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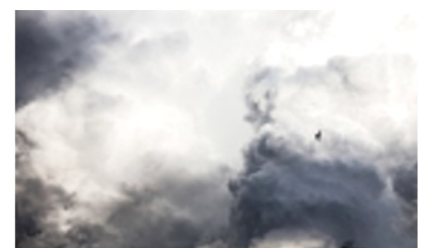
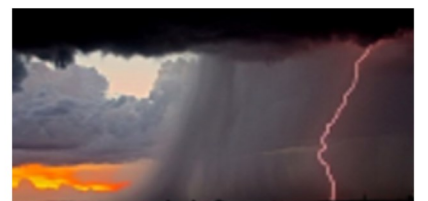
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Check in...

Before we move on and explore this booklet here is an opportunity to check in with yourself today...

Are there images that reflect your energy levels right now or how you are feeling?

Maybe go and do something just for you now and come back to this when you're ready...



Welcome



tailored & neuro-affirming



online



young people 1:1



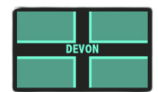
family therapeutic



parent, carer




professionals



in person

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 are the right fit for you.

Calmer Lives is a  CEDA service. It is a non-profit organisation providing therapeutic support to neurodiverse families and individuals. Formally known as Bis-net created in 2013, the service has evolved, seeking to make impact in the following areas.

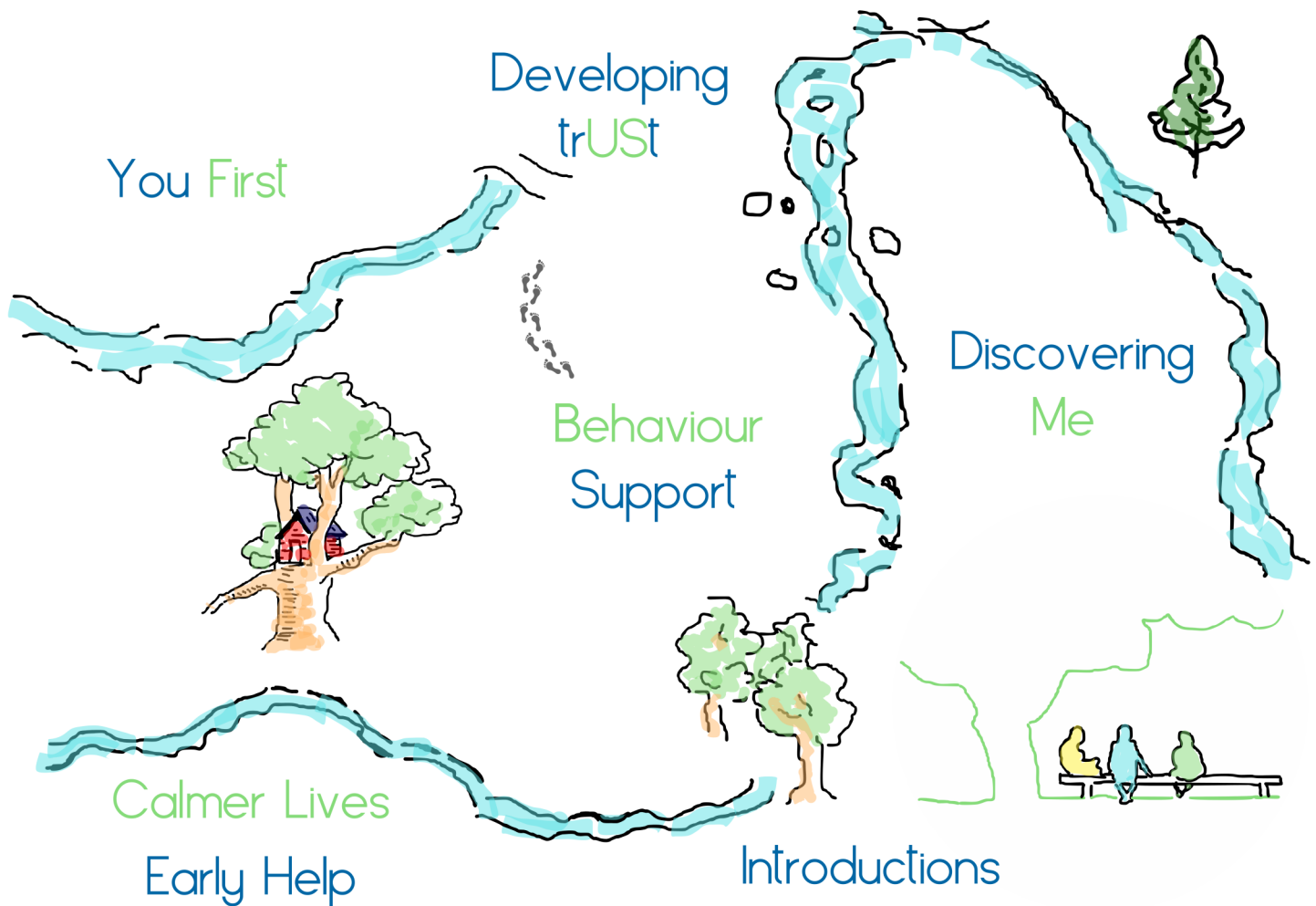
We want to:

