky — but small changes can really help.

Venue: The Bridge block 1, Workshop room, Mile End Hospital, London E1 4DG.

Please call our lovely reception if you have any query on the dates and time of our monthly sleep workshop : 02077673322.

The next face to face sessions in 2026 are , 20th January , 17th February, 17th March at 10am -11.30am. Drop in sessions (Online Zoom link will be sent to parents who confirms their attendance via reception contact number- 02077673322)

🚇 By Tube / Public Transport

Closest tube: Stepney Green — about an 8-minute walk. [Barts Health NHS Trust+2](#) [Barts Health NHS Trust+2](#)

- **Also nearby:** Mile End tube station — about a 13-minute walk. [Barts Health NHS Trust+1](#)
- **Buses serving the hospital:** 8, 25, 277, 309, D5, D6, 205, N205, 339, etc. [Royal Free London+2](#) [Barts Health NHS Trust+2](#)



You're Not Alone

If sleep challenges are severe or ongoing, reach out for support. Sleep is a health need, not a luxury.

Speak to:

- Your GP or paediatrician or professional
- School SENCO or support worker or school teacher
- A children's sleep support professionals in your area
- Autism support charities or local services- Phoenix outreach team (self-referral)
- Sleep charity - online
- National autistic society- online
- Dockland outreach service
- Early help in Tower Hamlet borough- online (self-referral)

⭐ Every Child is Different and Every child Matter

It may take time to find what works for your child. **Celebrate small wins. Be kind to yourself.**

