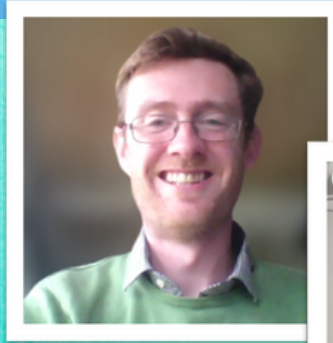


"Calmer Lives helped us to reconnect with our children and enabled us to further support each of them individually." Hunt family



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  **ceda**

CREATING OPPORTUNITIES  
WITH DISABLED PEOPLE

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

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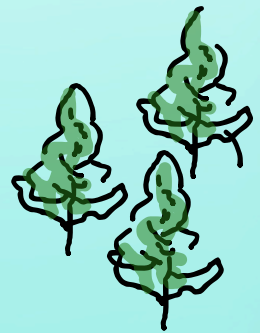
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# Welcome

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



## Parent, Carer

What impact does Calmer Lives have on you and your life?

Calmer Lives has had such a huge impact and will continue to do so into our future. Its effects benefit not only me and my son (both of whom are neurodiverse) but also permeate through to positively impact our family life and also my work life, leading to a sense of **increasing stability** and **hope** now as opposed to utter despair and total overwhelm. I can now imagine a future. My **emotional intelligence, communication skills and self-awareness has grown** a lot with Jennifer's expansive empathy, understanding, knowledge and compassion. The counselling sessions have undoubtedly **reduced the impact of traumas** and ultimately I feel this has **saved my marriage, my family and my career** as I now have powerful strategies and perspectives I can take to **help us all be resilient through difficult times**.

If Calmer Lives didn't exist how would that impact you?

Jennifer has successfully coached and mentored me through some of the biggest traumas in my life. I feel **there is no comparable service or skill set out there**, it is irreplaceable - elsewhere you get only 15% of the offer - so you may get an experienced mentor but they offer just a 6wk generic provision out of a book. Calmer Lives is so individualised and personalised it becomes the perfect therapeutic response. Without leaning on Jennifer's strength I would not have fought back; without having her intelligence I would have felt unseen and unheard but also unworthy. She helped me **find my courage**, and she has helped me nurture what matters. She has helped me see through my anger and pain to recognise my core values and I now realise these matter. I have been able to **lose some of my bitterness, regret and shame**. I do absolutely dread to look back and imagine what would have happened without Calmer Lives; I think we were unwittingly close to catastrophe.

Why did you choose Calmer Lives?

We chose Calmer Lives just because of a free 6 session therapy through Early Help referral. We had had some success with therapy some years ago.

What 3 words do you associate with Calmer Lives?

**Expertise, Tailored, Recovery**

Katie Cambridge

# Impact



## Neurodivergent Adult

What impact does Calmer Lives have on you and your life?

With cancer, an ADHD diagnosis at 65-years of age, an unwanted 'grey-divorce' and concomitant need to find a new home in a new area, the counselling I receive through CEDA has managed to combat the - previously overwhelming - feeling that I might as well move to a retirement home and just wait to die.

Why did you choose Calmer Lives?

Trying to find properly trained, experienced and qualified therapists who can deal with clients with complex needs, including neurodivergence, was crucial to my decision. There are no shortage of counsellors willing to take my money, few I have found that have the necessary range of competencies, outside Calmer Lives.

What 3 words do you associate with Calmer Lives?

**Life-changing, Empathetic, Professional**

Dr Richard Light O.B.E.



## Parent & Child

Calmer Lives has helped my child reduce his anxiety and increase his confidence and self awareness by allowing him the time and space to process his thoughts whilst having a positive impact on his mental health.

Only last week, on finishing his session he exclaimed 'It really has paid off coming to see Jennifer over that last few years'.



# Impact



## Local Authority

What impact does CEDA, Calmer Lives have on you and your role or organisation?

Calmer Lives allows families at an Early Help Level to access a Level 3 intervention to **prevent their family escalating into Level 4 Children's Social Care**. DCC offer an in-house free parenting programme on Autism and ADHD called Autism and Us but often we find parents/carers struggle to take what they have learnt in this online training and put it successfully into practice in everyday life. Parents/Carers also may have specific areas of difficulty with their child that is not covered within the standard sessions offered by DCC's Communication & Interaction Team and thus this is where the 1:1 support from Calmer Lives comes in.

If CEDA, Calmer Lives didn't exist how would that impact you, your role, the organisation, the people around you?

At this stage, it would massively impact the lives of children and their parents in Devon (excluding Torbay and Plymouth) as currently the Family Hub Model is not yet in place and there is no Level 3 Targeted offer that supports families specifically with ASD/ADHD within DCC.

Why do you choose to work with us?

I originally quality assured the service over five years ago when it was named BISnet. Conversations with Sam Harris at the time came out of myself and a colleague identifying a gap in service for families not open to Disabled Children's Service or to Children's Social Care but needed additional 1:1 support to assist with difficulties in their family life associated with a child with ASD/ADHD.

What 3 words do you associate CEDA, Calmer Lives with?

