



Cambridgeshire and
Peterborough

NHS Foundation Trust

Children in Care Team

**UNACCOMPANIED ASYLUM
SEEKING CHILDREN**
FUNDING FOR SLEEP PACKS PITCH



CONTEXT

- UASC may have experienced severe hardships and trauma on their journey to the UK, this can have adverse affects on their sleeping patterns

Possible reasons include:

- The need to be awake at night for safety reasons as it is safer to sleep during day light
- Traffickers operate mostly at night-time
- Attempts to board trucks usually occurs at night

Sleep in numbers



annual cost
of lost sleep
to the UK¹

around
£30bn

200,000 working days lost



in UK every year to
insufficient sleep¹



1 in every 3

people in the UK are
affected by insomnia³

Better sleep

is the biggest
single contributor
to living better⁶



We naturally feel
tired at two different
times of the day:

2pm



2am

Working **night shifts**
has about a **25-30%**
higher risk of injury
than working day shifts⁷



3.2
million
night workers
in the UK⁵

And **1 in 9** workers
who work night shifts⁵

Health risks:

<6
13%

Adults who sleep fewer
than **6 hours** a night have
a **13% higher mortality**
risk than adults who sleep
at least 7 hrs¹

<7
30%

Adults who sleep less
than **7 hours** a day are
30% more likely to be
obese than those who
sleep for 9 hours or more⁴



Adults **need**
between

7 & **9**

hours of
sleep a night²



We spend about
1/3 of our
lives sleeping

WHAT WE PROPOSE

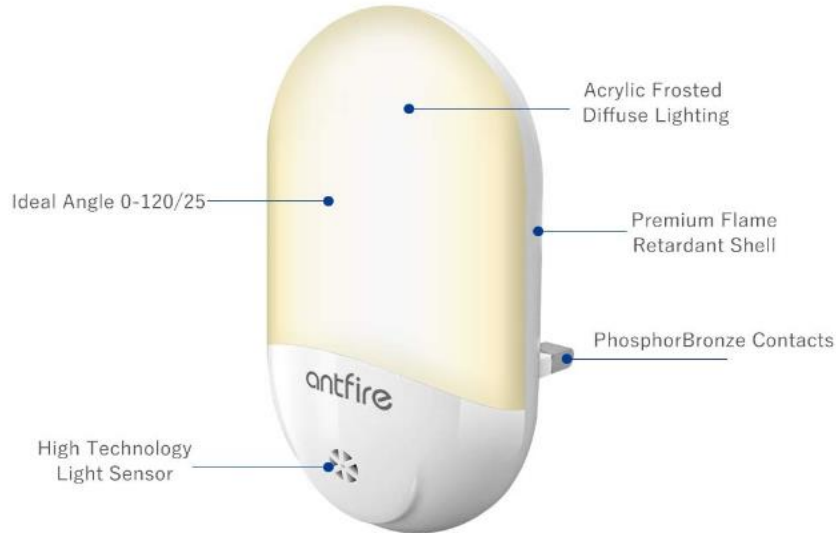
A sleep pack for all UASC who come to us in clinic for an assessment.

The sleep pack would contain the following items:

1. Nightlight
2. Earplugs
3. Eye Mask
4. Camomile Tea
5. Tissues
6. Stress Ball
7. Pen and notepad
8. Water bottle

NIGHTLIGHT

High Technology Intelligent Sensing



Energy Saving



Fireproof



CE Certification

Many UASC have a fear of the dark and this simple but effective nightlight can help with this.

Link:

https://www.amazon.co.uk/Antfire-Plug-Night-Light-Play/dp/B07L3Q6D38/ref=sr_1_28?keywords=nightlight&qid=1557483791&s=gateway&sr=8-28

