**REFERRAL FORM: Men’s Group**

**Individuals can enquire about our service, but all referrals must be supported by a health professional, GP, Support Worker, CPN etc. or another support organisation.**

**Individuals who are NOT suitable for our service:**

* Individuals with moderate to severe mental health problems who require more specialist support than St.Helens Mind is able to offer.
* Individuals with alcohol and/or drug addiction who are considered to require more specialist support than St.Helens Mind is currently able to offer.
* Individuals with any form of memory loss/dementia *may* be considered unsuitable for befriending because of the progressive nature of the condition and the lack of appropriately trained staff and volunteers. However, we do understand that this might not apply to everyone with this diagnosis and would consider each referral individually.

Any detrimental changes to the mental health of a client already using the service will mean the client be re-assessed. If necessary, the befriending service would be withdrawn, and the client referred to an agency more appropriate to meet his/her current needs. Due to limited resources, St.Helens Mind is unable to offer befriending to those residing in Residential or Nursing Homes

**How the Men’s Group can help you**

St.Helens Mind is a voluntary organisation working with people living in the Borough. Our Men’s Group provides a safe and welcoming environment where you can relax, enjoy a chat, maybe a quiz and a cuppa, and support from team embers and your peers.

You would need a referral from your GP or a support worker. Once we receive the referral, one of the team will contact you within 14 days. To arrange to meet and have a chat about the group and how it might suit you your needs. Our group members tell us that they benefit from the group in many ways, they experience:

* Improved self confidence
* Improved self esteem
* Reduced isolation caused by mental ill health
* Reduced loneliness
* Enjoyment and laughter
* New friends and experiences

Being part of the Men’s Group will also allow you to:

•          Express your concerns/feelings and have them listened to

•          Find companionship and friendship

•          Get practical support

•          Get assistance with developing self-help and coping skills

**Referrer Details**

**To be completed by the referrer - in consultation with the person referred.**

This section will need to be filled in by a supportive professional

Name of organisation:

Title

Name of referrer

Address

Tel No       Mobile Number

E- Mail address

**Please could you give brief details of their background and current situation:**

**Are you discharging the person from your service? YES / NO**

**If YES can you, please supply details of any other relevant support contact details**:

**All Information given on this form is confidential to St Helens Mind**

**Contact details of person being referred**

Title       Name       Date of Birth

Address

Post Code       Tel. No

Mobile Number       Email Address

**What would the person you are referring hope to achieve in your time with St.Helens Mind at the Men’s Group**?

**Personal Details**

How would you describe the individual’s mental health problem/diagnosis?

Does the person you are referring have any other difficulties - i.e., medical condition / physical disability?

**GP**

**Surgery Address**

**Surgery Telephone Number**

Other Comments / Relevant information

**Group Rules – Copy for Group Member, must be signed and retained**

**Each participant will:**

* Display respect and tolerance for people’s religious, political and cultural beliefs and be mindful of the cultural diversity in the group and respect individual’s backgrounds.
* Behave in an appropriate and respectful manner to other users of the Group and the Group’s location, particularly adhering to the onsite rules about where you can smoke.
* Maintain confidentiality: anything said in the group will remain confidential. All members of the group should feel free to discuss issues with the group or the facilitator.
* Display respect through their behaviours (this includes accepting differences in beliefs). Respect the opinions of others, even if they do not agree.
* Take responsibility for ensuring that the room is left clean and tidy.
* Refrain from using bad language and displays of aggression or intimidation – this will not be tolerated.
* Refrain from bullying other participants – this includes verbal, psychological and emotional bullying.

This also includes asking people to lend you money or asking for them to buy you refreshments.

* Refrain from Sexist, racist, homophobic or other offensive behaviour - this will not be tolerated.
* Respect other people’s personal space.
* Not engage in inappropriate sexual or lewd language, and other similar behaviours.

