

Families and Individuals

Individual Consultations

LENS provides one-to-one **consultative support** for families of **neurodivergent** children, offering practical guidance and a **supportive space** to discuss concerns, particularly during **challenging times**.

Our guidance is tailored to meet your needs and we can support with whatever you need, including:

- Understanding and managing behaviours of concern
- Clear, practical communication guidance
- Sensory processing support
- Advice around educational and social curriculums
- Home visits and tailored assessments
- Additional signposting and support

£70 per hour

“

Thanks so much. Me and my partner are getting along better as we have managed to use some of the strategies to help manage the stress.

– parent

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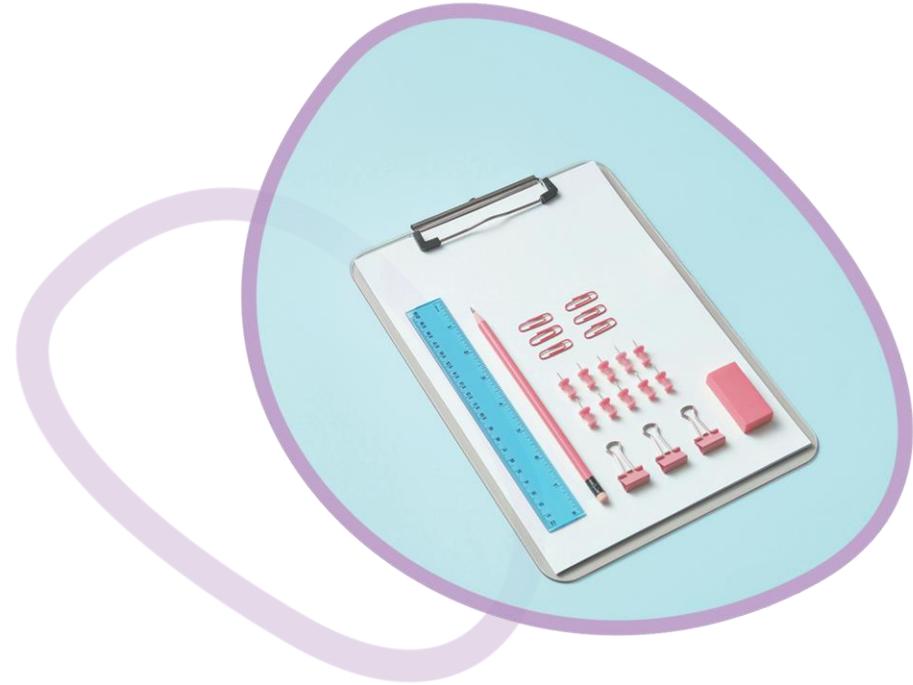
Individual Consultations

Typical support package

Home visit (2 hours)
Meet the child and talk with parents in the home setting

Assessment report (2 hours)
Report focusing on communication and sensory needs, with practical recommendations to support behaviours of concern

Total cost of package: **£280**



If you'd like to talk about how we can help, please contact: joe.booker@lensuk.org

Sleep Support

LENS recognises that many standard sleep approaches are not designed with **neurodivergent** children and young people in mind and can sometimes be unhelpful or even make sleep more difficult. LENS's **Sleep Support service** is specifically developed to meet the needs of neurodivergent children and their families, helping them achieve **better quality sleep**.

We offer practical support through group workshops and one-to-one sessions, supporting families to understand sleep difficulties and develop strategies that fit into everyday life.

We are trained in behavioural sleep approaches by The Sleep Charity and combine this with extensive experience supporting children and young people with a wide range of needs, alongside their families and wider networks. We recognise that sleep cannot be addressed in isolation and that effective support needs to be built into daily routines.

“ ***My daughter now self-settles to sleep and we have far fewer night-wakenings. Things are so much better and we couldn't have done it without you.*** ”
– parent



Sleep Support

We offer **two sleep support options** for parent carers, providing practical advice and clear strategies to help **improve sleep** for children and young people. All sessions take place **online**, so you can join from home.



Improving Sleep workshops

An **online half-day interactive group workshop** for parent carers, exploring why sleep matters and how it may differ for neurodivergent children. The session focuses on **practical strategies to address sleep difficulties** and offers a supportive space to share experiences, ask questions, and discuss your own situation.

Free workshops run throughout the year. For more information regarding dates and to book on please contact:
joe.booker@lensuk.org

1:1 sleep clinics

An **online one-hour, 1:1 consultation** offering **personalised advice and practical guidance** to address sleep difficulties. You will be supported to try agreed strategies at home and can discuss progress with our sleep practitioner by **email** for up to **six months** after the session

£90

Additional sessions are available at a cost of **£50** per hour long session.