Earplugs

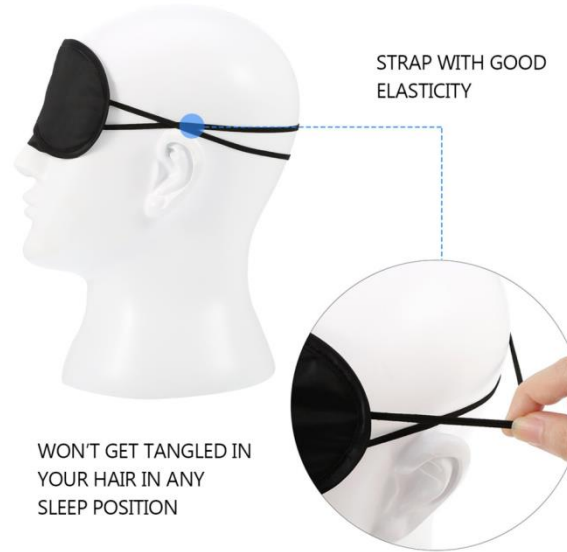


Earplugs are a good way of blocking out unwanted noises that can hinder a good nights sleep.

[HTTPS://WWW.AMAZON.CO.UK/MOLDEX-7800-SPARK-PLUGS-20-BAGGED-PAIRS/DP/B07HQHSL9H/REF=LP_1939564031_1_8?S=DIY&IE=UTF8&QID=1558522306&SR=1-8&TH=1](https://www.amazon.co.uk/moldex-7800-spark-plugs-20-bagged-pairs/dp/b07hqhsl9h/ref=lp_1939564031_1_8?s=diy&ie=utf8&qid=1558522306&sr=1-8&th=1)

Eye Mask

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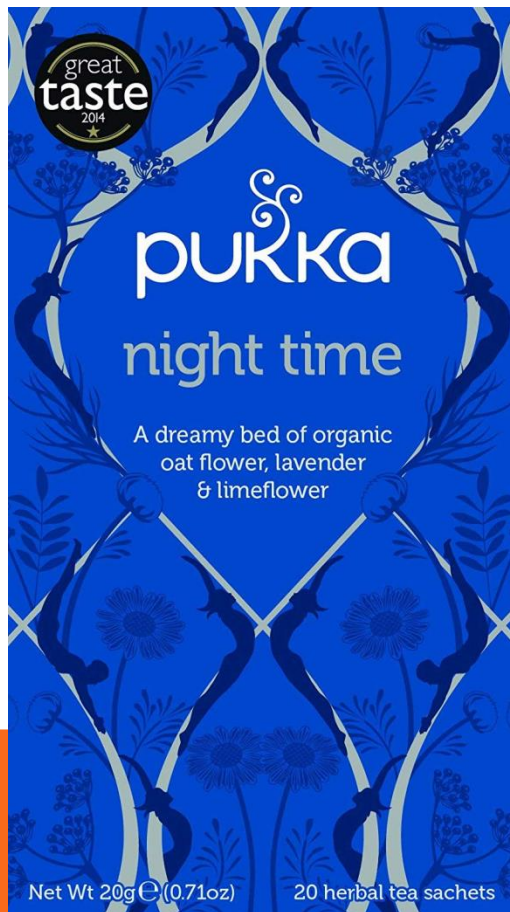


Our bodies are hard-wired to sleep when it's dark, and a good quality sleep mask can make all the difference, especially when a night light is used at the same time. The nightlight can provide feelings of safety as it illuminates a room but the eye mask can create the darkness needed for a good sleep.

LINK:

[HTTPS://WWW.AMAZON.CO.UK/SLEEPING-BLINDFOLD-SHADE-ADJUSTABLE-TRAVEL/DP/B0779SCHYQ/REF=SR_1_13?CRID=X6BTG29Z2U5U&KEYWORDS=EYE+MASK+BULK&QID=1557484292&S=GATEWAY&SPREFIX=EYE+MASK+BU%2CAPS%2C134&SR=8-13](https://www.amazon.co.uk/sleeping-blindfold-shade-adjustable-travel/dp/B0779SCHYQ/ref=SR_1_13?crid=X6BTG29Z2U5U&keywords=eye+mask+bulk&qid=1557484292&s=gateway&sprefix=eye+mask+bu%2caps%2c134&sr=8-13)

CHAMOMILE TEA



For years, chamomile tea has been used as a natural remedy to decrease anxiety and treat insomnia. In fact, chamomile is commonly regarded as a mild tranquilizer or sleep inducer. Its calming effects may be attributed to an antioxidant called apigenin, which is found in abundance in chamomile tea.

