FIRST

Family Interventions, Resources & Support Team

Who we are:

FIRST is dedicated to supporting families by offering guidance, workshops, and training focused on sleep (including anxiety-related sleep challenges) and distressed or dysregulated behaviour.
Our experienced team includes Sleep Practitioners who are Therapeutic Thinking Practitioners, and a Family Support Worker, all working together to provide practical, compassionate support.
We support parents and carers in the Wokingham Borough who have children aged 3–18 with a disability, autism, or who are currently on the pathway for an autism assessment. Our approach helps families explore new ways of understanding and managing sleep, anxiety, and behaviour, while offering useful strategies and resources tailored to your child's needs.
When availability allows, some workshops and courses are also open to families whose children do not have a disability.

Empowering families with knowledge, understanding, and practical support.

Coffee Morning

Date: Thursday 26th November 2026

Time: 9.30-11.30am

Venue: Woodley Airfield Centre
Hurricane Way
RG5 4UX



1:1 sessions with a team member are available to book, giving you the opportunity to discuss any current concerns about your child's sleep or distressed and dysregulated behaviour, and receive tailored guidance and support.

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