

Befriending Services Third Party 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.

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 fill out this form with as much information as possible – and ideally complete together with the person you are referring. The information you provide will enable us to assess whether this is a suitable service for the person you are referring and may be shared with the person you are referring.

Which service would you like to refer to?

- re:discover Edinburgh (NW, SW, SE)
re:discover is no longer available for people who live in the NE of the city.
- re:discover Borders
- re:discover Midlothian

Name of the person you wish to refer		
Address		
Telephone		
Date of birth: / /		
Does this person know you are referring her / him? <input type="checkbox"/> Yes <input type="checkbox"/> No	Is it okay for us to contact this person directly? <input type="checkbox"/> Yes <input type="checkbox"/> No	Does this person have a CPN based at a CMHT (see above) <input type="checkbox"/> Yes <input type="checkbox"/> No
If spaces are limited with re:discover, or the service is unsuitable, is the person you're referring interested in our sharing their file with other services within Health in Mind? <input type="checkbox"/> Yes <input type="checkbox"/> No		
How long have you known the person you are referring, and in what capacity?		

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Further Information

Your name	
Contact Address (include organisation/ team)	
Contact Number & Email	

Within re:discover Befriending, we don't do home visits. Will your client be able to meet with the Befriending team outside their home in the local or wider community? If you answer 'unsure' or 'no' to this, we would encourage you to ring us before proceeding. We may or help you decide whether this service is appropriate for your client at this time.

Yes No Unsure

Do you have any comments?

Are there any reasons why your client could not meet a befriender on a consistent and regular basis? Please tick.

Yes No Unsure

If you answered 'Yes', can you tell us a bit more about this?

In your view, and from discussions with your client, how isolated does she/he feel?

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Please give a brief outline of how your client currently spends their 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 M							

<p>Please let us know what support your client currently has from professionals (e.g. support worker, OT, psychologist, attends classes or therapy, etc.)</p>
<p>Please let us know what support your client currently has from family and friends (e.g. meets sister once a week, lives with parents, lunches with friend weekly)</p>
<p>How motivated is your client to make changes in their life? Please be as specific as possible.</p>

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Please tell us about this person's mental health difficulties/ mental well-being?
(Please include any risk factors we should be aware off)

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We will ask your client to set goals to work towards during their time with the project. What support do you think that they will need in order to do this?

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What goals would the person you are referring like to work towards with the Befriending Service? (Please discuss this in detail with the person you are referring, and include specific examples, e.g. Join an art class, go to the gym or be more decisive etc.)

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Is there anything else that you wish to tell us about the person you are referring?

Referee

Can you give us the name and address of another person (**not yourself**) who knows your client in a professional relationship e.g. CPN, Support Worker, and would support your referral. Your information in this referral will also serve as a reference for your client.

Name (Professional)	
Address	
Telephone	
How known to service user?	

Signed _____

Date _____

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 Hodgkinson, re:discover Midlothian, Health in Mind, Old Visitor Centre, National Mining Museum, Newtongrange, Midlothian, EH22 4QN
- **Borders re:discover (West):** Farah O'Donnell, rediscover 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: HiM is not able to accept forms by email because unless the message is encrypted the information is not 100% secure.