Naturally caffeine-free and ethically sourced, 100% organically grown ingredients: Oat flowering tops (30%), licorice root, chamomile flower, lavender flower (14%), limeflower (10%), valerian root, green Rama tulsi leaf.

28% FairWild™ certified ingredients (licorice) by dried weight. Visit www.fairwild.org

TISSUES



Always handy!

Stress Ball



Though squeezing a stress ball is not a long term solution for stress, it can help your body to release tension in the moment. The motion acts as a reminder to relax the muscles that are clenched when you're anxious, which can help avoid complications like headaches or pain that accompany long periods of tensing.

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LINK:

[HTTPS://WWW.AMAZON.CO.UK/SOURCETON-ROUND-SHAPE-STRENGTHENING-REHABILITATION-STRENGTHENER/DP/B07JDJLPR6/REF=SR_1_4_SSPA?CRID=26PM4ZFEGRG60&KEYWORDS=STRESS+BALL&QID=1557485059&S=GATEWAY&SPRE-FIX=STRESS+BALL%2CGROCERY%2C131&SR=8-4-SPONS&PSC=1](https://www.amazon.co.uk/sourceton-round-shape-strengthening-rehabilitation-strengthener/dp/b07jdjlr6/ref=sr_1_4_sspa?crid=26pm4zfegrp60&keywords=stress+ball&qid=1557485059&s=gateway&sprefix=stress+ball%2cgrocery%2c131&sr=8-4-spons&psc=1)

PEN AND NOTEPAD



For writing down thoughts etc.

WATER BOTTLE



Always good to stay hydrated!

A RANGE OF HELPFUL LEAFLETS

We will also include a range of leaflets in the pack, sleep related and also for general information

WHY SLEEP IS SO IMPORTANT

EFFECTS OF POOR SLEEP

Regular poor sleep puts you at risk of serious medical conditions, including obesity, heart disease and diabetes – and it shortens your life expectancy.

HOW MUCH SLEEP DO WE NEED?

Most of us need around 8 hours of good-quality sleep a night to function properly – but some need more and some less. What matters is that you find out how much sleep you need and then try to achieve it.

WHAT HAPPENS IF I DON'T SLEEP?

Chronic lack of sleep can affect your overall health and make you prone to serious medical conditions, such as obesity, heart disease, high blood pressure and diabetes.

WAYS IN WHICH A GOOD NIGHT'S SLEEP CAN BOOST YOUR HEALTH

- Sleep can give you more energy
- Sleep boosts immunity
- Sleep boosts mental wellbeing
- Sleep can help to prevent diabetes
- Sleep can help ward off heart disease
- Sleep reduces stress and anxiety
- Sleep can help avoid depression

SLEEP HYGIENE

A good sleep routine can help with long-term sleep difficulties. This routine is known as sleep hygiene. Good sleep hygiene is an important part of treating sleep difficulties.

Sleep Hygiene Tips

- 1 REGULARITY**
It is really helpful to go to sleep at the same time each night and wake up at roughly the same time every morning, even on weekends! This will create a rhythm for your body and will make it easier for you to get through your day.
- 2 WHEN YOU ARE SLEEPY - SLEEP!**
Rising when you're tired in the middle of the night will make it harder for you to get back to sleep.
- 3 CAFFEINE & NICOTINE**
Try not to consume any caffeine (tea, coffee, energy drinks etc) or any nicotine (cigarettes, e-cigs) 4-6 hours before going to bed.
- 4 ENVIRONMENT**
A quiet and comfortable bedroom can help with your sleep. A cooler room temperature with blackout or a more comfortable way of sleeping (pillows and a nice mattress) can also help.
- 5 AVOID ALCOHOL**
Alcohol disrupts the quality of sleep you have and it is best to avoid it at least 4 hours before bed.
- 6 YOUR BED IS FOR SLEEPING**
Try to use your bed only for sleeping. Your body will create an association between your bed and sleep in this way. Avoid watching TV, going on your phone, playing games or going on your laptop on your bed.
- 7 RELAXING**
You can try using some relaxation techniques and breathing exercises before going to bed. You can even have a cup of chamomile tea to help you relax.
- 8 HAVE A BATH**
Having a hot bath before bedtime can help you to fall asleep.
- 9 FOOD**
A healthy, balanced diet can help with a good night's sleep. A big meal before bed can take a long time to digest, so eat lightly, and a light snack before bed can help. Certain foods can also help you to fall asleep better.
- 10 KEEP TRYING**
If you can't fall asleep, try again after about 20 minutes. Get up and do something quiet, boring, then go back to bed and try to sleep again. Avoid going on your phone.

