Sleep Tight Workshop



Would you like to know more about why sleep is important for our health and emotional well- being?

- Does your child struggle with their sleep?
- Would you like to access support to help improve sleep and bedtime routines?
- Would you like to meet other parents/carers to share and discuss experiences?

Our workshop runs for 5 weeks from the start date excluding the School Holidays
Starting on Thursday 19th January 2023 from 12.30pm to 2.30pm
The workshop is delivered virtually via MS Teams
To book a place on one of our workshops or for further information on the workshops we run please contact the Parenting Team by emailing Parenting.team@shropshire.gov.uk or call us on 01743 250950

Understanding your child/teen groups (including SEND)



- Would you like to know more about your child's development?
- Do you need support to understand your child's behaviour?
- Would you like a chance to meet with other parents and carers?

Understanding Your Child SEND on Tuesday 17th January 2023 from 9.30am to 11.30am
SEND groups are for parents/carers of children who might have special educational needs and disabilities. No formal diagnosis is needed.
Understanding Your Child on Friday 20th January 2023 from 9.30am to 11.30am
The groups are delivered virtually via MS Teams
All our groups run for 10 weeks from the start date excluding the School Holidays
To book a place on one of our groups or for further information on the groups we run please contact the Parenting Team by emailing: Parenting.team@shropshire.gov.uk or telephone: 01743 250950

Parenting Helpline



Parenthood can be extremely rewarding and enjoyable. It can also be demanding, frustrating and exhausting. Shropshire Council's Parenting Team is here to support parents and carers to raise healthy, well-rounded children in a loving and stable environment.

Do you have any questions around child development and parenting?

Why not call our Parenting Helpline where one of our trained Parenting Practitioners will be ready to listen. The Parenting helpline is available on Tuesdays and Thursdays from 9.00am to 12.30pm (Please note the Parenting Helpline will not operate between Christmas & New Year)

Call the helpline on 01743 250950

Beam Drop In Sessions

Beam is an emotional health and wellbeing drop-in service for young people under 25 years old who are registered with a GP in Shropshire, Telford or Wrekin. Their team of experienced well-being practitioners and volunteers will listen to whatever is troubling you.
Beam can...

- recommend strategies and techniques that aim to make life easier – for example, how to manage a panic attack, or how to improve sleep.
- give practical suggestions and advice – this might be suggesting you look at website or that you contact another service.
- provide a listening ear if you have something you want to get off your chest.

Beam hold weekly drop-in sessions in Shrewsbury and Wellington. you do not need an appointment; you can just turn up. From the 22 October 2022 they will be holding a new Saturday session in Wellington from 10-2pm.

