



Little Thurrock Primary School

Newsletter



Self-help Solidarity Democracy Equality Equity Self-responsibility

Friday 15th September 2023

Dear Parents and Carers,

What a great start to the term we have had here at Little Thurrock, which has been helped by the fantastic weather we have been enjoying.

Firstly, I want to thank you all for ensuring that the children have come back to school looking so smart in their uniforms including black shoes or trainers. I would also like to thank you for respecting the fact that dogs (other than guide dogs) are no longer allowed on the school site.

Over the summer Mr Ashdown has been extremely busy with lots of repairs and maintenance happening across the school. We have had new canopies fitted to the Reception classes outdoor area, had several new fire doors installed and had some roof repairs carried out. As well as this, we have had lots of classrooms and other areas in the school painted. I can honestly say that I have never seen the building and learning environment looking better.

This year we have welcomed Mrs. Dowsett to our team as an assistant headteacher who will be teaching 6FD along with one of our other assistant headteacher's Mrs. Farrow. We have also welcomed Mrs. Dessoy to our teaching team in Year 2.

One of Mrs. Farrow's responsibilities is widening the school's participation in borough wide sporting activities, starting with a girls' football tournament at St Clere's today.

We were very proud to award our new school councillors with their badges in assembly today and would like to thank Mrs. Smith for organising their visit to the council chambers to see the Mayor this week.

Next month is Black History Month and we would love any parents and carers to come into school and talk about anything to do with Black History, for example the experience of families moving from one country to another. If you do feel that you can contribute to Black History month in anyway than please do get in contact with your child's class teacher or the school office.

I do hope that you have an enjoyable weekend.

Mr I Broyd

Contact details

Telephone: 01375 373586

Email: a.mail.ltp@osborne.coop

Website: www.littlethurrock.thurrock.sch.uk

Twitter: @LittleThurrock_

Upcoming events and dates.

(Please note the dates subject to change)

Friday 22 nd September	Thurrock SSP Event Year 5 & 6 Boys Football @ St Cleres
Monday 25 th September	Cycle to School Week
Friday 29 th September	Thurrock SSP Event Year 3 & 4 Cross Country @ William Edwards
Thursday 5 th October	World Teachers' Day
Friday 6 th October	Thurrock SSP Event Year 5 & 6 Cross Country @ William Edwards
Monday 9 th October	Harvest Assembly
Tuesday 10 th October	Flu Immunisation
Tuesday 10 th October	Wear Yellow Day for Mental Health Awareness
Friday 13 th October	Thurrock SSP Event Y3/4 Mixed Football @ St Cleres
Friday 20 th October	Thurrock SSP Event Y5/6 Tag Rugby @ Orsett Heath Academy
Thursday 9 th November	School Photographs
Friday 10 th November	School Council to Little Thurrock War Memorial
Monday 13 th November	Anti-Bullying Week
Monday 13 th November	Odd Socks Day
Tuesday 14 th & Thursday 16 th November	Parent & Carer Evening
Friday 17 th November	Children in Need Day

Friday Celebration Assembly

We celebrate a number of achievements in school, which you will find via Class Dojo. Here you will find out more about the learning that has taken place in the classroom each week. Also, look out for the Shining Moment for each child.

Little Thurrock Way certificate which is awarded to children weekly.

	Week beginning 11th September 2023
RED	Charlotte
RLR	Harrison
RCW	George
1AS	Arlo
1JO	Erica-Sue
1BA	Klaudia
2JD	Harry
2AA	Zainab
2CD	Redon
3HM	Jessica
3MS	Bella
3SS	Finnley
4RS	Dorian
4NP	Afaf
4LB	Charlotte
5EE	Frankie
5SR	Whole Class
5LH	Albie
6FD	Ella-Rose
6SZ	Darius
6AL	Benjamin

Attendance

We are continuing to celebrate and reward good attendance this year. Our new display in the hall will help to track this further. Extra play will be rewarded on a weekly basis as before. In addition to this, we will be holding a prize draw with the chance to win a £5 AMAZON voucher each week for those children with 100% attendance

