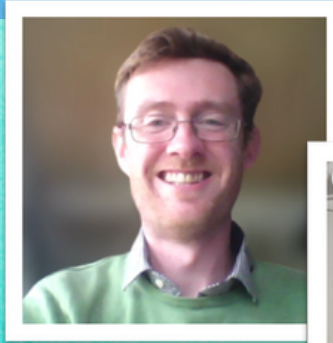


“Calmer Lives helped us to reconnect with our children and enabled us to further support each of them individually.” Hunt family



Hi, we are your therapeutic mentors, **Howard & Jennifer** with a combined 30+ years experience supporting neurodivergent people of all ages and their families

Are you struggling to understand **Autism, PDA, ADHD/ADD**?

Are you seeking a way to reduce distressing, unsafe behaviour?

Are you struggling to attend school or work daily?



online



parents & carers 1:1



young person 1:1



families 1:1



neurodivergent adults 1:1



professionals



in person

15 minutes  
Free Call

**Please get in touch.**

**We may be the bespoke service you are looking for.**

[www.calmerlives.co.uk](http://www.calmerlives.co.uk)

 @calmerlives

01392 360645—ext 3

Calmer Lives is a service of



CREATING OPPORTUNITIES  
WITH DISABLED PEOPLE

Registered as a company limited by guarantee- 4693500 REGISTERED CHARITY No. 1096528

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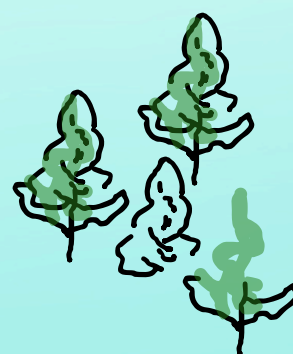
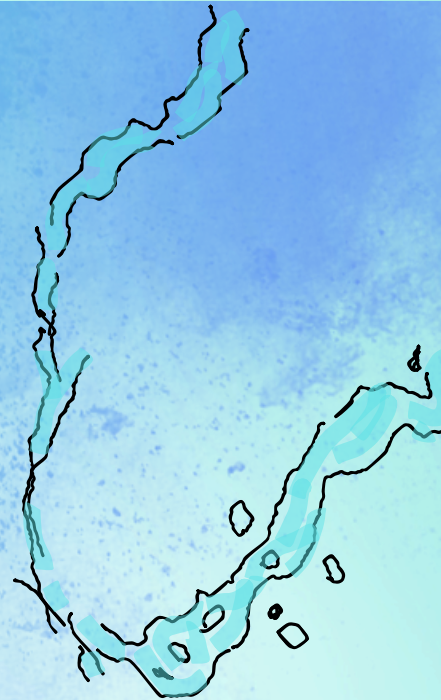
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# Welcome

Thank you for your interest in our Calmer Lives service.

We welcome the opportunity to share more about what we are all about and discover if we can help you.

Calmer Lives is a CEDA service. It is a non-profit organisation providing therapeutic support to neurodiverse families and individuals. Originally called Bis-net, Calmer Lives was established in 2013. The service has evolved, seeking to make impact in the following areas.

- To support families and professionals caring for children and young people with Neurological differences such as ASC, PDA, ADHD/ADD
- To support individuals of all ages with Neurological differences
- To keep ourselves informed of the latest understanding of neurodiversity, developments in neuroscience and sharing its importance and value to the community
- To impact families and individuals so that they can lead calmer, connected, happier lives

## We can Support



online



parents &  
carers 1:1



young person  
1:1



families  
1:1



neurodivergent  
adults 1:1



professionals



in person

Early Intervention Crisis m

Neuro-divergent ADHD

Calm Connect

Understanding Low Dema



# Who's who?



**Howard Hoskins**

**Service Manager & Therapeutic Mentor**

phone:  
**07789 647392**

email: **howard.hoskins@cedaonline.org.uk**

## About Me:

I have a passion for helping people explore and learn new skills through play. I love finding ways to help improve inclusion so that any individual can create safe environments for themselves and develop at a pace most suitable for them.

