

# Befriending Services

## SELF Referral Form



**Thank you for considering re:discover. Before completing this form we would encourage you to think about the following:**

- re:discover works with people who would like to build their confidence, improve their self-esteem and work towards feeling more connected to their community.
- People using our service are matched with a volunteer who is a supportive person to encourage them to try new things or re:discover old interests.
- People using re:discover and volunteers always meet in the community and do not visit each other's homes.
- The role of a volunteer is very different to that of a support worker or personal assistant. For example, a volunteer would not assist with day to day living tasks such as shopping or attend medical appointments. A volunteer's role is to encourage, support and listen and to build a relationship based on mutual respect and values while doing social activities.
- The befriending relationship focuses on peoples' qualities, attributes and strengths, which we believe everyone has, rather than on mental health difficulties.
- Matches usually last for approximately 6 months. The short term nature of the service means that we are looking for people who feel they may benefit over that short period, and hopefully feel something 'shift' for them – whether that be feeling more confident going into new social situations, feeling more active and perhaps having more structure to the week, or linking into an activity they start to enjoy.
- If you are making this referral for someone else, we ask that you actively involve the person in the completion of this form.
- **Any personal information that you provide will be stored and processed according to Health in Mind's privacy policy**

**If you are unsure if re:discover is an appropriate service for you or the person you are referring, please do not hesitate to contact the re:discover team on 0131 225 8508.**

### **Further Contact Details**

#### **re:discover Edinburgh**

Farah O'Donnell & Joanna Lawrence: 0131 225 8508.

farah@health-in-mind.org.uk

joanna.lawrence@health-in-mind.org.uk

#### **re:discover Midlothian**

Lisa Hodkinson: 07760 753 020 or 0131 202 6413

lisahodkinson@health-in-mind.org.uk

#### **re:discover Borders**

Monika Dyczko, based in Duns, 07776594315

monika.dyczko@health-in-mind.org.uk

Farah O'Donnell, based in Galashiels, 01896 80 7000 or 077607 53018

farah@health-in-mind.org.uk



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Please tell us a little bit about your mental health difficulties and your well-being.

Using the planner below, please give a brief outline of how you currently spend your week. This is very helpful to us so please provide as much information as possible.

|         | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---------|-----|------|-----|-------|-----|-----|-----|
| AM      |     |      |     |       |     |     |     |
| PM      |     |      |     |       |     |     |     |
| PP<br>M |     |      |     |       |     |     |     |

Please let us know what support you have from medical professionals (e.g. support worker, OT, psychologist, attend classes or therapy, counselling, etc.). Also, how do you feel about this support? Please give as much detail as you can.

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Please let us know what support you have from family and friends (e.g. meet sister once a month, live with parents, lunch with friend weekly). Also, how do you feel about this support? Please give as much detail as you can.

How isolated do you feel?

What goals would you like to work towards with a volunteer? Please be as specific as you can.

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What support would you need to achieve your goals?

|  |
|--|
|  |
|--|

Is there anything else you would like to tell us?

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|--|
|  |
|--|

## References

Can you please give us the names and addresses of two people who know you in a professional capacity e.g. CPN, Support Worker, or GP, and would support your application?

### (1<sup>st</sup> reference)

|                        |  |
|------------------------|--|
| Name<br>(Professional) |  |
| Address                |  |
| Telephone              |  |
| How known to you?      |  |

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(2<sup>nd</sup> reference)

|                        |  |
|------------------------|--|
| Name<br>(Professional) |  |
| Address                |  |
| Telephone              |  |
| How known to you?      |  |

Signed \_\_\_\_\_

Date \_\_\_\_\_

- **If you are having difficulty providing 2 references please call us to discuss**

**Next steps:** Thank you for sharing this information. We will be in touch within 4 weeks of receipt. Please send form by post to your area:

- **Edinburgh:** re:discover Edinburgh, Health in Mind, 40 Shandwick Place, Edinburgh, EH2 4RT
- **Midlothian:** Lisa Hodkinson, re:discover Midlothian, Health in Mind, Old Visitor Centre, National Mining Museum, Newtongrange, Midlothian, EH22 4QN
- **Borders re:discover (West):** Farah O'Donnell, re:discover Borders, Health in Mind, The Hive, Low Buckholmside, Galashiels TD1 1RT
- **Borders re:discover (East):** Monika Dyczko, Borders Befriending, Health in Mind, 9 Lantongate, Duns, TD11 3AF

**Regarding emails:** We prefer not to receive forms via email HiM is able to accept forms by email, because unless the message is encrypted the information is not 100% secure.