



8 October to 3 December 2025 (8 Weeks)

Time Out for Special Needs - Calcot (West Berkshire) plus sleep workshop

A course for parents who have primary aged children with special needs who live, or attend a school, in the West Berkshire local authority area.

A Parent to Parent Approach.

KEY THEMES:

- Helping self esteem
- Coping with feelings
- Understanding behaviour
- Managing behaviour
- Home-school issues
- Sleep challenges
- The wider family

Our facilitators are parents of children or young people with special educational needs and have a background in health or education.

Creche available. Please contact the Calcot & East Family Hub on **0118 9456157** to book a creche place.

*If you do not have a PSC website account you will be prompted to register before you can book. When registered, login to your account, and use the link or QR code to book.

TIME

12.15pm - 2.15pm

DATE

Wednesdays 8 October to 3 December 2025 (no course over Half Term 29 Oct)

VENUE

Calcot & East Family Hub, Calcot Infant School, Curtis Road, Calcot, Berkshire RG31 4XG

COST

The course is FREE. Funded by Adult & Community Learning, West Berkshire. Booking essential. (£10 charge for course materials).

To book: <https://bit.ly/TOSN-OCT2025>



CONTACT

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