- Graduated from University in Geography & Sports studies
- TA then HLTA in a special educational needs school
- Sports and Inclusion officer with CEDA
- Became a certified RDI (**Relational Development Intervention**) consultant
- Attended various courses in Autism, ADHD, PDA, Mental Health First Aid and continue to seek further training and study of neuro-divergence, trauma and mental health

**Jennifer Levey**

**Therapeutic Mentor**

phone:  
**07789 647180**

email:  
**jennifer.levey@cedaonline.org.uk**



## About Me:

I pride myself on working sensitively and therapeutically with all my families and 1-to-1 clients: It's my job to create a sense of trust, non-judgement, and safety in all that I do so that, whoever I am supporting, feels secure and comfortable.

- Started out as a Music Teacher
- Worked as a specialist TA and well-being support in mainstream school.
- Trained in Autism, ADHD, PDA, Dyslexia, Mental Health First Aid
- in school.
- Trained and **qualified as a Counsellor**.
- Further training and study of neuro-divergence, trauma and mental health.

# Impact Story

Throughout this booklet we invite you to learn about the impact our support has provided for individuals, families and professionals.

## The family and support provided:

The family comprise of 3 neurodivergent children living separately, one with Mum, one with Dad, one with Grandma due to difficulty living together. Jennifer Levey, Calmer lives therapeutic mentor, began by offering a few sessions with Mum who was living with the eldest child (15-16) to get a gauge of what was happening and to offer some support strategies. This young person experiencing the most frequent and intense dysregulations at the time.

In turn Jennifer began 1to1 therapeutic sessions with the eldest child who had hit Autistic Burn Out and shut down and subsequently unenrolled from school.

Support provided young person to:

- process **trauma**
- understand their own individual Autism and PDA
- understand **self-regulation** and dysregulation & tools to assist regulation
- understand their siblings neurodivergence and their triggers
- **build self-esteem** and sense of self

Joint sessions were provided with Mum to discuss and explore ways forward so that the siblings could build positive ways to be around each other in one house.

Sessions with middle child (13-14) and Mum, plus some 1to1 who was also facing Autistic Burn Out and Shut down, struggling to attend school due to extreme anxiety and OCD associated with school anxiety.

Support focussed on help to:

- understand what was happening to her; understand personal sensory profile and impact of not meeting needs
- understand **masking** and avoidance of social interaction
- understand dysregulation and the impact of displaced stress onto family members
- understand other siblings' neurodivergence better and build tools for tolerance and understanding

1to1 sessions with Dad, who middle child refused to talk to until he had therapeutic support to help change his behaviour and communication.

Support provided Dad to:

- understand his own drives and anxiety responses
- understand why children are **demand avoidant** and struggle with regulation
- understand own likely neurodivergence and personal individual needs relating to it
- build tools and strategies of communication to support children **side by side** and empathically rather than being controlling, demanding, reactive and punitive.

## Impact:

### Eldest child:

- **Volunteered to do work experience in a children's nursery** which then lead to a part-time position and NVQ training in the nursery which supported her needs for time out to re-regulate.
- Continues to make sure tasks which give her regulation and well-being are structured as part of her everyday life: crocheting, music, gardening, baking.
- Better understanding of self and how to look after self.
- Better understanding of siblings and parents and when to engage and when to back away.
- **Aspirations to study child psychology.**
- Better understanding of neurodivergence.

### Middle child

- Had a period of recovery from school.
- **Re-engaged with school** but now able to communicate her needs to regulate and function.
- School now better able to support.
- Less masking and general regulation on a more even keel.
- **Hugely reduced OCD.**
- Now has a pleasant relationship with sister and Dad and seeks out time with them where before had shut self away in bedroom.

