

Carlisle/Eden Planner

Please note this planner is up to date from 16th August 2018 and may be subject to change. If you are interested in attending any of these programmes or would like to know when the next one is running in your area please call 01228 603195

Autumn term

Programme	Start date	Start time	Location
What Now 8 week programme	18/09/18 Tuesdays	10:00 – 12:00	Penrith Hospital, Garden Room
What Now 8 week programme	01/10/18 Mondays	10:00 – 12:00	Springboard, Carlisle
Early Bird 12 week programme	Introduction session 12/09/17 Starts 19/09/18 Wednesdays	10:00 – 12:30	Springboard, Carlisle
Behaviour Support Workshop 7 weeks	28/09/2018 Fridays	10:00 – 12:30	Penrith Hospital, Garden Room
Sensory workshop 2 Session's	Session 1 - 04/10/18 Session 2- 01/11/18 Thursdays	10:00 – 12:00	Carlisle, Morton Manor
Sensory workshop 2 Session's	Session 1 - 08/10/2018 Session 2 - 06/12/2018 Thursdays	10:00 - 12:00	Penrith pre-school
Sleep Workshop 2 sessions	Session 1 - 02/11/18 Session 2 - 13/11/18 Tuesdays	10:00 – 12:00	Carlisle, Morton Manor
Sleep Workshop 2 sessions	Session 1 - 25/09/2018 Session 2 - 30/10/2018 Tuesdays	10:00 – 12:00	Penrith pre-school

The planner will updated November/December 2018