

Evaluation Report

2024/2025



Hunrosa

Work with Colleges



386 young people were supported in various ways with their sleep. This was across Stoke Climsland, Callywith, Rosewarne, Truro and Penwith Colleges.



We talked to over **180 students** at Fresher's Fairs.



One-to-one in-depth sessions were attended by 16 young people; all improved their sleep.



Single session interventions were completed by 19 young people. Young people scored either 4 out of 5 or 5 out of 5 for satisfaction with their session. We learnt over the year that young people preferred face to face. We adapted ways of working to suit.



Group Sessions: Over 150 students attended lectures in Sleep, 21 students attended classroom sessions in sleep, including a group of SEND students.



Support for Professionals and Parent Carers: 21 professionals were trained in Sleep Wise for Professionals CPD accredited training. The Sleep Wise app was distributed. Webinars were held for college student parents and a recorded sleep webinar for parent carers is available via Youtube.

Feedback

Feedback from Student Engagement Officer:

- "There were 50 students and 5 staff who attended the presentation. We found the session informative, and the research quoted interesting and helped our understanding."
- "The embedded video was really engaging. The session could have been a little shorter to keep attention/ focus."
- "There is general consensus that our students do speak of having sleep issues and that students have developed some very bad habits in terms of sleep and routine and the session was really helpful in getting students to reflect on their own lifestyles and practice."
- "I would hope very much that we can build on your visit."

Classroom Presentation Feedback

- "Thank you for the fantastic presentation you delivered and for taking the time to travel down to Penwith site."
- "Your ability to engage with the students and present such valuable information in a clear, relatable way was great."
- "I could see how much they appreciated your insights, and many continued conversations on the topic of sleep after the presentation. It was very valuable as many of our students have issues regarding sleep."

Young People Feedback

Clinic sessions

- “She is really easy to talk to. She gave me some good ideas.”
- “The meeting will help me because she told me ways to relax to help to sleep.”
- “Finding different methods of sleeping and how to get to sleep.”

Feedback from Students 3 weeks after clinic support via text:

- “Yes my sleep has improved... I bought a weighted blanket and that has been helping a lot.”
- “It’s pretty good at the moment... but it’s like one week I will have a good sleep and then next not so good, but overall it is better.”

Feedback from Lectures via an online QR code (44 responses)

- 91% of students said they learnt something new.
- 86% of students said the information received would help them with their own sleep.
- 84% of students said they would tell their friends about Hunrosa.

Some shared some other insights:

- “The information was very informative and helpful.”
- “Lovely and informative. Easy to understand.”
- “Really interesting facts and helpful techniques.”

Human Learning Systems – how learning shaped our delivery.

We adapted how we engaged with young people, based on their feedback and requirements. Our student presentation was adapted as well. Classroom presentations work well, as students can engage more freely in discussion. Lectures also received good feedback, but didn’t give much opportunity for discussion or individual advice.

With regard to professional training, not all services in the collab attended. It would be helpful to ensure all services are aware of the training available.

It would be useful to increase partnership working in colleges with other Collab members. Linked working could improve services to students and increase positive outcomes.

Next Steps I what we hope to achieve in the next quarter

For next year we intend to work more closely with the VCSE Collab team and continue to implement young person feedback. In time, we would like to develop video resources that are young person friendly, about sleep.

A Case Study

E is a student who is 17yrs old and lives with her mum and sister. She has chronic fatigue which sometimes prevents her from attending college. She struggles to go to sleep and then wakes during the night, often experiencing nightmares. She can have these 3-5 times a week. She does not like bright light as they give her headaches. She often lays in bed in the morning too tired to get up.

She has a mistrust of professionals and has been let down by them in the past. Mum needed to attend online sessions with E and doubted that she would appear on screen.

On the assessment appointment E sat with mum and started to participate in answering questions. She then attended the plan appointment where we established goals of reducing nightmares and falling asleep by midnight. E already had a good bedtime routine but we established the ideas and set a timetable to follow. We also talked about the science of sleep and where nightmares occurred and ‘normalised’ them. E was also given a link to the nightmare rescripting video on YouTube.

We followed up every fortnight for 4 more sessions. E attended all of these with mum, and was happy to talk about her situation each time. At first there wasn’t much change but by the third appointment she was getting out of bed earlier, and the nightmares had reduced to once per week. She was falling asleep around midnight and getting at least 8 hours per night sleep, waking only briefly during the night and going back to sleep almost straight away.

I was thanked for my support. They were able to engage well with the sleep plan, though E found it difficult to make changes at the beginning. E looked much happier and reported that she felt better in all areas of her life.



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Hunrosa Sleep Service

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