



**Lack of SLEEP: The Inability to SLEEP
Is
NO JOKE
And
NOT Funny**



Research, already available confirms the predictions that sleep and mental health are TWO of the many casualties of Covid-19. Helen Mcnamara BSc (Hons) is an Occupational Therapist (OT) at The Royal Surrey, Hospital Guildford. As an occupational therapist, one of her roles is working as part of the sleep team at the Royal Surrey Hospital. Helen works specifically with patients who have insomnia and she supports them through a treatment programme based on cognitive behavioural therapy to improve their sleep.. Helen has kindly agreed to talk about her role via a “Zoom” meeting. If you would like to know more join in the Zoom meeting and find out about:

'Sleep: why we need it and how to do it well'

Zoom Fellowship Meeting
Tuesday 9th March 2021 at 3-00pm
Invitations with details of how to log on will follow shortly.

Do not let Covid 19 spoil our Fellowship as a church. “Join in” and “Log in” and tell your friends who may experience this type of problem