**Hull & ERY Children’s SEND Sleep Service**

**Training Opportunities**

Would you like to be part of the CYP SEND Sleep Service working directly with children and young people and their families to improve their sleep? Or would you like to find out more or expand your knowledge on what is sleep, how to improve sleep hygiene and how to support those you work with? We have a number of places on the following courses:

**Sleep Practitioner – normal cost £600 – currently funded via KIDS**

Accredited 3-day Course delivered online by The Sleep Charity - 4th, 5th May & 15th July – more dates to follow.

Equips practitioners to support families using a behavioural approach to sleep. Course materials include pre-recorded lectures, live Q&A sessions and group work to allow discussion and demonstration of techniques. All prospective candidates should meet the following criteria:

At least 2 years’ experience of working with children or families, completed Child Protection training within the last 3 years and have safeguarding policies in place within your organisation. Access to regular sleep supervision via SEND Sleep Coordinator at KIDS.

**Commitment to SEND Sleep Service:**

Line Manager approval with agreement you will commit to service MoU - 10 hours per month (pro-rata) to the Sleep Service (this can be CYP from your own caseload).Provide information on a monthly basis about the CYP you have worked with which will be used for contract monitoring/reporting purposes. Attend quarterly sleep practitioner supervision meetings with the KIDS Sleep Service Coordinator.

**Sleep Champion Training – normal cost £160 – currently funded via KIDS**

Sleep Champion is a course designed for professionals working in secondary schools particularly those in the roles of SENCOs/Wellbeing/support staff. During adolescence biological changes take place making it harder for youngsters to fall to sleep at night and this can lead many young people into crisis. Sleep Champions are trained to provide information to young people so that they can understand how to address these difficulties. Course outlines the reasons for the sleep issues and practical strategies to support youngsters to improve their sleep. Sleep issues left unsupported can escalate and lead to mental health issues, impact on physical and emotional wellbeing, impact on school attendance and attainment. You will receive a printed course workbook through the post. You will also receive a digital version as well as a digital resource pack containing all of the relevant training materials including how to start conversations with young people, information that can be shared with young people and their parents/carers and a downloadable assembly presentation.

Course is delivered via Sleep Charity e-learning module followed by a 90 minute live session via zoom. You must complete all the online modules within 30 days. Dates of 90 min live session following e-learning modules:

Wednesday 23rd March 1.30-3pm Thursday 14th April 3-4.30pm

Monday 16th May 10-11.30am Monday 20th June 12-1.30pm

**Commitment to SEND Sleep Service:**

You will be expected to report on any sleep interventions undertaken on a quarterly basis which will be used for contract monitoring/reporting purposes.

**SEND Sleep Awareness Workshop – no charge**

This 3-hour online workshop delivered by KIDS SEND Sleep practitioners, is for those staff working with children and young people age 1-18 years. On this course you will gain a basic awareness of children and young people’s sleep and the impact of sleep deprivation on their development and wellbeing. Understand sleep cycles and sleep needs. Understand factors that influence sleep. Identify the sleep problem. Look at bedtime routines and how to support a child/young person’s understanding. Next available dates:

Thursday 10th March 4-7pm Wednesday 8th June 4-7pm

**Commitment to SEND Sleep Service:** None

**To book your place or for more information on the courses, please contact Louise Marrow, KIDS SEND Sleep Coordinator,** **louise.marrow@kids.org.uk** **or call 01482 467540**