**Knowledgeable, Friendly, Supportive**

Laura Syree - Early Help - Locality Team Partnership Lead | Exeter



# 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



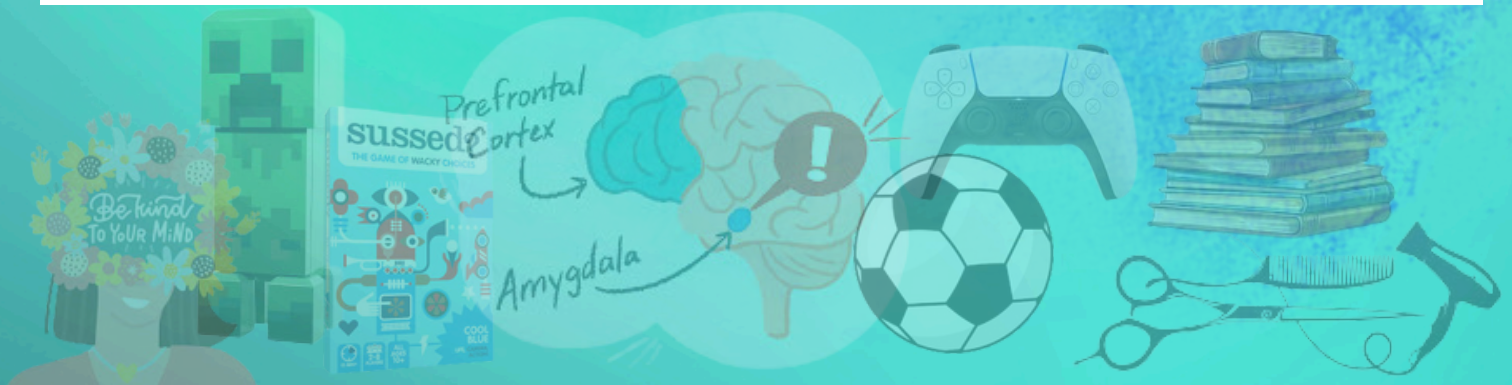
We are mindful to pitch our 1to1 sessions specifically around your **interests and strengths** so that sessions can feel as comfortable and safe as possible...and hopefully **enjoyable** and interesting! Everything is paced around you, so, for some it may mean meeting outside in a green space, for others, 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





# 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.

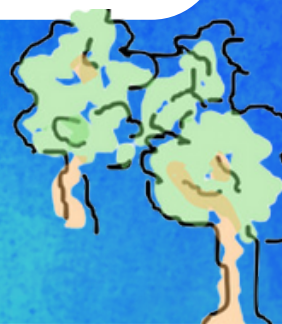
We welcome every opportunity to **collaborate** and share our experiences.

**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**



# Education



## trUST & adjUST

Is your child struggling to attend their education setting?

What adjustments can be made that improve wellbeing, attendance and celebrate neurodiversity?

Supporting Neurodivergent CYP (Child, Young person), their family and education setting with an informed approach on why they are finding it difficult to attend education.

**Bespoke 1:1 support** is provided with CYP giving time to **build trust** with a therapeutic mentor and discover **their experience of education**. The service helps to assess **hidden barriers** whilst also seeking to help them understand their **strengths** and opportunities for them to not only attend but also **thrive**. Whilst seeking to be flexible, sessions are delivered online with face-to-face options dependant on location.

Time is provided to **Plan, Do** and **Review** around difficulties that are having most significant impact on a child's ability to attend. Calmer Lives extends its support to both parents, carers and the education setting, **advocating** for **collaborative** and **pro-active solutions**.

'Well-meaning responses by school may amount to an invitation for them to return when they feel able, but this positions the issue as a problem within the child - and for the child to solve. In reality the reason for absence often lies in school and outside the control of the young person. Without an informed effort to understand why they stop attending, the likelihood of a successful reintegration is remote.' Moyse 2021



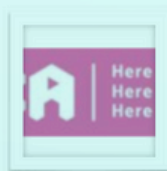
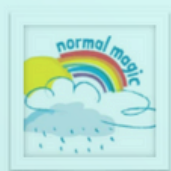


# Family Minds Partnership

**Family Minds Partnership** is a group of organisations who are working alongside each other to better improve **mental health support** for Children, Young People and their Families across Devon.

Our common purpose is to

- Ensure **all family members** are appropriately supported (including siblings), by working collaboratively
- Work collaboratively to **increase the success rate of interventions** that families receive, by taking a shared, holistic approach
- Share knowledge and ideas to **achieve positive/best practice**
- Have shared values, a shared language and shared messages, whilst delivering services in our own unique ways
- Pull services in to support our families, rather than simply signposting to an alternative service (no wrong front door)
- Continue to **be a catalyst for change** by capturing our journey and sharing the learning



**Family Minds - Parental Minds**

<https://parentalminds.org.uk/family-minds/>

# Services & Prices

1st April 2025 - 31st March 2026

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)

## 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**

## Introductions

Offered introductions meeting  
or placed on waiting list during  
busier periods

## Therapeutic Support

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

Family

Young Person

Neurodivergent  
Adults

Parents &  
Carers

Education

Early Help

"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](#)**