	Week beginning 11th September 2023
RED	98.9 %
RLR	98.9 %
RCW	97.5 %
1AS	99.1 %
1JO	99.1 %
1BA	93.8 %
2JD	99.1 %
2AA	100. %
2CD	98.3 %
3HM	94.8 %
3MS	98.8 %
3SS	99.1 %
4RS	91.8 %
4NP	97.4 %
4LB	97.1 %
5EE	99.2 %
5SR	98.3 %
5LH	98.7 %
6FD	97.2 %
6SZ	93.3 %
6AL	96.9 %

Welcome to Boom Reader

Boom Reader is used in all year groups to support communication between home and school in reading. Each child from Nursery through to Year 6 has their own reading journey captured in one place for both parents and teachers to share and use to support children's individual progress in reading.

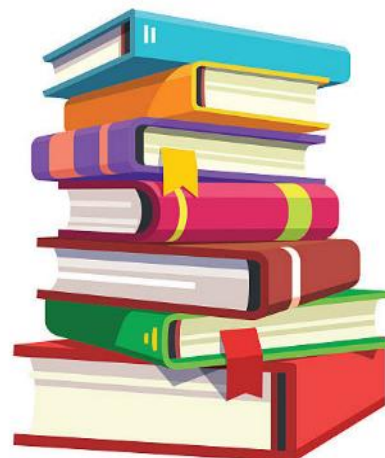


Each week we will share and celebrate the class reading logs. The class in each phase with the most winning certificates will win a prize at the **end of the Summer term.**



Class	Week beginning 11 th September 2023
Nursery AM	-
Nursery PM	-
RED	-
RLR	-
RCW	-
1AS	16
1JO	15
1BA	9
2JD	16
2AA	16
2CD	15
3HM	8
3MS	10
3SM	9
4RS	23
4NP	19
4LB	16
5EE	19
5SR	15
5LH	10
6FD	27
6SZ	28
6AL	27

<u>Winners</u> <u>15.09.2023</u>
KS1: 1AS 2AA 2JD
LKS2: 4RS
UKS2: 6SZ



Week beginning 18th September 2023 - School Dinner Menu Week 3

Week 3

Week Commencing - 1st May, 22nd May, 12th June, 3rd July, 18th Sep, 9th Oct

Monday	Beef Bolognese Bake, Mixed Vegetables & Peas	Quorn Vegan Balls In a tomato Sauce with Pasta, Mixed Vegetables & Peas	Jacket Potato with a choice of filling	Frozen Fruit Yoghurt
Tuesday	BBQ Chicken with Rice, Sweetcorn & Green beans	Quorn Vegetable curry with Rice, Sweetcorn & Green beans	Jacket Potato with a choice of filling	Fruity Iced Sponge
Wednesday	Roast chicken with Roast Potatoes, Carrots & Broccoli	Roast Quorn Fillet with Roast Potatoes, Carrots & Broccoli	Jacket Potato with a choice of filling	Fruit Jelly
Thursday	Cheese & Tomato Pizza with Potato Wedges, Sweetcorn & Cauliflower	Tomato & Basil Pasta, Sweetcorn & Cauliflower	Jacket Potato with a choice of filling	Carrot Cake
Friday	Fish Fingers with Chips Peas	Cheese & red onion Quiche, Peas	Jacket Potato with a choice of filling	Rocket Ice Lolly



School Uniform

If you need to buy or replace any school uniform please visit Snappy School wear. A full list of our school uniform and book bags are available to purchase from the website is www.snappyschoolwear.com.

A polite reminder that all children must wear full school uniform each day except for when they have PE.

Please can we also ask that all items of school uniform are **clearly named**. Thank you

Little Thurrock School Councillors visit to the Mayor's office

On Wednesday, Miss Dowsett and Mrs Smith took the newly elected school councillors to visit the Mayor at the Civic Offices. Councillors were given the red-carpet treatment when they arrived and got to meet Madam Mayor in her chambers. They then followed on to the council chambers and took part in a debate. Everyone had a great time and we are all very proud of how well the school councillors represented our School.



NURSERY SPACES AVAILABLE

Is your child 3 years? Are you looking for a nursery space then look no further. At Little Thurrock we can offer parents 15hours per week with a choice of a morning or afternoon.

