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**Peer Support Bucks – Self-Referral Form**

Thank you for taking the time to complete our Peer Support Bucks (PSB) Self-Referral Form. Our PSB Coordinator will contact you discuss your self-referral and to arrange a suitable time and place to meet, so that the PSB Welcome Form can be completed. We will ensure that all details below will be treated with the strictest confidence. We will use the information below to consider whether the referral is appropriate for the Peer Support Bucks Service. Please send your completed self-referral form to:

peersupportbucks@bucksmind.org.uk

**If you would like further information on Peer Support Bucks, please see pages 2, 3 and 4.**

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| **Self - Referral** | |
| Date: | |
| **Your Details:** | |
| Name: | D.O.B: |
| Address: | Contact Number: |
| Mobile Number: |
| Email Address: | Can we leave a voice mail? Y/N |
| Preferred method of contact: | |
| Your Background/Diagnosis:  Peer Support Bucks offers peer support to anyone experiencing mental health difficulties, social isolation and/or loneliness, if able to function independently in a group facilitated by volunteers. | |
| If you are self-referring, how did you hear about us? (Please select one)   1. GP 2. Social Care 3. Community Mental Health Teams 4. Promotional Event (please specify) 5. Family/Friend 6. Other (please specify) | |

Peer Support Buckinghamshire Guide for People We Support

Peer Support Buckinghamshire (PSB) offer free group sessions for people to help each other with managing mental wellbeing and reduce loneliness and isolation.

Our aim is to promote community resilience by reducing isolation through peer support and social activities. Each session is facilitated by trained volunteers.

The foundation of the group is based on the Five Ways to Wellbeing: to give, be active, take notice, learn, and give back. We have put together a timetable of events and

activities that promote these values.

We offer activities in many local venues. Please visit our website for further information:

 https://www.bucksmind.org.uk/peer-support-bucks/

We aim to support our PSB members in the following areas:

* Increased confidence
* Better able to manage their mental health
* Less isolated
* Increased social support
* More hopeful for the future
* More opportunities to try new things and progress with life

PSB Members:

* PSB members need to be comfortable with a completely peer-led session.
* Whilst we will always endeavour to make reasonable adjustments, PSB members must be aware that there is no medical, physical or mobility assistance available in this service. (Our team does not have training in the moving and handling of people.)

This service is not clinical and is not overseen by a medical professionalor clinical frameworks. PSB members can bring a carer to assist them, if necessary, but the carer can only support this person.

Loneliness

One of our aims is to promote community resilience and bring people together. Loneliness can have a direct impact on physical and mental health; people can join PSB groups if they are feeling lonely and/or socially isolated.

Autism

We welcome people with autism provided that mental health and/or isolation are the primary reasons for referral and the group requirements are met.  There must be an understanding and acceptance at the time of referral/completion of our welcome form, that there may be changes made to our activities, people who attend and Bucks Mind volunteers or staff who facilitate PSB groups. PSB members must be independent and not rely on other members or Bucks Mind volunteers or staff for 1-1 care and support.

Learning disabilities

We welcome people with mild learning disabilities provided that mental health and/or isolation are the primary reasons for referral and the group requirements are met. Anyone referred will be assessed at their initial visit for their suitability to attend the group. There must be an agreement at the time of referral/completion of our welcome form that the person must be independent as our volunteers and members are unable to provide 1-1 care and support.

Physical illness and varying physical ability

We welcome people with physical illness and varying physical abilities provided that mental health and/or isolation are the primary reasons for referral and the criteria to attend the groups is met. There must be an agreement at the time of referral/completion of our welcome form that the person must be independent as our volunteers and members are unable to provide 1-1 care and support.  We are not trained to deliver a hands-on service. If a person you refer needs direct care (e.g., pushing of a wheelchair, help to get on and off a scooter) or we feel that a person is at risk of falling during an activity due to their mobility, a carer must be brought along to ensure their physical safety.

**Who can be referred to the service:**

* People whose Mental Health & Wellbeing can benefit from engagement in activities in a supportive community setting
* People who are low risk and able to participate in groups with other vulnerable adults within the community

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| **Criteria** | **Referral Pathways** |
| Peer Support Groups Buckinghamshire  for adults, aged 18+  who reside in Buckinghamshire | CMHT, GPs, Talking Therapies, STaR, MHICS Team, Self-Referral |

**To be eligible for the PSB service, the following is required:**

* Be aged 18 years or over.
* Be a resident in Buckinghamshire.
* Desire to increase social contact and reduce feelings of isolation.
* Have mental health and wellbeing difficulties as their main health issue.
* Not present an unmanageable risk to themselves or others.
* Have needs which match the aims of the service.

**To benefit from the service offered a prospective referral your client must:**

* Be willing and able to engage with the support provided by the service   offered and respect the rights and dignity of other people we support and volunteers.