MY SLEEP PACK



Don't count the days, make the days count.



TOMATO PASTA

TITLE: TOMATO PASTA

PREP TIME: 5 MINS

TOTAL TIME: 30 MINS

INGREDIENTS

- 1 tsp vegetable oil
- 1 onion, finely chopped
- 1 garlic clove, finely chopped
- 1 400g tin of chopped tomatoes
- 2 tbsp tomato purée
- a pinch of mixed dried herbs
- pepper to taste
- 200g pasta

METHOD

- Heat the oil in a pan.
- Cook the onion on a medium heat until soft.
- Add the garlic and cook for another minute. Make sure the pan is not too hot when you add the garlic, as it burns easily.
- Add the tin of chopped tomatoes, tomato purée and mixed herbs.
- Simmer gently for 15 minutes until the sauce is thick and rich.
- Add pepper to taste.
- Cook the pasta according to packet instructions, mix in with the sauce and serve topped with cheese if you like.

TIPS

You can add vegetables, cooked chicken, quorn or anything else you want to the sauce to mix it up!

BOILED RICE

TITLE: OMELETTE

PREP TIME: 5 MINS

TOTAL TIME: 10 MINS

INGREDIENTS

- 3 Eggs
- 1 tablespoon olive oil
- 1 tablespoon butter
- salt and pepper

TIPS

You can add any type of filling you like, for eg. cheese, peppers, tomatoes, mushrooms, smoked salmon etc.

METHOD

- Melt the butter with the oil in a non stick frying pan
- Beat (mix) the eggs together with some salt and pepper (to taste)
- Pour the eggs into the hot pan and let sit for around 20 seconds
- With a spatula, make some cuts through the middle so the egg can cook evenly
- Slowly flip the omelette over and let it cook on the other side



PACKAGING



A simple box to hold everything together!
CPFT logo, Head to Toe logo and decorative stickers will be added.

Link:

https://www.ebay.co.uk/itm/Plain-Coloured-Party-Boxes-Children-Kids-Food-Meal-Lunch-Gift-Birthday-Box-Bags/391903123832?_trkparms=aid%3D111001%26algo%3DREC.SEED%26ao%3D1%26asc%3D20180816085401%26meid%3D0fbce8c1575b4e5899ca1f1cf2837d84%26pid%3D100970%26rk%3D1%26rkt%3D1%26mehot%3Dpp%26sd%3D391903123832%26itm%3D391903123832&_trksid=p2481888.c100970.m5481&_trkparms=pageci%3Aa05d2def-7311-11e9-8083-74dbd1806310%7Cparentrq%3Aa15ef1f816a0ab640d39cfdffdec1dd%7Ciid%3A1











HOW MANY PACKS WILL BE NEEDED?

A total of 2,872 unaccompanied children sought asylum in 2018 in the UK.

From our data collected from previous years, we have come to a calculated estimate that we will need 50 packs for one year.

If there are any packs left over , they will be used the following year.

PRICING

Item	Image	Price per Unit	Total for 50 packs
Nightlight		5.00	250.00
Earplugs		0.18	10.90 (60)
Eye mask		6.99 for 15	27.96 (60)
Camomile Tea		0.12	7.50 (60)
Tissues		0.10	7.50
Stress Ball		2.09 (10.49 for 5)	104.09
Presentation Box		0.28	13.99
Notepads		0.45	27.50 (60)
Pens		Free from Head to Toe 😊	
Water Bottle		Free From Head to Toe 😊	

Total: 449.44

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Thank you
for your
time.

Shamreen Bi & Jo Tennant

Children in Care Team

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