- Support families and professionals caring for children and young people with Neurological differences such as ASC, PDA, ADHD/ADD
- 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
- Impact families and individuals to lead calmer, connected, happier lives

Early Intervention Crisis management Person Centred Positive
Neuro-divergent ADHD Autism PDA Trauma Informed Caring
Calm Connect Support Co-regulate Collaborate
Understanding Low Demand Relational Happiness Knowledgeable
Feeling lighter Right Strategies Family Help Sounding Board

The Flow





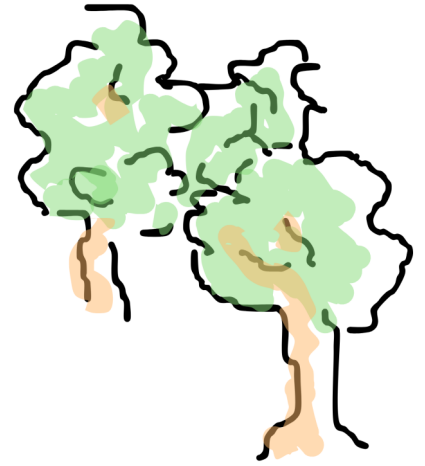
We start our therapeutic support by meeting with parents, carers through our **Introductions** service. Alternatively, many off of our families meet us having been triaged through local authority's Early Help scheme. From here we can learn a bit more about participants needs and expectations and help 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.

This booklet will now take you through the various consultation options to help share who they are for, how they work and the impacts they hope to achieve.



Introductions



This is our opportunity to introduce you to a setting in which you can feel safe and share your experience without judgement. We are here to listen. This in itself can be therapeutic, especially if it's the first time you have felt listened to. We will get to know one another over the course of 1, 2 or 3, one hour meetings and, in turn, help establish the priorities before recommending a course of action, moving forward together.

We ask at this stage whether you have any preferences in the way we conduct the meetings. Are there some obstacles that need removing to help us attend together effectively? For example, the family pet passing by can be both a great source of comfort and equally a distraction for others! Have you considered how you best learn and share information? We hope we may be able to offer some adjustments to the environment and our communication to meet your preferences. We tend to ask some questions and are aware that difficult topics to talk about may come up. Anyone can say 'no' and take a break at any time it's needed. Individuals are not bound into long contracts and can be signposted onto support that may be a better fit for them. Our intention is not to set anyone up to fail.

Who?

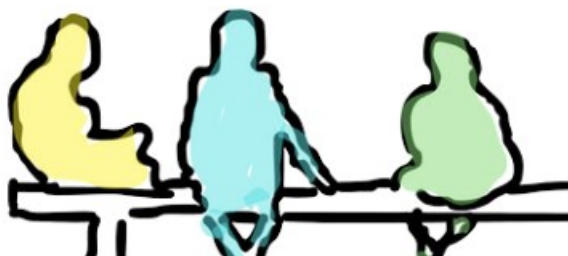
This service is for anyone meeting with our consultants for the first time. Typically we see parents and carers to start before we meet children/young people of any age.