### Dad:

- Much **improved mental health** and self-awareness.
- Now understands how to support his children and ex-wife/mother of children and as a result his relationship with all of them is much improved.
- Now understands what to advocate for in school for his middle child and youngest where in the past he put pressure on all his children further exacerbating their difficulties.
- **School now working to give adaptations in school** and in regular contact with parents to continue in child's best interests.
- **All three children now seek out and like time with Dad.**

### Mum:

*"Having been failed by the support services offered by our local authority, my daughter started sessions with Calmer Lives to help her to work through the troubles she was having with a variety of issues including school anxiety and family relationships/dynamics. After attending a series of weekly sessions, she has now arrived at a much happier place in life and feels better equipped to handle the challenges that her rapidly approaching adult life will bring. I honestly don't know what we'd have done without the help of Calmer Lives.*

*I subsequently reached out for help with Calmer Lives after hitting a wall of my own; stress from work compounded by complex family/relationship dynamics left me close to despair without the motivation to look after my own needs. Calmer Lives expert advice and guidance showed me how to achieve the best outcomes for myself and my family, underlining the importance of prioritising my own needs. My now monthly check-ins with Calmer Lives will help me to ensure that I'm continuing to improve.*

*Working from home, I find that the online sessions worked best for me since I can simply block a suitable time-slot out of my day and be in therapy without leaving my 'office'.*

*Calmer Lives guided me sensitively through the relationship issues I was experiencing with my neuro-diverse children. After each session, I was directed towards relevant supporting resources and materials that I could utilise in my spare time to quickly give me the tools to improve. **I'm now taking a completely different approach towards communication with my whole family and can honestly say that my relationship with them as a whole has never been better.** I wouldn't be in this position without the help of Calmer Lives."*

# Impact Story

## Request for support

The school made a referral for the family for support from Calmer lives, it was suggested the family access a Thrive intervention via the children centre, which has now been completed. Parent embraced the process and completed the 6-week intervention. However, it was felt the family could do with further support via Calmer Lives, to continue to support child when she dysregulates, which leads to her displaying big feelings of emotions, which is a challenge for her to deal with most times. Further guidance will help Mum to support her daughter when she is dysregulated. There are times when the child's behaviour impacts her sister who suffers anxiety. She can become dysregulated at school and is unable at times to manage her big emotions. The child has received a two day exclusion from school with concern for this behaviour leading to continue in frequency and intensity.

School have started the ASD assessment process for her.

## Support provided by Calmer Lives

- 7 one hour sessions delivered online with parent.
- Increased parent's understanding of autism.
- Focussed on child's behaviours, strengths and areas of difficulty and sensory profile.
- Practiced activities together during summer break that helped prepare themselves for a return to school in September.
- Identifying need for child to require more **predictability** in the environments she encounters and develop **escape plans** for when she becomes overwhelmed.
- Completed a **school trigger assessment form**.
- Identified some actions for school to help provide **adjustments** to her day.

## Impact

- Child able to visit a shoe shop with her Mum without experiencing a 'meltdown / overwhelm'.
- She was **able to try on new school shoes** and choose a new pair.
- Child was able to transition back into new school term **meeting attendance expectations**.
- Mother has increased her understanding of behaviour and ability to advocate for her child's needs in school.
- Parent has been able to increase their own capacity for self care whilst supporting the needs of others.

"I have a different angle and learning more how my child might be seeing something. I try to help her explain her point of view. I'm learning to pick up on her cues. It can be hard to imagine what she is going through. There is always something new. There will be a meeting with new school headteacher this week. I want to learn more about their approaches moving forward."

- Mum

# Your Flow



We start our consultation by meeting with parents, carers through our **Introductions** service.

Alternatively, many of our families meet us having been triaged through local authority's Early Help scheme or social services. From here we can learn a bit more about participants needs and expectations and help individuals move on into our other consultancy options. There is no one set path. We will help guide which option may provide the most optimal fit at any given time and you may find yourself flowing between them.

We welcome children and young people to be part of our consultation support. We are mindful, however, to set this up in a way so that they can feel safe and motivated to be part of the sessions. This must be tailored and go at their pace.

15 minutes  
Free Call

Any queries at this stage. No problem. Just give us a call or maybe send an email or two.

01392 360645-ext 3

[calmerlives@cedaonline.org.uk](mailto:calmerlives@cedaonline.org.uk)





# Parents & Carers



Are you struggling to understand your child's diagnosis, **Autism, PDA, ADHD/ADD**?

