

Sleep Wise Solihull | AAA Landau Results, Impact & Feedback 2025

Hunrosa delivered:



40 x one-to-one family clinic slots



50 x places on the Sleep Wise for parent/carers workshops (in-person, live on-line and pre-recorded)



50 x households received 1 year access to the Sleep Wise App.



The project was delivered on time and within budget.



The clinic slots were delivered online by our experienced Sleep Consultants. These one-hour sessions gave families the opportunity to share their difficulties and receive practical, evidence-based advice, education and resources. We have had some lovely feedback from these sessions, examples of which are shared below.

Demand for the service and value delivered:

We are delighted that all our available slots for all 3 elements of the project were filled. This represents excellent value for the project and very little waste of time and resources.

We are proud that the result of the various components of this Sleep Wise service resulted in the required number of individuals receiving support, but also that this meant numerous others were supported from the same households.



All Age Autism Support Service

Quotes and feedback from participants of the Sleep Wise Solihull Project:

- *I feel like we are now much better equipped to improve M's, and our, sleep and feel really privileged that we were given the opportunity to get your help. Thank you again so much!*
- *Thank you so much for the group session with your sleep consultants and the one to one. It has made me feel so much more confident to help my daughter sleep. I feel really privileged to have access to it.*
- *I just wanted to take the time to thank you again for your time and expertise yesterday.*
- *You were so kind, understanding and non-judgemental just what I needed after a night with no sleep so thank you.*
- *Having access to the information HUNROSA has provided, both the workshop and our one to one, has been invaluable and I am very grateful.*
- *It was such a relief to talk to you & just get some ideas/ tweaks of how we can help [name redacted]. I think today is going to make a huge difference to [name redacted], thank you so so much!*
- *A SENCo in North Solihull shared that families have given very positive feedback about the 1:1 sleep sessions and thanked the school for sharing the information.*

Conclusion:

The Sleep Wise Solihull project, delivered in partnership with All Ages Autism Landau, has met its objectives, offering timely, accessible and evidence-based sleep support to families. We are proud to have supported over 140 households through workshops, one to one clinics, and ongoing access to our Sleep Wise App, with all sessions fully booked and an extremely low non-attendance rate of just 2%.

Feedback has been overwhelmingly positive. Families reported feeling better equipped, more confident, and supported with kindness and understanding. The personal impact is evident: small changes have made a big difference to family life.

This project demonstrates the continued need and demand for accessible sleep services for neurodivergent individuals and their families. We remain committed to building on these outcomes, strengthening partnerships, and ensuring more families can benefit from our tailored support in the future.



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Hunrosa Sleep Service

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