

Date of birth of child or young person:

Disability or additional support needed:

Please tick the following as appropriate:

- I would like to receive more information by post
- I would like to speak to someone about receiving sleep counselling
- Please tick, if you DO NOT want your details to be added to our confidential database

Any additional comments:

Please return these completed details to us, by post (or by phone or email)

Tel: **0844 800 9189** (local rate call)
Email: sleepsolutions@scope.org.uk

Sleep Solutions

PO Box 452, Bristol BS32 4WT

For information on the national **Face 2 Face Network** and **Sleep Solutions**, visit www.face2facenetwork.org.uk

Tel: **0844 800 9189** (local rate call for Face 2 Face and Sleep Solutions)
Email: face2facenetwork@scope.org.uk
sleepsolutions@scope.org.uk

Scope

You can support Scope's work in a number of ways by going to www.scope.org.uk/support

For information and advice on cerebral palsy, disability issues and Scope's services, visit **Scope Response** at www.scope.org.uk or call **0808 800 3333**.



scope

About cerebral palsy.
For disabled people achieving equality.

Time to get equal


sleep
solutions
supporting parents of disabled children



Providing support to families of children and young people with additional support needs and severe sleep problems

A service supported by Scope

face2face
Parents supporting Parents of Disabled Children

www.face2facenetwork.org.uk

5578/05.07/KT

Registered charity no. 208231

“The sleep programme gave me confidence to believe it was possible for things to change. I cannot recommend it highly enough.” Quote from a parent

The problem

- Children and young people with additional support needs are far more likely to have serious sleep problems than other children.
- They may wake frequently during the night and be distressed. Parents may have to sleep in shifts to attend to their child.
- It's not just the children – sleep deprivation can have a devastating effect on the whole household. It is often the cause of family break-up.
- There is a lack of support for families, when their child with additional support needs has severe sleep problems.

The solution

- Sleep problems can be effectively treated using specially-adapted behavioural and cognitive techniques.

Face 2 Face is a free and confidential parent befriending service. Parents who themselves have a child with additional support needs, offer emotional support and information to new parents.

Sleep Solutions clinics

The charity 'Sleep Scotland' was set up in 1998, working in Scotland to help families of children with additional support needs and severe sleep problems.

Independent research has found their methods to be effective and our Sleep Counsellors have been trained by 'Sleep Scotland' to provide Sleep Solution clinics.

The aim of the clinics is to improve sleep patterns. Families and our Sleep Counsellors explore various techniques together, including behavioural modification, sleep history and sleep diaries.

The first appointment could take up to one and a half hours; further clinics will take approximately one hour, and a home visit will be offered as part of the programme. It is not necessary to bring your child along to the clinics, since our Sleep Counsellors will meet your child on the home visit.

Please be aware that counselling may be refused if Sleep Solutions consider the programme inappropriate for any child or family.

For more information or to be contacted by us, please complete the details below:



Name of parent/carer/health professional (please delete as appropriate):

Address:

Postcode:

Tel:

Mobile (optional):

Email (optional):

Name of child or young person:

Address of child or young person (if different from above):

Postcode:

Tel (if different from above):

DETACH HERE