Provision

- Cost. £55.00 / hour
- Up to 3 x 1 hour meetings provided over phone or video call (in person arranged where possible)

Impact

- Improve participant's wellbeing by enabling them to share their experiences without judgement
- Improve families understanding of root causes behind any difficulties they are experiencing
- Build a foundation for a longer term support package





Your Preferences

We are Person Centred practitioners to our very core and so it is very important to us that, when we support our clients, we do so with full consideration of individual needs and preferences. Therefore, we welcome all individuals and families, to let us know what works best for them; that way, we can build the best relationships.

Examples of preferences and needs you might like to tell us about:



Ways you can let us know your needs and preferences ...

- **15 minute free direct phone call or leave a message - 01392 360645—ext 4**
- **Email correspondence - calmerlives@cedaonline.org.uk**
- **Use online facility with new web site coming soon...!**

Who's who?



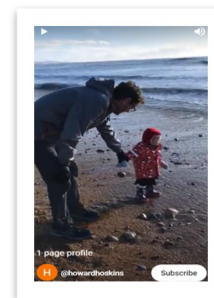
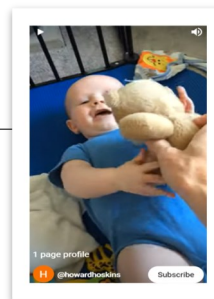
Howard Hoskins

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.

Background:

Graduated from University in Geography & Sports studies

Various jobs at Centre Parcs UK including sports and activities coaching

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 other training Autism, ADHD, PDA, Mental Health First Aid. Continue to seek further training and study of neuro-divergence, trauma and mental health

Became a father giving me a whole new perspective on mindful guiding and low demand parenting!

Lately I've been reading...

'Changing our Minds' How children can take control of their learning:
Dr Naomi Fisher

'Co-Regulative Handbook' Creating competent, authentic roles for
kids with social learning differences, so we all stay positively connected
through the ups and downs of learning: Linda K Murphy

Lately I've been watching...

[Understand Neurodiversity - PDA Dad UK - YouTube](#)

[Kelly Mahler - YouTube](#)



Who's who?



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.

Background:

Started out as a Music Teacher

Had a family (four children)

Worked as a TA in mainstream school.

Trained in Autism, ADHD, PDA, Dyslexia, Mental Health First Aid

Worked as specialist TA and well-being support in school.

Trained and qualified as a Counsellor.

Further training and study of neuro-divergence, trauma and mental health

I also work as a volunteer Counsellor for The Dartmoor Centre for Counselling and Psychotherapy



What's important?

Connection, Caring and Collaboration! I love building meaningful relationships and supporting people to be who they want to be and find what's important for them moving forwards.

I love my job and I am passionate about improving equality and fair provision for neurodiversity in society.



Calmer Lives Early Help

Devon Children and Families Partnership, Early Help, have been referring families to use our consultations services since 2018. This involves Early Help providing a triage service. 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 follow this link...

[Early Help - Devon Safeguarding Children Partnership \(devonscp.org.uk\)](https://devonscp.org.uk)

This package has been tailored around funding provided by Devon's Early Help service. However, it is possible for other funders to refer families and raise a purchase order. We are experienced receiving applications from both children and adult disability services plus social care within Devon and further afield. Some education providers have also part or fully funded the provision. Often families continue to access therapeutic support with us following the completion of funded support. This using their DLA or able to self finance and choose to meet on a monthly or ad hoc basis.

Who?

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

Provision

- Cost **£400**
- Up to **7 hours** of contact time with your consultant
- Attendance to x1 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

- Reduce distressing and/or unsafe behaviour and improve both individual and family wellbeing
- Improve families understanding of root causes behind any difficulties they are experiencing
- 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 Exeter





Behaviour Support

Calmer Lives recommend approaches based on an understanding that 'challenging behaviours' are stress responses that need to be met with connection, co-regulation and relational safety. We must try to get side on and not opposite. We must try to fight fire with water, not fire! This consultation allows parents and professionals to develop a deeper understanding around the 'why' of behaviour and, in turn, be able to effectively support de-escalation and calm through both pro-active and reactive tool kits.

