

# UNACCOMPANIED ASYLUM SEEKING CHILDREN

FUNDING FOR SLEEP PACKS PITCH

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# 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 UK<sup>1</sup>**

**200,000 working days lost**



in UK every year to  
insufficient sleep<sup>1</sup>



**1 in every 3**  
people in the UK are  
affected by insomnia<sup>3</sup>

**Better sleep**  
is the biggest  
single contributor  
to living better<sup>6</sup>



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 shifts<sup>7</sup>



 **3.2 million**  
**night workers**  
in the UK<sup>5</sup>

And **1 in 9** workers  
who work night shifts<sup>5</sup>

## Health risks:

**<6**  
**13%**

**<7**  
**30%**

Adults who sleep fewer  
than **6 hours** a night have  
a **13% higher mortality**  
risk than adults who sleep  
at least 7 hrs<sup>1</sup>

Adults who sleep less  
than **7 hours** a day are  
**30% more likely to be**  
**obese** than those who  
sleep for 9 hours or more<sup>4</sup>

 Adults **need**  
between

**7 & 9**

hours of  
sleep a night<sup>2</sup>



We spend about  
**1/3 of our**  
**lives sleeping**

# WHAT WE PROPOSE

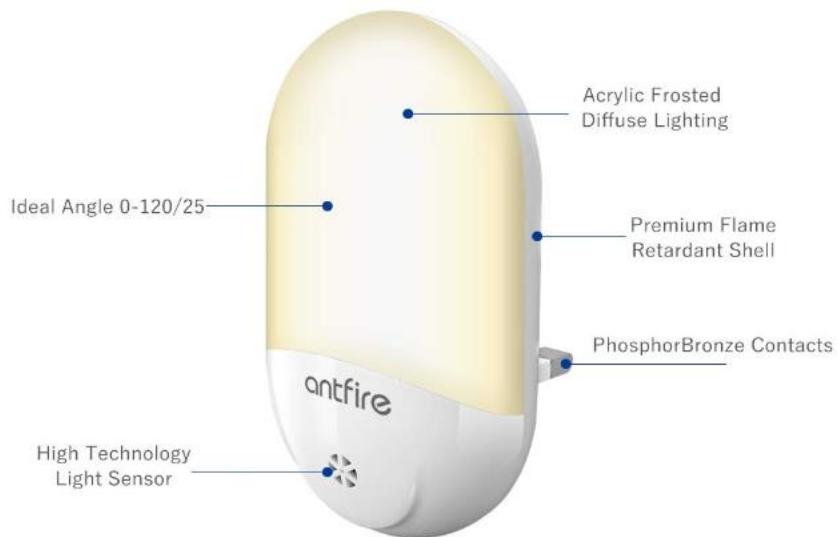
A sleep pack for all UASC who come to us in clinic for an assessment.

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](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.

# Eye Mask

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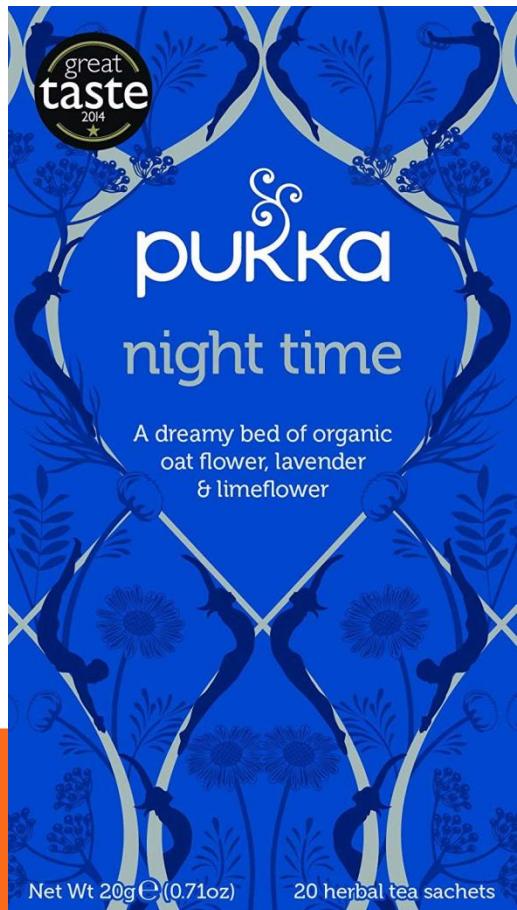