**We will not tolerate any offensive or aggressive behaviour towards St. Helens Mind staff, volunteers and groups attendees. If a group member does not adhere to the group rules they will be asked to leave the group for a set period of time. Following this period their membership of the group will be reassessed.**

**The Group Coordinator will always act with consideration to the best interest and safety of the entire group. The Group Coordinator reserves the right to ask individuals not to return to future activities. The possible reasons for this may be numerous, but could include bullying, repeated warnings about inappropriate behaviour, not complying with Group rules, etc. Eligibility for re-entry into the group is assessed by the coordinator and Manager and requires evidence that inappropriate behaviours have been addressed.**

**Referrals into the group will be dealt with by St Helens Mind or another professional service to ensure that the correct procedures are followed.**

Please print and sign your name to state that you understand and will adhere to the group rules:

PRINT NAME:

SIGNED: DATE

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| **Equal Opportunities Monitoring Form** | | | | | | | | | |
| St.Helens Mind is keen to ensure that volunteers come from a variety of cultures, backgrounds and reflect the population the organisation serves. Volunteers are selected in line with the volunteer policy, on the basis of skills and ability. No one will receive less favourable treatment on grounds of disability, gender, ethnic origin or age. In order to ensure that the policy is being carried out, would you please provide the following information: | | | | | | | | | |
| What is your age? Please tick one box | | | | | | | | | |
| **16-19** | | | |  | | **50-59** | | |  |
| **20-29** | | | |  | | **60-69** | | |  |
| **30-39** | | | |  | | **70+** | | |  |
| **40-49** | | | |  | |  | | |  |
| What is your ethnicity? Please tick one box | | | | | | | | | |
| 1. **Asian Bangladeshi** | | | |  | | **9. White and Black African** | | |  |
| 1. **Asian Indian** | | | |  | | **10. White and Black Caribbean** | | |  |
| 1. **Asian Pakistani** | | | |  | | **11. White and Asian** | | |  |
| 1. **Asian Chinese** | | | |  | | **12. Other Mixed** | | |  |
| 1. **Other Asian** | | | |  | | **13. White British** | | |  |
| 1. **Black African** | | | |  | | **14. White Irish** | | |  |
| 1. **Black Caribbean** | | | |  | | **15. Other White** | | |  |
| 1. **Other Black** | | | |  | | **16. Other (please specify)** | | |  |
| What is your gender? Please tick one box: | | | | | | | | | |
| **Female** |  | **Male** |  | | (short answer space) | |  | **Prefer not to say** |  |
| Do you consider yourself to have a disability? Please tick one box | | | | | | | | | |
| **The Disability Discrimination Act defines disability as “A physical or mental impairment, which has a substantial and long-term effect on the person’s ability to carry out normal day-to-day activities”.** | | | | | | | | | |
| **Yes** | | | |  | | **No** | | |  |
| **If yes, please give details** | | | | | | | | | |

**Mission Statement**

St.Helens Mind is an independent, user focused organisation providing quality services for local people who are experiencing isolation and distress due to mental ill health. We will do this by:

Providing a range of services appropriate to the needs of people experiencing mental distress that enhances their self-worth as valued citizens.

Promoting increased awareness and understanding of mental health issues within the community

**Aims and Objectives**

St.Helens Mind aims to promote and preserve good mental health and to assist those experiencing mental distress to regain their full potential.

Our aim is to support people aged 18+ who are experiencing mental difficulties in St.Helens Borough so they achieve their full potential and play and active part in community life.

**Vision and Values**

Our vision is that there will be no stigma surrounding mental ill health, and for people experiencing mental difficulties to automatically have access to appropriate, timely, unlimited and effective support. We aim to improve the lifestyles of people living in St.Helens Borough regardless of their cultural, religious and lifestyle needs.

Our services are non-judgemental and offer opportunities to develop self-esteem and confidence by encouraging and supporting involvement.

**Quality**

We are affiliated to Mind and are committed to their quality management programme (Quality Management in Mind (QMIM)

St.Helens Mind is committed to achieving high quality in the provision of services for people with mental health needs within the following principles:

* To strive for continuous improvement in all that we do.
* To use recognised/agreed standards as a means of continuous improvement and not as ends in themselves
* To agree quality requirements with commissioners and service users and to try to adhere to these at all times
* To work in the best interests of our service users at all times