For more information, please come into main school office and speak to Mrs Mitra, our admissions lady who will be happy to assist you with all your questions and help you with the application process. You can also call the office on 01375 373 586 or email r.mitra.ltp@osborne.coop.



An Awareness Raising Session for Parents and Carers to Increase Knowledge of Gangs and Child Criminal Exploitation

Wednesday 17th May 2023
Thursday 14th September 2023
Thursday 7th December 2023

18.00 till 19.00
Via MS Teams

This session will identify the harms associated with gangs and county lines and will look on practical advice on how to support a young person who you may be concerned about in relation to Exploitation

To book your place visit www.thurrocklscp.org.uk

Thurrock Council

Secondary School Admissions

September 2024

Important Information – applying for a secondary school place for September 2024

If your child has just started the last year of primary education, you must apply now for a secondary school place.

If your child was born between 1st September 2012 and August 2013, you must apply for a secondary school place for September 2024.

When to apply

You must get your application to us by **31 October 2023**. You must get your application to us on time to maximise your chances of being offered one of your preferred schools.

If you miss the closing date

Applications received after the closing date will be considered after those that are received on time and after the first round of offers have been made.

How to apply

The easiest way to apply is online – go to thurrock.gov.uk/admissions and follow the instructions on screen to make your application.

Your login account for this service is separate to the login accounts you may use for other Thurrock Council services, such as council tax, benefits or housing.

If you do not have internet access at home you can still apply online at your local library.

Once you create an account you will be able to complete an application, review, amend and submit it online.

You will get an automatic confirmation that your application has been received. Once you have submitted your application online, if you make any changes – for example, change preference order – you must re-submit the application.

If you have any questions or queries regarding your application or any questions regarding admissions, please contact the admissions team by emailing school.admissions@thurrock.gov.uk or phoning on 01375 652 883.



STAR SPORTS MORNING CLUBS & AFTER SCHOOL CLUBS

AT LITTLE THURROCK PRIMARY SCHOOL

CLUBS START: MONDAY 11TH SEPTEMBER

CLUBS FINISH: THURSDAY 14TH DECEMBER

The clubs will run for the full term and children can attend multiple clubs.

MONDAY 25 spaces £72 – 12 weeks	Gymnastics after school club from the end of the school day till 4.30pm for children in: Year 1, Year 2, Year 3, Year 4, Year 5 & Year 6
TUESDAY 20 spaces FREE – 12 weeks	Fun Fitness morning club from 8am till the start of the school day (8.35am) for children in: Year 1 & Year 2
TUESDAY 20 spaces FREE – 12 weeks	Tag-rugby after school club from the end of the school day till 4.30pm for children in: Year 4, Year 5 & Year 6
WEDNESDAY 20 spaces FREE – 12 weeks	Basketball morning club from 8am till the start of the school day (8.35am) for children in: Year 3, Year 4 & Year 5
WEDNESDAY 20 spaces £72 – 12 weeks	Dodgeball & Multi Sports after school club (basketball, hockey, cricket, tennis and much more!) from the end of the school day till 4.30pm for children in: Year 1, Year 2, Year 3, Year 4, Year 5 & Year 6
THURSDAY 40 spaces £72 – 12 weeks	Football after school club from the end of the school day till 4.30pm for children in: Year 1, Year 2, Year 3, Year 4, Year 5 & Year 6

The clubs have limited spaces; therefore, spaces will be allocated on a first come first served basis with waiting lists if needed.

Parents/Carers please ensure children are collected from the after school clubs on time at 4.30pm and please take the children to the school office at 8am for the morning clubs then the Star Sports staff will take the children to their classes at 8.35am. Children need suitable/comfortable sportswear for the clubs, tracksuit, trainers (boots), water and any required medication (asthma pump, EpiPen etc.) and please send detailed information of the medical condition to us for our records.

Please contact Mr Cole to book places and for more information: **07976756259**

Please **TEXT** us each child's name, year, class, school, the club(s) you're booking for and any medical/allergy info.

