



PACT Social Group

PACT is a small group and the events we hold are a great way to meet other parents/carers and often prove to be a great source of information as experiences and ideas are shared. We also hold talks from specialist's, which are interesting and informative and provide useful strategies to work with our children.

Forthcoming Events 2016



Tuesday 9th February, 2016

From 9.30 a.m. after school drop off,
The Humphrey Bean, High Street Tonbridge, TN9 1AP

COFFEE MORNING

Come along for a cuppa. It would be lovely to see new people there. PACT are a small, friendly group of parents and carer's and the coffee mornings can be useful in providing information and sharing ideas or just to have a chat.

RSVP: helen.mestre@btinternet.com (Social Secretary PACT), 07443 491667



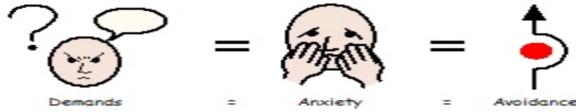
Wednesday 24th February 2016

9.30 a.m. to 11.30 am,
Upper Lounge, St Peter and St Paul's Tonbridge Parish Church, Church Lane, Tonbridge, TN9 1HD

INTRODUCTORY SLEEP WORKSHOP - GAIL WAGSTAFF - FROM CONTACT A FAMILY

Gail Wagstaff from Contact a Family will be holding a sleep workshop on understanding sleep issues, tips for parents/carers, approaches to helping you and your child get rest and sources of help, advice and support.

RSVP: helen.mestre@btinternet.com (Social Secretary PACT), 07443 491667, to confirm your place



Wednesday 16th March 2016

10.00 a.m. for 10.15 start to 11.30 a.m.
Upper Lounge, St Peter and St Paul's Tonbridge
Parish Church, Church Lane, Tonbridge, TN9 1HD

**UNDERSTANDING PATHOLOGICAL
DEMAND AVOIDANCE SYNDROME
AND MANAGEMENT STRATEGIES TO
HELP - TRACY WEINER**

Tracy Weiner will be talking to us about
Pathological demand Avoidance and strategies to
help our children. Tracy is a Parent from the
Phoenix Centre with a child with PDA and is also a
former Occupational Therapist.

RSVP: helen.mestre@btinternet.com (Social
Secretary PACT), 07443 491667, to confirm your
place



Tuesday 22nd March, 2016

From 9.30 a.m. after school drop off,
The Humphrey Bean, High Street Tonbridge, TN9
1AP

COFFEE MORNING

Come along for a cuppa. It would be lovely to see
new people there. Pact are a small, friendly group
of parents and carer's and the coffee mornings can
be useful in providing information and sharing
ideas or just to have a chat.

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**DEVELOPMENTAL CO-ORDINATION
DISORDER**

Wednesday 27th April

10.00 a.m. to 12.00 a.m.
Oakley School Woodland Lodge
Pembury Road,
Tunbridge Wells, TN2

**DISPRAXIA (DEVELOPMENTAL CO-
ORDINATION DISORDER) AND STRATEGIES
TO HELP - EILEEN BRISTOW
OCCUPATIONAL THERAPIST**

Eileen Bristow an experienced Occupational
Therapist will be talking to us about Dispraxia and
associated difficulties. She will also discuss
strategies to help and work with our children.

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Secretary PACT), 07443 491667, to confirm your
place

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