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Description automatically generated

**Peer Support Bucks - Referral Form**

Thank you for taking the time to complete our Peer Support Bucks (PSB) Referral Form. Our PSB Coordinator will contact you and the individual referred 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 in the strictest confidence. We will use the information below to consider whether the referral is appropriate for the Peer Support Bucks Service.

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

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| --- | --- | --- | --- | --- |
| **Referrers Details:** | | | | |
| Name of referrer: | | | Date: | |
| Organisation: | | | | |
| **Referral Details:** | | | | |
| Name: | | | D.O.B: | |
| Address: | | | Contact Number: | |
| Mobile Number: | |
| Email Address: | | | Can we leave a voice mail?  Y/N | |
| Preferred method of contact: | | | | |
| Individual 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. | | | | |
| A blue text on a white background  AI-generated content may be incorrect.  **Support Plan and Risk Assessment** | | | |
| **Clients Name:** | | | |
| **Completed by:** | | **Date:** | |
| **Current Support Plan (to include): Frequency of contact [current interventions and service provision] by whom, where when *etc.* (include contact details):** | | | |
| **Risk Assessment [Current] in last 6 Months):** | **Risk Assessment [Historical] >6 Months):** | | |
| **Harm to Self** | **Harm to Self** | | |
| **Harm to Others** | **Harm to Others** | | |
| **Harm from Others** | **Harm from Others** | | |
| **Accidents** | **Accidents** | | |
| **Other Risk Behaviours** | **Other Risk Behaviours** | | |
| **If YES to any of the above (Risks) please give concise summarised details:** | | | |
| **Relapse Indicators/Early Warning Signs:** | | | |
| **Contingency (to prevent a crisis)/Crisis (when a crisis has occurred) Plan:** | | | |

Peer Support Buckinghamshire Guide for Professionals

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 for members to attend 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/

Our key outcomes for our members:

* 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 must be able to cope with a completely peer-led session

although these are facilitated by trained volunteers.

* 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 and this is affecting their mental health.

Autism

We welcome people with autism who are experiencing mental health problems and are socially isolated & lonely.  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. PSB members can bring a carer to assist them, if necessary, but the carer can only support this person.

Learning disabilities

We welcome people with learning disabilities who are experiencing mental health challenges and who are socially isolated & lonely. However, there must be an agreement at the time of referral/completion of our welcome form that the person must be independent and that, as coordinators, our volunteers and members are unable to provide 1-1 care and support. Looking after people with a learning disability cannot be our focus as this not what the service is contracted for. PSB members can bring a carer to assist them, if necessary, but the carer can only support this person.

Physical illness and varying physical ability

We welcome people with physical illness and varying physical abilities who are experiencing mental health challenges and are socially isolated & lonely. However, there must be an agreement at the time of referral/completion of our welcome form that the person must be independent and that our volunteers, staff and members are unable to provide 1-1 care and support.  We are not contracted or 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.
* Would like to increase social contact and reduce feelings of isolation.
* Have mental health and wellbeing problems 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.