Who?

Parents, carers, professionals, supporting any young person with distressed or unsafe behaviour and Neurodiverse traits such as Autism and ADHD.

Provision

- Cost £55 / hour
- Bookings not limited to any number of sessions
- By arrangement, attendance to meetings such as TAF or EHCP reviews
- By arrangement, support with administration such as reports or EHCP recommendations

Impact

- Reduce distressing and/or unsafe behaviour within home or other environments
- Improve both individual and family wellbeing

Radical Parenting

The Low Demand Approach

Relational support plans

Advocacy

Calm, Connect, Collaborate

Can't not Won't

Recording

Meltdowns

EHCP advise

De-escalation



"Howard helped us to reconnect with our children and enabled us to further support each of them individually. Howard provided some one to one consultation with one of the children who was particularly struggling and we feel all of us are happier, calmer and much more understanding of each others needs as a direct result of this." Claire-Marie Hunt



Developing trUSt

It takes time to build rapport and relationships. Developing TrUSt is all about affording more time to build meaningful connections. Learn how to co-regulate and collaborate on unsolved problems together; This, both within family relationships and between families and our consultants.

Who?

Family support to include both parents and carers with their child, young person

Provision

- Cost £55 / hour
- Provided only to families where it is possible to include child, young person
- Sessions can be attended over the course of a year

Impact

"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.

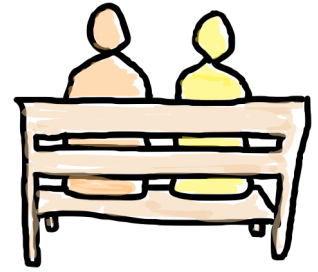
I subsequently reached out for help with Calmer Lives after hitting a wall of my own; stress from work compounded by complex family/relationship dynamics left me close to despair without the motivation to look after my own needs. Calmer Lives expert advice and guidance showed me how to achieve the best 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." - Calvert family



Discovering Me



We are ever learning and discovering what it is to be neurodivergent from the experiences of neurodivergent young people and adults. These experiences, alongside research, is changing the landscape in how we can understand one another's differences and needs. This consultancy aims to promote self awareness for those taking part: To discover their individual strengths, needs and personal challenges; to gain insight into how they internalise their experiences and respond to what is a very dynamic, often unpredictable world around them. With improved self awareness we then seek to enhance their advocacy skills, allowing them to shape and feel more in control of their lives. We help participants to lead on what they want to share, problem solve or work on for themselves.

Who?

Teens or adults seeking to learn more about themselves and their neurodivergent experience. Participants may be on assessment pathways but are not required to have a diagnosis.

Provision

- Cost £55 / hour
- Bookings not limited to any number of sessions

Impact

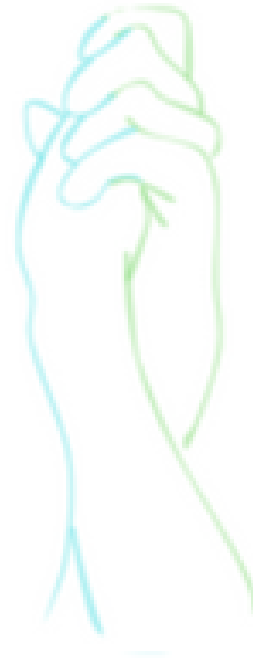
- Individuals feel increased self-esteem, sense of control in their lives and are able to advocate their needs to family, education and or professional settings

What impact did consultation support have for you during your attendance?

It was specifically around attending university. It allowed us to identify problems, and to formulate a plan that meant Zof 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

Did the support have a lasting impact for yourself / family?

Yes, Zof (PDA Autistic ADHDeR with CFS) had autonomy and support to see that university was not manageable for her, and to come home and pursue a much lower demand lifestyle. After most of a year in burnout, she started volunteering with the local wildlife trust and gained a place on 'wild paths' a year long practical training programme. Since then she has spent a year on a local farm horse logging and has a part time job with a local charity. I have been able to support her through this, she still lives at home full time and we have both adjusted our expectations of what the future might look like.



