

Dear Parent / Carer

Springwell have recently began working alongside Scope charity and their Sleep Right Programmes to promote support around healthy sleeping routines. Many families are reporting sleep related difficulties, and recognise the significant impact it has on the physical health and wellbeing of their child, and on the family as a whole.

Sleep Right is a **free service** now in Leeds who support the families of children with Special Educational Needs and Disabilities up to the age of 18, who may be experiencing difficulties with sleep.

As they are a parent led charity, **they only accept direct referrals from parents**. The information supplied with this letter gives you an overview of the service and explains briefly how a Sleep Practitioner can work with you to make changes to the sleeping routines of your child.

As parents / carers, you can self-refer to Sleep Right by telephone or via their website. The process is quick and easy and once your referral has been accepted, you will be contacted within 2-3 days to arrange an introductory group session with a Sleep Practitioner. The charity then work with you over a 6 week programme, offering you both 1-1 and telephone support along the way.

If you are interested in discussing Sleep Right Programmes further, please contact Scope directly on 0113 3570332 or refer through their website at [www.scope.org.uk/sleep-right](http://www.scope.org.uk/sleep-right) where you will find a link for Sleep Right Leeds. There are a few simple questions to answer online to complete a referral to the service. Scope run sessions in various locations around the city and will signpost you to your nearest venue.

If you require any support completing the referral for the Sleep Right programme, please contact the Academy directly and we will be able to guide you through the process.

Kind Regards

Springwell Leeds Academy