



BURY2GETHER'S TRAINING HUB

**BURY2GETHER is hosting an online Sleep workshop
with the Together Trust. This will be tailored specifically
for Neurodivergent children and young people.**

The workshop will be run by Helen Burnett, a specialist sleep practitioner
with the Together Trust

Course content

- How sleep works
- How to create a good sleep environment
- Sleep hygiene basics
- Sleep strategies to support with common sleep issues
- Opportunity for questions and answers at the end.

When: Monday 9th February 2026

Time: 7pm - 8.30pm

Where: ONLINE

Price: £2 - Subsidised by National Lottery Funding



Book at: bookwhen.com/bury2gethlercic