



**WOKINGHAM
BOROUGH COUNCIL**

FIRST

Family Interventions, Resources & Support Team

Who we are:

The aim of FIRST is to provide information, workshops and training around sleep (including anxiety), and distressed & dysregulated behaviour. The team comprises of Sleep Practitioners, Therapeutic Thinking and Foundations for Attachment Practitioners and a Family Support Worker. The team can offer parents / carers who reside in the Wokingham Borough and have a child aged 3-18 with a disability, autism or are on the pathway for an autism assessment, an opportunity to explore different ways of thinking about sleep, anxiety and distressed and dysregulated behaviour. We can provide strategies and resources to support your child. When capacity allows, we can also offer spaces on some of our workshops and courses to parents / carers whose child does not have a disability.

Coffee Morning

Date: Thursday 30th April 2026

Time: 9.30-11.30am

**Venue: Woodley Airfield Centre
Hurricane Way
RG5 4UX**



1:1 sessions with one of the team are available to book if you would like to discuss any sleep or distressed and dysregulated behaviour issues you are currently experiencing.

For more information or to book a 15-minute session, contact us on:
first@wokingham.gov.uk