Our bodies are hard-wired to sleep when it's dark, and a good quality sleep mask can make all the difference, especially when a night light is used at the same time. The nightlight can provide feelings of safety as it illuminates a room but the eye mask can create the darkness needed for a good sleep.

## 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%2APS%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%2aps%2c134&sr=8-13)

# CHAMOMILE TEA

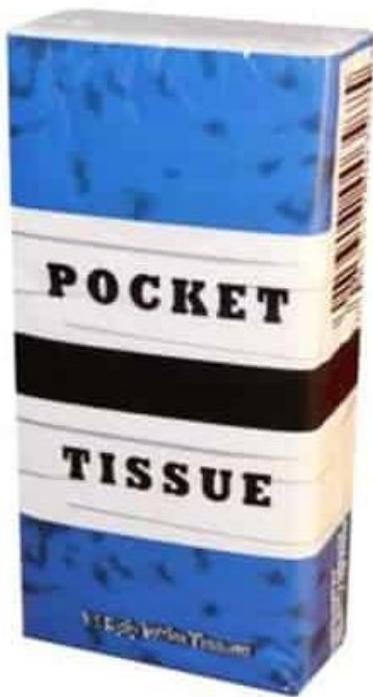


For years, chamomile tea has been used as a natural remedy to decrease anxiety and treat insomnia. In fact, chamomile is commonly regarded as a mild tranquilizer or sleep inducer. Its calming effects may be attributed to an antioxidant called apigenin, which is found in abundance in chamomile tea.

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](http://www.fairwild.org)

# TISSUES



Always handy!

# Stress Ball



COMES IN 5 COLORS KNOWN  
TO ELIMINATE STRESS



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.

LINK:

[HTTPS://WWW.AMAZON.CO.UK/SOURCETON-ROUND-SHAPE-STRENGTHENING-REHABILITATION-STRENGTHENER/DP/B07JDJLPR6/REF=SR\\_1\\_4\\_SPA?CRID=26PM4ZFEGRG60&KEYWORDS=STRESS+BALL&QID=1557485059&S=GATEWAY&SPREF=STRESS+BALL%2CGROCERY%2C131&SR=8-4-SPONS&PSC=1](https://www.amazon.co.uk/SOURCETON-ROUND-SHAPE-STRENGTHENING-REHABILITATION-STRENGTHENER/DP/B07JDJLPR6/REF=SR_1_4_SPA?CRID=26PM4ZFEGRG60&KEYWORDS=STRESS+BALL&QID=1557485059&S=GATEWAY&SPREF=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



**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 e.g. 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



**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
- 1400g th of chopped tomatoes
- 2 tbsp tomato purée
- a pinch of mixed dried herbs
- pepper to taste
- 200g pasta

**TIPS**

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



# 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.ukitm/Plain-Coloured-Party-Boxes-Children-Kids-Food-Meal-Lunch-Gift-Birthday-Box-Bags/391903123832?\\_trkparms=aid%3D111001%26algo%3DRECSSEED%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%3Aa15ef1f816a0ab640d39cfddffdec1dd%7Ciid%3A1](https://www.ebay.co.ukitm/Plain-Coloured-Party-Boxes-Children-Kids-Food-Meal-Lunch-Gift-Birthday-Box-Bags/391903123832?_trkparms=aid%3D111001%26algo%3DRECSSEED%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%3Aa15ef1f816a0ab640d39cfddffdec1dd%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

Cambridgeshire and Peterborough NHS  
Foundation Trust

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