



Drumbeat Outreach

Parent Workshop

Exploring Difficulties with Eating and Sleeping

In this new workshop we will be exploring the difficulties many of our young people may have with the everyday life sustaining routines around eating and sleeping. Many neurodivergent individuals struggle in these areas and we will be considering why difficulties occur and looking at research based interventions and strategies that may help to establish and sustain good sleeping and eating habits. This session will be focused on young people aged 10 and over.

Tuesday 9th July 2024 – 10am-11.30am

This session will be held at:

**Clyde Nursery School and Family Hub,
Alverton Street, Deptford, SE8 5NH.**

Please email outreach.admin@drumbeat.lewisham.sch.uk or telephone
020 3143 1431 to reserve your place.



Drumbeat