



Registered charity number 209782

Introducing Sleep Services

Support for organisations serving
children, young people and families





Research estimates that between 40-80% of autistic children and young adults have sleep problems.

Poor sleep has a serious impact on the emotional, mental and physical health of any child or young person and, often, there is a wider impact on the whole family.

That's why we - a team of specialist sleep practitioners - are here to help.

Who we are

We are qualified and highly experienced sleep practitioners who specialise in supporting autistic children and young people, as well as those with a range of complex needs.

We work for the Together Trust - a charity that champions the rights of disabled children - and have been running a successful sleep service for over 15 years. Each year, we support over 500 children and young people with sleep difficulties.

HMR Locality have commissioned the Together Trust to deliver specialist 1:1 Sleep Clinics for our children and young people since 2019. This has supported many of our families to achieve some fantastic outcomes through implementing the strategies they have learned from the sleep practitioners. Recently we have commissioned Sleep Hygiene Training for our workforce and families/ carers to ensure that Sleep Hygiene support can be accessed wherever our families engage with us. This is having a measurable impact in HMR through reductions in melatonin prescribing and reduced presentations where the main issue is poor sleep patterns.

Janice Holliss

Commissioning Programme Manager - Children and Maternity (Heywood Middleton and Rochdale)

NHS Greater Manchester Integrated Care



What we offer

We develop and deliver bespoke sleep support programmes and advice for children, young people and families on behalf of:

Schools and colleges

Local authorities

**Local NHS and
Integrated Care
Boards**

Grant-giving bodies

**Private organisations
such as nurseries and
health companies**

Our services are aimed at autistic children and young people, aged 2 to 18 years old, and their families.

Also, we can support any child in this age group who is having difficulties with their sleep.

We pride ourselves on taking the time to get to know the people we support and creating bespoke sleep programmes for their specific needs.

The advice and resources were amazing and incredibly useful. We struggled for five years to get any help for our son... many neurodivergent children are missing out on these vital services and this means many families are going without adequate sleep and missing out and falling behind in everyday tasks and activities. **We are very grateful for your services,** thank you so much.

Parent participant

A large, stylized yellow graphic consisting of thick, flowing, interconnected loops, resembling a calligraphic 'W' or a series of connected 'S' shapes, positioned at the top of the page.

More about our offer

The five principal services that you can commission from us are:

1 **Bespoke Sleep Clinics**

Offer a high level of bespoke support to families. A specialist sleep practitioner conducts a detailed sleep assessment with parents or carers and creates a personalised sleep plan with visual resources for the family to use. The implementation of the plan by the family is crucial to its success. Our sleep practitioners provide follow-up appointments to enable families to put the recommendations into place. Clinics are run online or via telephone appointments.

2 **1-2-1 sleep consultations**

Give families chance to talk through their child's sleep difficulties and receive on-the-spot advice from one of our specialist sleep practitioners. Lasting up to 60 minutes, these appointments can be delivered to families online or at hosted events and are followed up with summary notes.

It's always a real privilege to award grants to organisations like the Together Trust who deliver the Autism Sleep Clinic project in Greater Manchester. It demonstrates how our grants programme makes a positive difference to children and young people's lives.

**BBC Children in Need's, Head of North,
Emily Swords**

3 Training and workshops

Include sleep courses for education and health professionals that will enable them to better support and advise the families they work with. Our sleep workshops, grouped by age categories, help families and professionals to understand the nature of sleep, strategies for good sleep and equip them with skills they can use to improve a child's sleep. Face-to-face training can be delivered at locations in North West England or online. We also deliver online training for participants around the UK.



[The sleep practitioner] was so informative and really knew the topic. It made the course so interesting - possibly one of the best courses I've attended in a long time ...I found it so relevant not only to my role as a Health Visitor, but also in my personal life, with having two children (one of whom still doesn't sleep well - so I can implement the strategies in my home life).

Professional training participant

4 Clinical supervision sessions

For professionals who support children and young people with their sleep difficulties.

The workshop was clear, informative and the advice was made easy to follow.

Family participant

I think the sleep clinic has really helped. My sleep is loads better now and I can get to sleep quickly rather than waiting for ages.

Child participant

5 Sleep services for nurseries, schools and colleges

Offer an all-encompassing approach to sleep through:

coffee mornings offering a sleep session for families and the chance to chat informally afterwards. We can extend our visit to stay all day and offer 1-2-1 or group consultations for families to talk in more detail about their child's sleep needs.

sleep consultation sessions for parents

sleep assemblies and classroom-based sessions for young people

sleep workshops for pastoral staff and families

sleep training for school staff

If you have other specific needs for the children and families you support, please get in touch and we'll be pleased to discuss how we may be able to help.

Why work with us

We believe there are several reasons why you may wish to choose our sleep team as your service partner.

specialise in sleep support for autistic children and young people and those with other additional needs

provide bespoke, individualised sleep support and training to suit you, as a commissioner, and the people you support

employ qualified, highly specialised and experienced staff

demonstrate a strong track record of results, meeting commissioners' objectives

flex our delivery to suit you, as a commissioner, and the people you support (e.g., appointments, consultation sessions, drop-ins, workshops, training, coffee mornings, online/in person)

are part of a non-profit making, values-led disability charity

We have had successful coffee mornings where the Together Trust has delivered a sleep support presentation to families. [This] allowed them to gain a deeper understanding of how to support their children with their needs around sleep. Families were able to ask questions and discussions were had. These have made our families feel comfortable to speak and share experiences openly and to then go on to support each other. We cannot say how thankful we are to have the Together Trust working alongside us in our school family community.

Karen Davenport, SENCo, Stanley High School, Southport

Get in touch with us

For more information about Together Trust Sleep Services see

togethertrust.org.uk/together-trust-sleep-services

If you would like to start to discuss how we may be able to help your organisation, please email us at admintss@togethertrust.org.uk. Or, you can make an appointment by ringing **0161 286 4201**.

We look forward to discussing your requirements and working with your organisation.

The Together Trust Sleep Services

Support for organisations serving
children, young people and families

togethertrust.org.uk/together-trust-sleep-services

At the Together Trust, our vision is a society where
people **thrive** because they are **valued within**
their communities.

We champion the **rights, needs and ambitions** of
the people we support - they are at the heart of
everything we do. We stand by them and we work
together for change.

 @SupportTogetherTrust

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TOGETHER

TRUST

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