Are you seeking a way to reduce distressing, unsafe behaviour in your home?

Are you exhausted navigating the minefield of **SEND**?

Are you finding that traditional rewards and punishments just aren't working, maybe even making things worse?

Are you seeking support to help your child remain in their **education** setting?

**We can support you** and will seek to ensure that we...

- listen to your experiences first. What is it really like parenting a neurodivergent child?
- provide a **non judgemental** setting.
- validate that you are experts in your children's lives.
- help you discover both your strengths in parenting whilst working on challenges.
- help set a course of action together and work on one thing at a time.
- provide a **'you first'** approach to help you support your own wellbeing as you are supporting the needs of others.
- help understand the **'why'** behind your child's behaviour and ways you are responding to them.
- help develop a tool box of **practical, pro-active** supports to aid your child's ability to regulate and develop.
- help you **advocate** for your child's needs with family members and education settings.

Radical parenting

Meltdowns

Low Demand Approach

Relational support plan

Advocacy

Can't not won't

De-escalation

EHCP advise

Recording

Calm, Connect, Collaborate





# Young Person 1:1



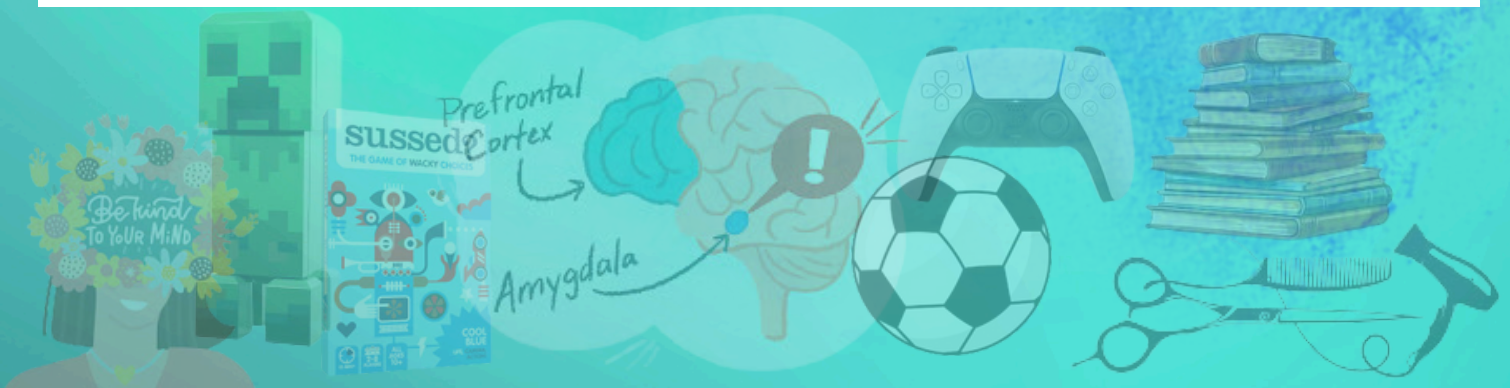
We are mindful to pitch our 1to1 sessions specifically around your **interests and strengths** so that sessions can feel as comfortable and safe as possible...and hopefully **enjoyable** and interesting! Everything is paced around you, so, for some it may mean meeting outside in a green space, for others, it will feel better to meet remotely online; some with camera on, some camera off, some at home or at our base in Exeter etc..

## Discovering Me

Our 1 to 1 sessions tend to focus on one or more of the following depending on your needs and interests:

- Understanding '**my brain**' - my neuro-divergence - **my strengths** and difficulties - harnessing and celebrating my strengths; managing and working with my difficulties in a way that works for me
- Understanding my **sensory** profile - what is it? - how to support my regulation
- **Self-identity** - who am I? - forming a positive neuro-divergent identity
- **Friendships/relationships** and communication - navigating through the complexities of interactions
- Depression and low self-esteem
- **Anxiety** - understanding it, what it is, why it's there and building ways to manage it that work for me
- Understanding the basics of trauma; what it is, how it can impact both body and brain, and what I can do to help myself

We approach these areas in different ways depending on the preferences of the person we're supporting; this could mean exploring the above through specific personal interests, art, games, gaming, talking, writing, craft, movement, exercises...etc





# We can Support Families 1:1



"Mum and Dad are always nagging me to clean up my room!"

