

LENS Services Directory

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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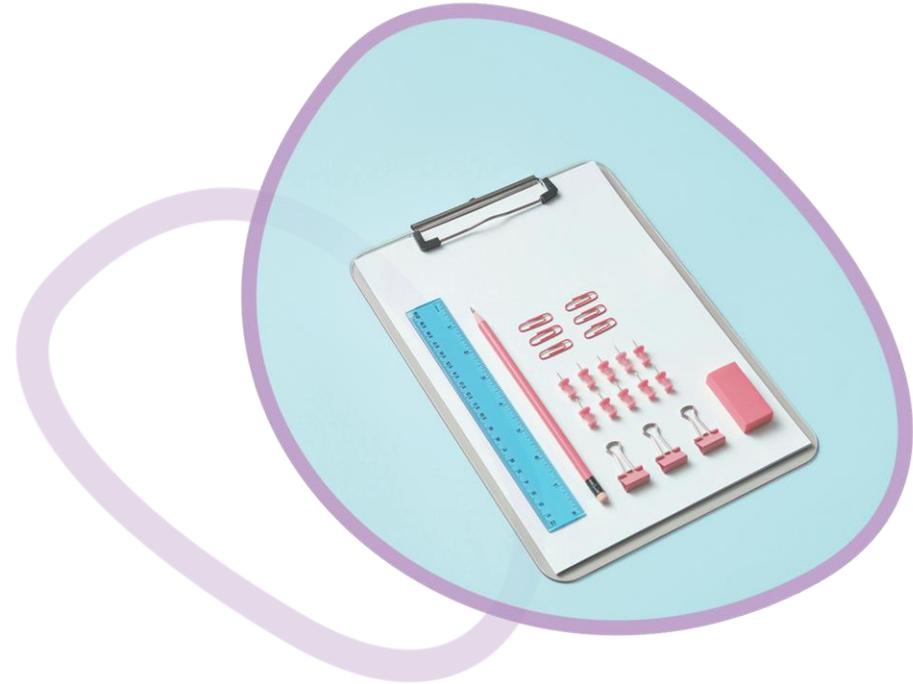
Individual Consultations

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.

Education and Care Settings

Online Alternative Provision

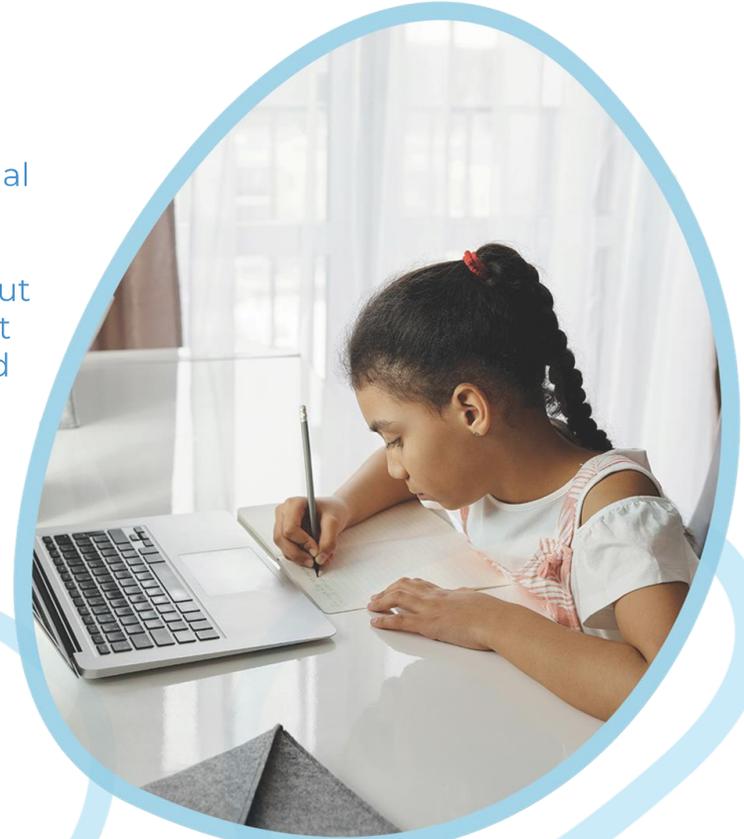
LENS offers a **part-time, online alternative provision** for **pupils** and **students** who are unable to attend school due to **emotionally based school avoidance (EBSA)**. The provision supports **re-engagement** with learning through a **trauma-sensitive, low-demand, learner-directed approach**, recognising that traditional academic models are often inaccessible for pupils experiencing high levels of anxiety.

