

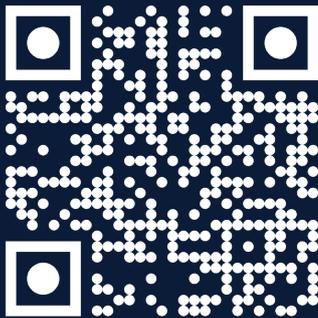


**ST HELENS**  
**CARES**

[thesleepcharity.org.uk](https://thesleepcharity.org.uk)

# Sleep Charity Referral for St Helens Sleep Pathway

Your chance to work directly with our sleep practitioners who are here to help you and your child sleep better



Use the following QR code or link to book one of our 1-2-1 sleep clinic appointments, available via telephone or video calls

<https://ecv.microsoft.com/C35gdvbYBj>

## Why not book on our Foundation Sleep Workshop?

Free training that provides you with knowledge around sleep, some of the common reasons for poor sleep and how you can help to improve your child's sleep

To book, please contact [brian@thesleepcharity.org.uk](mailto:brian@thesleepcharity.org.uk)

For more information on the local St Helens sleep pathway and accessing support, or for any concerns you may have regarding your child's sleep patterns, then please contact your health visitor, school nurse, early help worker or children's centre

Children's information support available here:

<https://thesleepcharity.org.uk/information-support/children/>

**03303 530 541**

Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am