"Why do you keep getting in trouble in your English lessons?"

"How should we be guiding our child's development skills?"

"I'm worried one of us will get really hurt"

"Our sensory needs really clash, especially after school and work."

Whatever the unique challenge each family may wish support on we love opportunities for both parents, carer's and their children to be able to attend our sessions **together**. We will help assess obstacles and seek to ensure that any participant can build **trust** and are **motivated** to be part of the process.

So whether it's through conversations, activities or play, we aim to make our family therapeutic sessions engaging and fun working on things together.



"It allowed us to identify problems at university, and to formulate a plan that meant Z could identify herself when things were not going well (as well as me understanding better why these things were happening) and ultimately decide when it was time to stop and change direction."  
- parent

Mindful guide

Unsolved Problems

Preferences

Together

Values

Double empathy problem

Developing trUSt

RDI

Collaboration

Co-regulation

Apprentice

Joint Attention

# Early Help



**Devon Children and Families Partnership**, Early Help, have been referring families to use our consultation and therapeutic services since 2018. Before a referral is made to Calmer Lives, Early Help will **triage** families, determining need and allocating funding. They are most likely to select families who have already attended some training on neurodiversity or parenting support. Calmer Lives are then requested to provide its more individualised, tailored support to these families.

To learn how to apply for an Early Help request for additional services please visit Early Help - Devon Safeguarding Children Partnership ([devonscp.org.uk](https://www.devonscp.org.uk))

<https://www.devonscp.org.uk/early-help/>

Calmer Lives offers a tailor made solution for individuals and families referred through Devon's **Early Help** service. It is also possible for other organisations to refer families and raise a purchase order. We accept referrals from children and adult **disability services, social care** and **education providers**. On completion of a contract families can continue to self fund therapeutic support using DLA or personal finances and can chose to meet weekly, fortnightly, monthly or ad hoc.

## Who is this service for?

For parents, carers, who are supporting children and young people with distressed or unsafe behaviour. It is possible to offer support to children or young people directly within the course. This provision is decided on a case by case basis.

## Provision

- Up to **7 hours of contact** time with your consultant
- Attendance to one TAF (**Team Around Family**) meeting can be included within the 7 hours support
- **Summary report** shared with Team Around the Family through Rights For Children online platform

## Impact

- To educe distressing and/or unsafe behaviour and improve both individual and family wellbeing
- To improve families understanding of root causes behind any difficulties they are experiencing
- To reduce number of families escalating from Early Help into Children's Social Care

"Calmer Lives have successfully supported many Exeter families as part of the Early Help support plan. The service has given families that are struggling with behaviour of their child, the tools and techniques to effectively parent and reduce escalation into Children's Social Care."

Laura Syree Early Help Lead Exeter

# Neurodivergent Adults 1:1

Have you recently received a diagnosis of **autism** or **ADHD** and wondering what to do next?

**Friendships / relationships** and **communication** - Would you like some guidance navigating through the complexities of interactions?

Are you able to **advocate** for adjustments in your workplace that help you feel more comfortable and able to do well in your job?

Are you struggling to adapt to **change** moving into university?

Are you experiencing '**autistic burnout**'?

Do you understand your **sensory profile** and how to best support your regulation?

If you are seeking support around any of these questions or have more we welcome the opportunity to support you. This might be a one off hour consultation together or a series '**check ins**' over a period of time. The support is bespoke and we will do all we can to create a setting you can feel comfortable in and begin to recover or move forward with your goal.

15 minutes  
Free Call

**Please get in touch.**  
**We may be the bespoke service you are looking for.**

[www.calmerlines.co.uk](http://www.calmerlines.co.uk)  
01392 360645—ext 3



online



in person





# Professionals



Does Calmer Lives **mediate** between family and education professionals to assist a child attend in their education setting?

Can Calmer Lives provide some **autism awareness training** to our organisation?