Who?

Parents, teens, professionals who are experiencing crisis

Provision

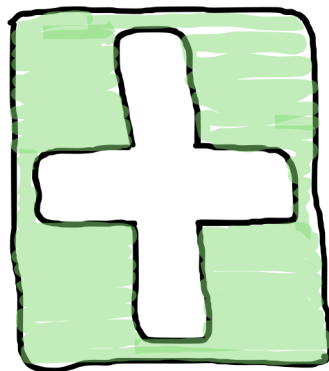
- Flexible booking system. Waiting time may vary but aim to offer a quick response when the need is required.

I'd like a debrief following an incident.

I'd like some help putting mindfulness into practice

It's the holidays, help...!

I just need a space to offload and be listened too without judgement



Its been a while but would like to check back in with a consultant

I have no spoons left!

I'd like help moving away from 'crisis mindset'

I'm isolated and struggling to find support around me

Impact

"Jennifer has been and still is a huge support for us, not only offering consistent guidance and knowledge around all areas of our complex child and family but also supporting applications, referrals along with propping up my mental health" - Joanne Curtis

*My thoughts on this are that this is the only service that has actually worked from our perspective. You have helped us to understand autism and neurodiversity; how to be better parents for Audrey; and allowed us a therapeutic (empathic, non judgmental) space to offload and share where we're at. I feel the system around supporting SEN kids is highly dysfunctional, shaming, pathologising (of kids and parents), gaslighting, unscientific and unintelligent. Having to operate in that system requires a need for resilience and an ability to differentiate between truth and bull***; and the space we've had with you has helped on both those accounts, and thus stopped us going crazy! This of course then allows us to be better parents to Audrey, and not to pass the pathologising / gaslighting / shaming onto her.*

- Mood family

SERVICES AND PRICES

1st April 2024 - 31st March 2025

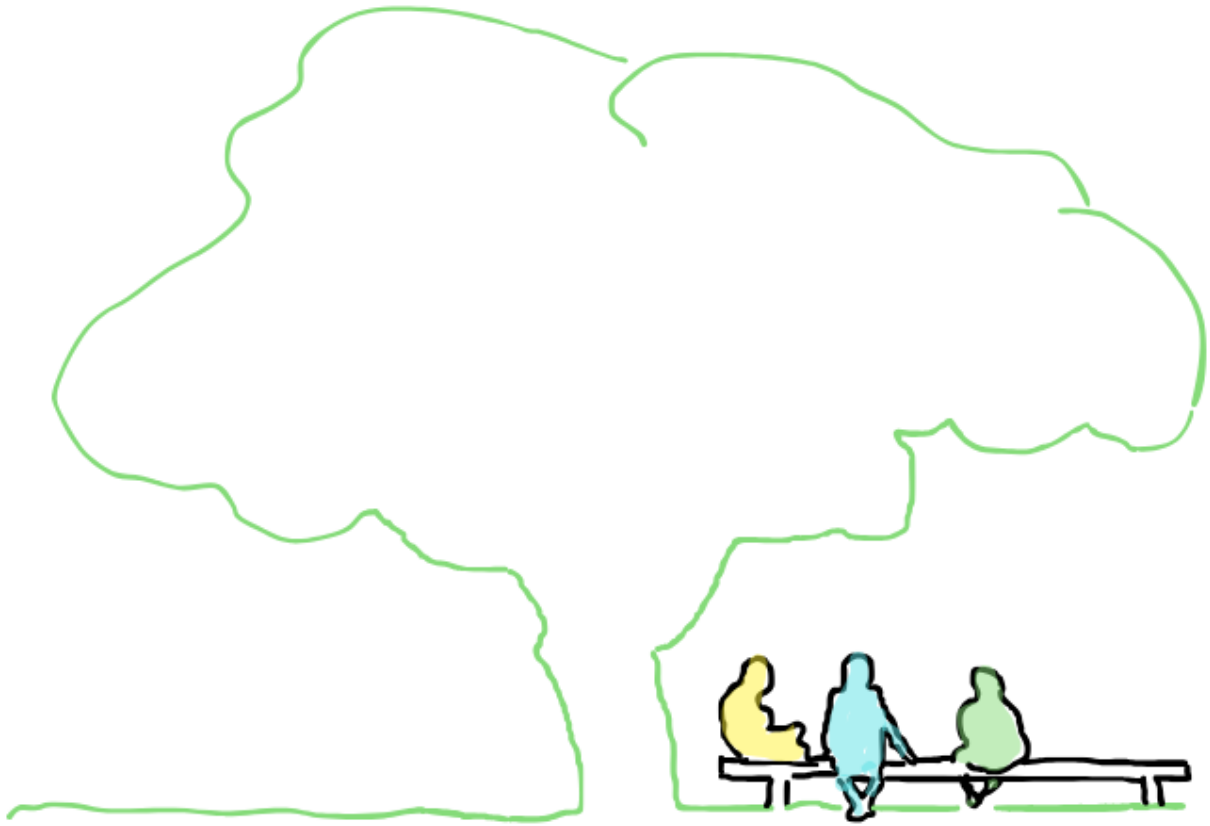
Service	Cost	Tailored
Introductions Discovering Me Developing TrUSt Behaviour Support My Support	£55 / hour	Appointments can be attended remotely through phone or video call. Where possible residents in Devon can access meetings face to face. This within home, preferred local setting or CEDA, Exeter.
CEDA service member	£40 / hour	
Bis-net Early Help	£400	Bookings can be scheduled weekly, monthly or more flexibly on an ad hoc basis.
Additional support	£27.50 / 30 mins £55 / hour Mileage / Travel time 0.45p / mile + standard hourly rate	Participants can include parents, carers, young people and professionals