TRANSFER PAYMENTS TO: MR K COLE 20-79-73 40797049

Please put 'LT' and the name of your child as the payment reference AND text us each time you make a payment (state the payment reference you have used each time please). We no longer accept cheques. Thank you!

Please **DO NOT** contact the school office regarding the Star Sports clubs as they are run by Star Sports and the school office will not be able to take or accept bookings or payments. Thank you.

LIMITED SPACES, BOOK NOW!



HALF TERM HOLIDAY CLUB & SPORTS CAMP AT LITTLE THURROCK PRIMARY SCHOOL

23RD OCTOBER TO 3RD NOVEMBER: 10 FUN PACKED DAYS FOR YOUR CHILDREN!

*****INDIVIDUAL DAYS CAN BE BOOKED*****

FOOTBALL – NERF – ARTS & CRAFTS – MULTI SPORTS – DODGEBALL – TENNIS
BASKETBALL – GYMNASTICS – PAINTING – BADMINTON – CRICKET – LEGO
ROUNDERS – HOCKEY – ATHLETICS – TAG RUGBY – HANDBALL & MUCH MORE!

WEEK 1: MONDAY 23RD TO FRIDAY 27TH OCTOBER

WEEK 2: MONDAY 30TH OCTOBER TO FRIDAY 3RD NOVEMBER

9AM-3PM = £22 PER INDIVIDUAL DAY FOR ONE CHILD & £90 FOR A FULL 5 DAY WEEK PER CHILD

HALF DAY BOOKINGS ARE £12 PER CHILD (ANY 3 HOUR SLOT FROM 9AM-3PM)

Sibling Discounts per individual day 9am-3pm: £36 for 2 siblings and £50 for 3 siblings

8.30AM EARLY START = £5.00 PER CHILD

3.30PM LATE FINISH = £5.00 PER CHILD

EARLY STARTS & LATE FINISHES MUST BE BOOKED & PAID FOR IN ADVANCE PLEASE, THANK YOU.

- ✓ LIMITED SPACES.... BOOK NOW! INDIVIDUAL DAYS CAN BE BOOKED.
- ✓ 9AM TILL 3PM: CONTACT US FOR THE 8.30AM EARLY START & 3.30PM LATE FINISH OPTIONS
- ✓ OPEN TO CHILDREN AGED 3-11 YEARS OLD. CHILDREN MUST BE DRY.
- ✓ INDIVIDUAL DAYS CAN BE BOOKED & OUR CLUB RUNS EVERY SCHOOL HOLIDAY
- ✓ FULLY QUALIFIED, INSURED, DBS CHECKED, FIRST AID TRAINED & EXPERIENCED STAFF
- ✓ SAFE, FUN & WELCOMING ENVIRONMENT IN A SECURED VENUE
- ✓ **PLEASE NOTE:** WE ARE NUT & SEED FREE. PLEASE ENSURE FOODS ARE FREE OF NUTS & SEEDS.

All attending should bring: A packed lunch, water bottle, any medication needed (asthma pump, EpiPen etc. and please send us the full details of any medical conditions or needs we should be aware of), waterproof jacket, tracksuit and trainers (football boots are optional).

Address: Little Thurrock Primary School, Rectory Road, Grays, Essex, RM17 5SW

Payment Details: Barclays, Mr K Cole, 20-79-73, 40797049

Please use 'LHC' followed by the FULL NAME of the child as the payment reference and please **TEXT** us the exact reference used once the payment has been made. Thank you.

Bookings: To book places or if you have any questions or queries please contact the Star Sports team:

FACEBOOK: Star Sports & Soccer **MOBILE:** 07976756259 **EMAIL:** starsports@hotmail.co.uk

Delivering Better Value Programme - Survey

Dear Parents, Carers, Children, Young People and Professionals,

Below are links to an important survey for schools, parents and carers and children and young people to complete by 29th September 2023, which will provide us with vital data for our work with the Delivering Better Value programme. This is a government-led initiative which aims to support local authorities to improve delivery of SEND services for children and young people while ensuring services are sustainable. Your feedback will be used to support an application for a grant to improve the SEND services.

We want to put children and young people at the heart of this plan, and your views are fundamental in identifying and shaping opportunities for us to do better. Please complete our survey (by using the relevant link below or the QR code attached) to help us understand how we can support you.