This **relationship-led, interim provision** is particularly suitable for pupils and students who are currently out of school or attending minimally, are not yet ready for academic tutoring or formal provision and may be at risk of prolonged disengagement. Sessions are delivered online by practitioners experienced in autism and EBSA.

Sessions focus on:

- building emotional safety and trust
- reducing anxiety associated with learning demands
- supporting curiosity, agency, and confidence
- creating readiness for future educational pathways

£1680 per 12 week block



Online Alternative Provision



Structure and Duration

- Two online sessions per week
 - Up to 45 minutes per session
- Individualised and flexible delivery
- Learner-directed themes and interests
- Twelve working weeks
- Sessions pause during school holidays
- Delivered as a time-limited block-funded programme

Outcomes

- Focus on engagement and emotional regulation
- Ongoing reflection and adjustment of approach
 - Session records and monitoring
- A written end-of-block report, outlining engagement, emerging strengths, barriers and recommendations for next steps.

For more information, please contact: joe.booker@lensuk.org

Training and Professional Development

LENS delivers **training** and **workshops** for **schools, colleges, and care settings**, designed to build understanding and confidence in supporting **neurodivergent pupils and students**.

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

- Understanding autism and neurodiversity
- Creating neurodivergent-friendly learning environments
- Disability awareness
- Equality, disability, and reasonable adjustments
- Communication and sensory strategies

£175 per 1.5 hour session

“

A really interesting session. It definitely made me think more about the way I work. Also has furthered my passion for encouraging autism awareness in my role.

– *training participant*

”



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

Consultative Support

LENS provides **consultative** and **practical** support for **schools, colleges, residential provisions, and specialist settings** working with **autistic, neurodivergent, and learning-disabled children and young people**. Below are some of the services currently offered by LENS.

- Designing and developing a resource provision within a mainstream educational setting
- Curriculum design and session-planning
- Oversight of personalised support plans, including setting, tracking and managing appropriate and individualised short, medium, and long-term targets
- Sensory and environmental audits
- Behavioural assessments and reports
- Supporting complex transitions
- Guidance on 'reasonable adjustments'

£95 per hour

“ The support was invaluable and gave us increased confidence in developing our provision. What seem insurmountable became doable!
– *SENCO* ”



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

Employment and Workplace Support

Training and Professional Development

LENS delivers **training** and **workshops** for **employers** and **organisations**, designed to build understanding and confidence in supporting **neurodivergent staff**.

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

- Understanding autism and neurodiversity in the workplace
- Creating neurodivergent-friendly working environments
- Inclusive management practices
- Equality, disability, and reasonable adjustments

£175 per 1.5 hour session

“

Yours was the standout session in a full week of training. I feel like I've learnt so much!
– training participant

”



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

Creating Supportive Systems

Work in this area focuses on **creating systems** that support **consistency, fairness,** and **clarity** for **neurodivergent** employees.
LENS can support your organisation to:

- Review existing inclusion and wellbeing practices
- Advise on reasonable adjustment processes
- Support managers and HR teams
- Develop practical guidance for staff
- Design appropriate policies and procedures
- Create supportive neuro-affirmative cultures

£95 per hour

“

I just wanted to say a big ‘thank you’ for all your support. In discussions afterwards the team were very positive and motivated to make changes.

– employee

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For more information about how we can help your organisation, please contact: joe.booker@lensuk.org

Intermediary Support Programme

LENS have developed a structured process aimed to facilitate **communication** and **positive transactions** between **employers** and **employees**.

The **Intermediary Support Programme** provides a **supportive, neuro-affirming** space where a **LENS Intermediary** supports an organisation to:

- Explore workplace challenges safely and confidentially
- Identify strengths and needs
- Reflect on barriers (sensory, organisational, relational, environmental)
- Develop a Workplace Adjustment Plan, outlining an agreed list of reasonable adjustments
- Develop neuro-affirmative management skills

From **£550** per employee

“

It's just really helped to be able to talk it all through and the structured process has worked for me. I wouldn't have thought of all the changes on my own.

– employee

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For more detailed information about how this programme can help your organisation, please contact: joe.booker@lensuk.org

This directory is not intended to be exhaustive.

LENS can offer bespoke support across a wide range of areas relating to neurodivergent children, young people, and adults.

If you have a specific request, or if you are unsure what support might be most helpful, please get in touch to discuss your needs. An initial conversation can take place by phone or via Microsoft Teams.

Contact us:

 joe.booker@lensuk.org

 07356 046 345

 www.lensuk.org