Can Calmer Lives help our class learn more about the way they think about neuro-diversity and reduce bullying?

Do Calmer Lives attend TAF (Team around the family) and CIN (Child in Need) meetings?

Could I get in touch, with Calmer Lives for a short 15 minute call, to help discuss a family?

Can our staff purchase a tailored one hour session to help discuss a child's behaviour to create some pro-active supports?

# Yes!

We are striving to improve the experiences of neurodiverse individuals of all ages, whether this is in their family, education, work or social settings. Our bespoke support is not confined to the individuals who are referred to us but can be extended to deliver consultation and training to fellow professionals involved.

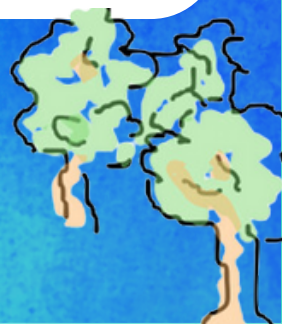
We welcome every opportunity to **collaborate** and share our experiences.

15 minutes  
Free Call

**Please get in touch.**

**We may be the bespoke service you are looking for.**

[www.calmerlines.co.uk](http://www.calmerlines.co.uk)  
01392 360645—ext 3



# Services & Prices

1st April 2024 - 31st March 2025

Service	Cost	Tailored
<b>Introductions</b>	<b>£55 / hour</b>	Appointments can be attended remotely, through phone or video calls.
<b>Therapeutic Support</b>	<b>£55 / hour</b>	
<b>CEDA service member</b>	<b>£40 / hour</b>	Calmer Lives is based in Exeter. If we can reach you in a reasonable time frame we can meet face to face
<b>Early Help</b>	<b>Commission by local authority</b>	Bookings can be scheduled weekly, fortnightly, monthly or ad hoc.
Additional support	£27.50 / 30 mins £55 / hour  Mileage / Travel time 0.45p per mile £55 standard hourly rate	Participants can include parents, carers, young people and professionals

## Bookings

[www.calmerlines.co.uk](http://www.calmerlines.co.uk)

01392 360645—ext 3



# The Flow



**Start**

## Online Booking

**Payment using BACS made prior to meetings**

Please follow enquiries path to book face to face meetings or seek alternate times.

Select consultant, date, session time and service

One off appointments available

## Early Help

Professional supporting family / Early Help Lead practitioner completes RFAS (request for additional funding)

[www.devonscp.org.uk/early-help](http://www.devonscp.org.uk/early-help)

## On-going support

Early Help Triage

Purchase Order raised if successful and submitted to Calmer Lives

Placed on waiting list. Family will be contacted to book in x7 hours consultation

Complete course and receive summary report. Shared on rightsforchildren platform

Families may use DLA, seek alternative funding support or pay privately to continue accessing Calmer lives. Families will not be placed back on a waiting list and can use booking facility to make appointments

## Enquiries

[calmerlives@cedaonline.org.uk](mailto:calmerlives@cedaonline.org.uk)

Answer Phone  
01392 360645 - ext 3

**Free 15 minute phone consultation or email reply**

Referral pack provided

Submit referral. Offered start date or placed on waiting list during busier periods

Families can complete Calmer Lives referral form and be placed on waiting list any time

## Introductions

Consultation gets underway. Following introduction meetings participants are guided through there own unique path

Discovering Me

You First

Developing trUSt

Behaviour Support

Early Help

## Therapeutic Support



“We like the way that Calmer lives consultants are never fixed in their professional opinions; they are always happy to learn, as new evidence comes to light, and in turn pass their broader knowledge onto parents and carers.”

Squire family



## Contact Information

By Post

**The Clare Milne Centre  
Emperor Way  
Exeter Business Park  
Exeter  
EX1 EQS**

Email

**[calmerlives@cedaonline.org.uk](mailto:calmerlives@cedaonline.org.uk)**

By Phone

**01392 360645 - ext 3**

Online

**[www.calmerlives.co.uk](http://www.calmerlives.co.uk)**

Social Media

**f @calmerlives**