<p>Thurrock: Delivering Better Value in SEND - Understanding SEN in your school</p> 	<p>Thurrock: SEND Survey for Parents and Carers</p> 	<p>Thurrock: Children and Young People Survey</p> 
------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------

Education Provider:
<https://shorturl.at/ekvU7>

Parent & Carer:
<https://shorturl.at/bFHRU>

Child/Young Person:
<https://shorturl.at/qwCXY>

An ambitious and collaborative community which is proud of its heritage and excited by its diverse opportunities and future

 thurrock.gov.uk



Thurrock School Effectiveness Team is an accredited provider of training and learning activities; reflecting a rigorous assessment of their learning provision, standard of service and client experience

PETS AS
THERAPY

Read2Dogs

In September school will be participating in the Read2Dogs scheme provided by Pets As Therapy.

The scheme helps to improve literacy skills and wellbeing in children and young people by developing their confidence, enjoyment and interest in reading.

Dogs are non-judgemental and good listeners therefore they support confidence and concentration levels. Additionally, they encourage positive behaviour and enhance self-esteem.

We are pleased to announce that Duke will be attending school once a week and is looking forward to hearing children read.

If your child is selected to read to Duke, a consent letter will be sent home for parents to sign and return to school.





Essex Fire Museum Open Days
Sunday 24th September 2023
(10.30am to 4.00pm)



Visits must be pre-booked via:
museum@essex-fire.gov.uk

**Address: Essex Fire Museum, Grays Fire station,
Hogg Lane, Grays, RM17 5QS**

Essex Fire Station Grays have a family open day on Sunday September 24th September. This is as a free event. There will be opportunities for families to get involved in history trails around the museum, spot hazards in our fire safety room, partake in craft activities and a sit on our fire engines.

The museum is free entry (but visits are by appointment only.....as we are on the site of an operational fire station).

If families are interested, could they please email us at: museum@essex-fire.gov.uk and tell us the number in their party and the time they would like to arrive (we are open from 10.30am to 4.00pm). Look forward to seeing you soon 😊

Healthy Lunchboxes

Healthy eating is important for everyone, especially for children when they are growing and developing rapidly. Having a healthy lunch means giving children food that is high in nutrients and low in saturated fat and added sugar.

A balance lunch should contain each of these food groups

Food Group	Why?	Ideas for lunchtime
Fruit and vegetables	These give a wide range of vitamins and minerals that are essential for growth and development	<ul style="list-style-type: none"> • 1 piece of fresh fruit or some vegetables e.g. an apple, banana or satsuma, or veggie sticks e.g. carrot, pepper sticks • Tomato, cucumber, grated carrot in a sandwich • Tinned fruit in natural juice e.g. pear quarters, grapefruit and pineapple chunks • Dried fruit e.g. 1 small box/pot raisins or apricots • 1 small carton of fruit juice*
Starchy foods	These provide energy, B vitamins are essential for the body's metabolism, some iron, calcium and fibre.	<ul style="list-style-type: none"> • Sandwiches with bread/bagels/wraps or rolls, or include pitta bread with a dip like hummus • Leftover pasta made into a salad • Crackers and cheese • Bread sticks and dips • Plain Scones • Cooked new potato salad • Rice Cakes

Milk and dairy foods	The calcium in milk helps build strong bones and teeth, healthy nerves and muscles. This food group also provides some zinc, vitamin A and some B vitamins.	<ul style="list-style-type: none"> • Low-fat fat yoghurt (you can add some fresh or tinned fruit to add flavour) • Cheese cubes • Grated cheese in a sandwich or in a pasta salad • Full fat cream cheese (can be used on crackers)
Protein	This food group is essential for muscle growth and repair, iron, zinc, vitamins D and B	<ul style="list-style-type: none"> • Hummus (in a wrap) • Cooked meat in a salad or sandwich • Cooked Lentils with rice in a salad • Tinned tuna or salmon in sandwiches or salad • Tinned mackerel (add to pasta and tomatoes) • Hard boiled egg
Drinks	Hydration	<ul style="list-style-type: none"> • Water is the best drink to give your child. All schools provide fresh drinking water. Giving a child their own bottle can encourage them to drink more • Milk can be offered as an alternative to water, semi-skimmed or skimmed are the best options • Fresh fruit juice *(children and adults should have no more than 1 small portion of fruit juice a day)