01392 360645—ext 4

calmerlives@cedaonline.org.uk

"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 3QS

By Phone

01392 360645—ext 4

Social Media

www.facebook.com/CalmerLives

Online

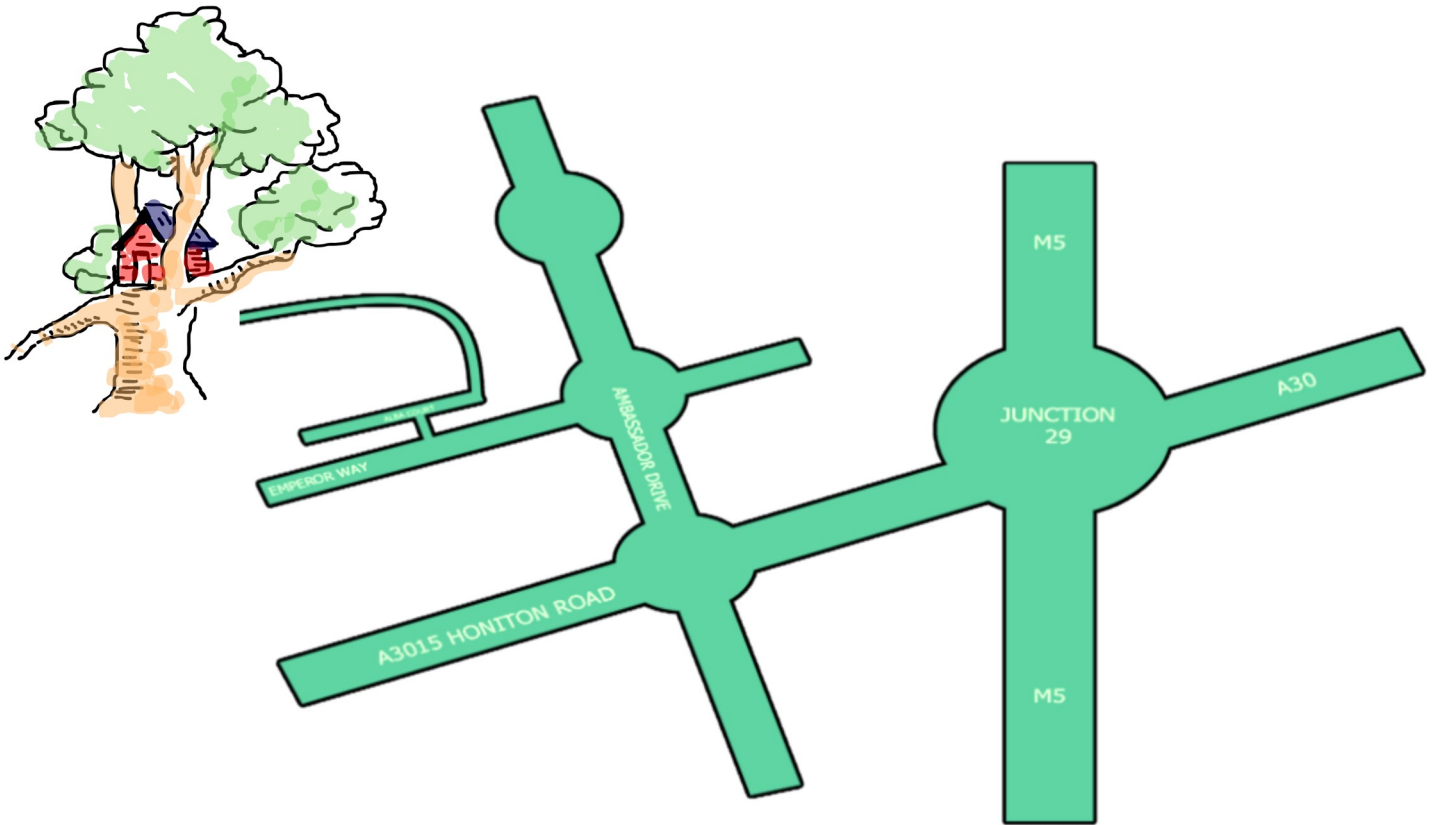
www.calmerlives.co.uk

Email

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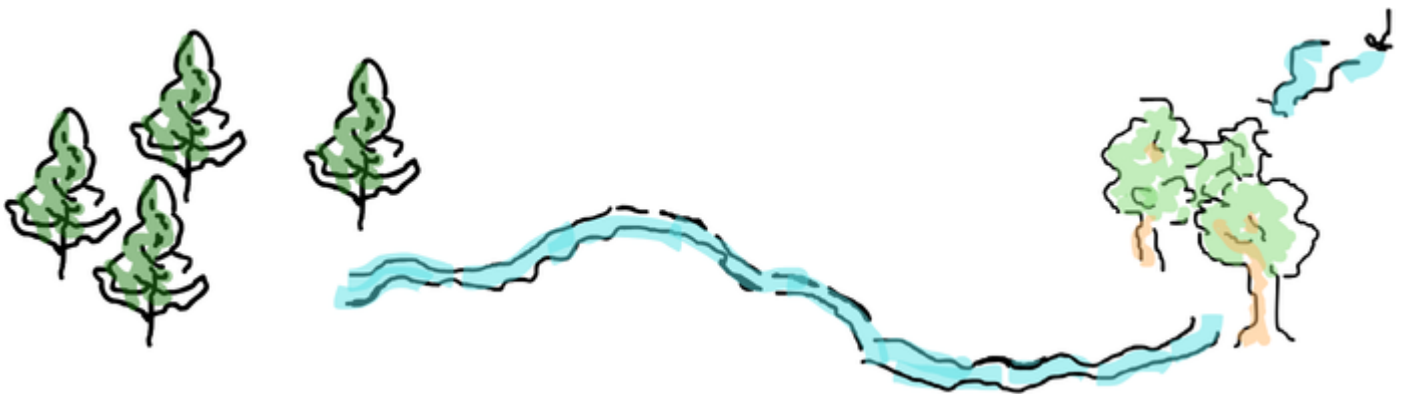


Location



Driving to the Clare Milne Centre

Our offices based at The Clare Milne Centre are conveniently located off Junction 29 of the M5. We are on the Exeter Business Park just off from the Sowton Industrial Estate. There are a few bus stops within walking distance of The Clare Milne Centre. The Met Office is a good landmark: It is important you follow the black traffic signs for the Met Office to get into Emperor Way.



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