

PILOT SLEEP SERVICE IN WHITBY, SCARBOROUGH AND RYEDALE

IMPACT REPORT

JANUARY 2021



thesleepcharity.org.uk

IMPACT REPORT

Since the service started to deliver intervention to families on 26th June 2020 we have:

89

**SLEEP PROGRAMMES
IMPLEMENTED**

Devised 89 bespoke sleep programmes for children and young people.

670

**CONTACTS TO
SUPPORT FAMILIES**

Our practitioners provide support to implement programmes as well as advice for those not yet ready to engage with programmes. There has been 670 contacts to families over this period.

45

LICENCES

Provided 45 online e-learning licences for parents and practitioners to empower them with sleep knowledge.

122

**CONTACTS TO SUPPORT
PRACTITIONERS**

Providing information and advice to practitioners in the area about sleep is an important part of our work. It is key to ensure families receive consistent messages. We have provided 122 contacts to date.

100%

SATISFACTION RATE

Of the discharged families 100% have been satisfied with the service provided.

53

**CHILDREN SUCCESSFULLY
DISCHARGED**

Discharged 53 children with successful outcomes so far.

95

APPOINTMENTS

Provided 95 one to one appointments to families of children and young people with sleep issues.

6 appointments were DNA'd and 10 cancelled.

100%

**OF FAMILIES SEEN
WITHIN 6 WEEKS**

All of the families have been seen within 6 weeks of referral.

IMPACT REPORT

ENGAGEMENT

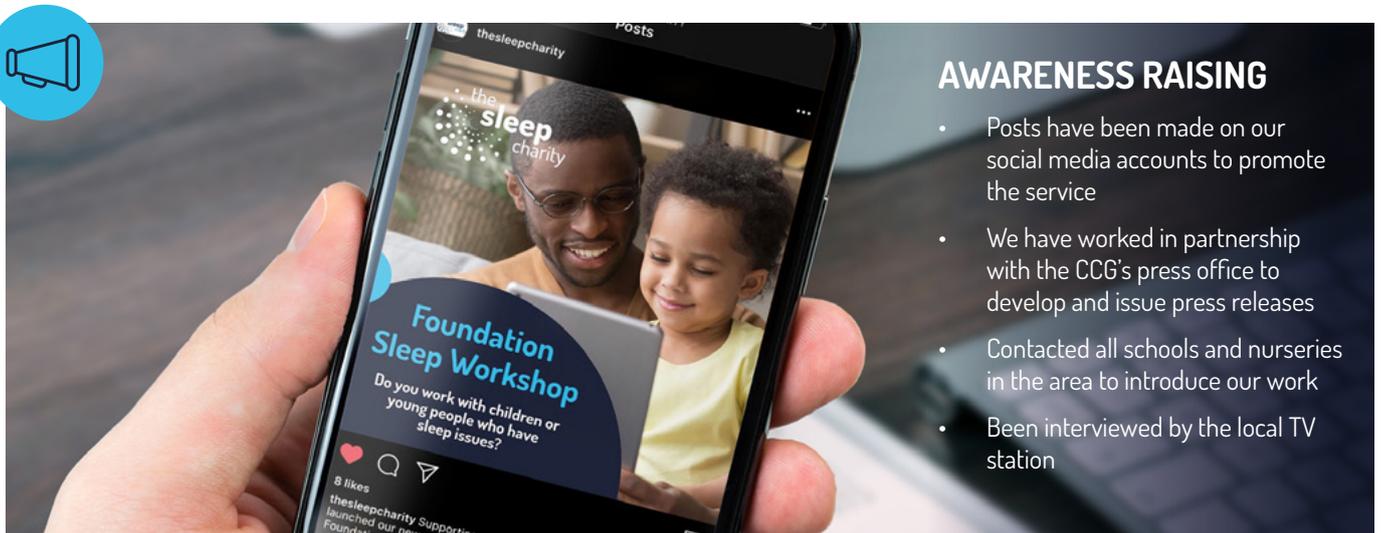
Who we have engaged with:

We have engaged with a diverse range of people including:

- Foster carers
- Family support workers
- Health Workers
- Education staff
- Voluntary sector practitioners
- Local Authority Staff

We have made connections with a range of other organisations including:

- Wellbeing in Mind
- Family Hubs
- Ryedale and Scarborough Young Carers
- Parent Carer Forum
- Local schools and nurseries



AWARENESS RAISING

- Posts have been made on our social media accounts to promote the service
- We have worked in partnership with the CCG's press office to develop and issue press releases
- Contacted all schools and nurseries in the area to introduce our work
- Been interviewed by the local TV station

TESTIMONIALS

These quotes are from families who have accessed the service.



We can't thank you enough. It made such a difference to our lives already and his behaviour and mood has been a massive change"

Carer to 4 year old, who was waking 7-9 times each night and beginning the day at 5am prior to intervention



I'm very happy thank you so much for everything, you've been amazing at helping to get L sleeping again"

Parent of 9 year old who prior to intervention had delayed sleep phase, falling asleep on average around 11.30pm and starting the day at 5am



I really appreciate your help. I feel his sleep has improved so much and I'm equipped a lot better to deal with it"

Parent of a 3 year old with a diagnosis of autism and prior to our intervention had challenging sleep issues



Thank you so much for your advice, support and guidance over the last few weeks. The help you have given us has made a huge difference and we will be forever grateful"

Parent of 2 year old twins



Thank you for your support and advice, it's been life changing for us all"

A parent who had been suffering with chronic sleep deprivation for many years as a result of her child's sleep issues

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CASE STUDY

A parent of an 11 year old child with a diagnosis of ADHD accessed the service. A prescription of melatonin had already been provided. Mum was reluctant to give the drug and wanted to try the behavioural approach to sleep first.

The initial appointment allowed the Sleep Practitioner to make a thorough assessment and empower the parents with sleep education so that she could understand some of the reasons that the sleep issues were occurring. They then worked in partnership to devise a sleep programme that the family felt they had the capacity to implement.

Weekly support calls were provided and the family were able to contact the Sleep Practitioner more frequently as required. Seven weeks after the initial appointment the family were successfully discharged as sleep patterns had improved significantly. The melatonin prescription was not needed or used.

CHALLENGES

Covid-19 has presented a huge challenge in terms of setting up a new service in a new geographical area. We have been unable to deliver face to face clinics as originally planned but quickly adapted and provided online and telephone consultations. Families report that they like this method of working as it reduces times travelling to appointments.

Sleep issues have increased dramatically as a result of the pandemic. Anxiety, lack of routine, increased screen time and reduced exercise all playing a role. Cases are becoming increasingly more complex and it is taking more time to assess these and to offer the required level of ongoing support. The charity is experiencing this challenge nationally, not just in North Yorkshire.

We were unable to begin direct intervention with families until the end of June due to robust systems needing to be put in place so that the service could operate under the new social distancing measures. Much of the first quarter was therefore taken up by liaising closely with the CCG to explore how best to meet this challenge. Sign off was given to us by the CCG to promote the service in June.

The restricted geographical location of the pilot service has presented challenges, we are receiving referrals from families outside of the area but within North Yorkshire who are keen to access the service.

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