For more information:

www.nhs.uk

www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic

Communication at Little Thurrock

Learning Concerns	Pastoral Concerns	Concern relating to particular learning or physical needs	Issues relating to staff	Concerns & Queries relating to school administration
↓ Please raise your concern with your child's class teacher in the first instance.	↓ (Pastoral care covers our support of your child's individual needs, their emotional wellbeing and helping them with any personal problems they may be experiencing at school.)	↓ Where a concern is related to a special need and you feel an adjustment may be required to support successful learning e.g. issues related to ASD (autistic spectrum disorders), dyslexia or dyspraxia or physical disabilities	↓ Please contact reception who will forward your concern to the most appropriate person.	↓
↓ Please arrange a meeting with your child's class teacher to discuss the concerns further.	↓ Please raise your concern with your child's class teacher . ↓ If you feel that the class teacher is unable to help for pastoral concerns, please contact our Pastoral LSA Mrs Fleming . Mrs Fleming works with all of the children for behavioural and pastoral support.	↓ Please raise your concern with your child's class teacher in the first instance. ↓ Please arrange an appointment with our Assistant Head teacher and SENCO Mrs Wright .		Please speak to Mrs Greenfield Support Officer
↓ Please make an appointment to see our Deputy Head teacher Mrs Joynes if you remain concerned following the steps above.				
↓ Please make an appointment to see our Head teacher Mr Broyd if you remain concerned after following the steps above.				
<p>Teachers are available after school for informal conversations and appointments can be made with all of the above by contacting the school office on 01375 373586 or emailing a.mail.ltp@osborne.coop</p>				
<p>If you are writing to the school it is really helpful if you give us as much information about the background of your concern or complaint as possible, including who it involves, and what you would like the outcome to be.</p>				

September 2023							October 2023							November 2023							December 2023						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3						1			1	2	3	4	5					1	2	3	
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
							30	31																			
January 2024							February 2024							March 2024							April 2024						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7				1	2	3	4					1	2	3	1	2	3	4	5	6	7
8	9	10	11	12	13	14	5	6	7	8	9	10	11	4	5	6	7	8	9	10	8	9	10	11	12	13	14
15	16	17	18	19	20	21	12	13	14	15	16	17	18	11	12	13	14	15	16	17	15	16	17	18	19	20	21
22	23	24	25	26	27	28	19	20	21	22	23	24	25	18	19	20	21	22	23	24	22	23	24	25	26	27	28
29	30	31					26	27	28	29				25	26	27	28	29	30	31	29	30					
May 2024							June 2024							July 2024							August 2024						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
		1	2	3	4	5					1	2	1	2	3	4	5	6	7				1	2	3	4	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				26	27	28	29	30	31		

Autumn Term:	Monday 4 September 2023 – Wednesday 20 December 2023 <i>Half Term 23 October – 3 November</i>	73 days
Spring Term:	Thursday 4 January 2024 – Thursday 28 March 2024 <i>Half Term 19 February - 23 February</i>	56 days
Summer Term:	Monday 15 April 2024 – Tuesday 23 July 2024 (22-23 July twilight inset payback) <i>Half Term 27 May – 31 May, and May Bank Holiday - 6 May</i>	66 days
		195 days

	School Holiday
	Additional autumn half term
	Inset days, schools closed to students
	Trust conference, schools closed to students

Local Community Information

The Sleep Charity

At any time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

The free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents (we can also talk to adults, including older people, about their sleep issues).

The helpline is open 5 times a week, Sunday, Monday, Tuesday, Thursday evenings 7-9pm, and Wednesday mornings 9-11am. The number is 03303 530541.

You can read more hear: <https://thesleepcharity.org.uk/national-sleep-helpline/>



Liz Wilson

Helpline Team Leader

Helpline Number: 03303 530 541

thesleepcharity.org.uk



Winner of The Queen's
Award for Voluntary
Service 2020