

Seeking Practitioners Based in Lincolnshire Who Support Teens

The Sleep Charity is seeking 10 practitioners that support youngsters aged 13 – 18 years old who live in Lincolnshire and have sleep difficulties.

Thanks to funding from the National Lottery Community Foundation, we are developing a teen sleep journal to support young people to improve their sleep.

Want to know more?

We will provide you with online training to develop your understanding of adolescent sleep issues. We will also send you 5 hard copies of sleep journals to share with the 5 young people that you will work with. The journal will guide them through a four-week programme with your support.

When?

The project is set to launch in Autumn 2021. To be considered please **[click here complete the application form.](#)**

Evaluation

We are working in partnership with the evaluation team at Sheffield Children's Hospital to measure the impact that the project has. The professionals who are successfully recruited must be prepared to speak with members of the evaluation team to give feedback around the project.

To find out more please contact us on info@thesleepcharity.org.uk



@thesleepcharity