Health & Wellbeing Event
for families of children & young people with a Learning Disability and Autism

Wednesday 25th March 2020, Carlisle Youth Zone, 9.30 - 3.00 pm.
Crèche Available for 0-5 year children (need to book places)

Lots of information that may help you to support your child/young person with additional needs.

There will be the opportunity to speak to professionals, 3rd sector/voluntary organisations and to try out some self help tools

Come long for the day or half a day– sessions repeated in afternoon
lunch is provided.

Tickets available via Eventbrite or Contact names below:
Harry Harrison, 07500030723
Helen Storey, 07554370823

70 YEARS OF THE NHS 1948 - 2018
NHS North Cumbria Clinical Commissioning Group

Health & Well Being Event Programme:

09.30-10.00 :
Arrival & Refreshments
10.00-10.10
Welcome
10.10-10.30
Personal Health Budgets, DACE
10.30-10.50
Parent Story, Questions & Answers
10.50-11.10
Market place & Refreshments
11.10-11.55
Workshop A
Sleep Workshop with Mandy Bland
Workshop B
Moving Mindfully with Branch Out Education
11.55-12.10
Marketplace
12.10-12.50
LUNCH
12.50-1.00
Welcome Back from Lunch
1.00-1.20
Personal Health Budgets, DACE
1.20-1.35
Schools Autism Film
1.35-2.20
Workshop A
Sleep workshop with Mandy Bland
Workshop B
Moving Mindfully with Branch Out Education
2.20-2.40
Marketplace
2.40 –3.00
Close

North Cumbria CCG, Triple A & Parents/carers

Organisers:
Adrienne Gill, Parent
Hayley Tancred-Brown, Parent
Hayley Stewart, Parent
Karen Quinn, Parent
Helen Storey, Triple A
Harry Harrison, North Cumbria CCG

For further details Contact :
Harry Harrison 07500030723
Helen Storey, 07554370823
TO BOOK PREFERRED WORKSHOP OR CRECHE PLACES, PLEASE EMAIL: HELEN.STOREY@TRIPLEAPROJECT.ORG.UK

TRIPLE A® all about autism

Event brite Link: https://www.eventbrite.com/e/health-wellbeing-event-for-families-supporting-children-with-learning-disabilities-and-autism-tickets-91337548065