

SELF REFERRAL

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| **Name:** |  | **Date of birth**: |  / / |
| **Address:** |  |
| **Telephone number:** |  | **Email Address:** |  |
| **Why would you like to attend our groups?**  | *E.g. To socialise, to get myself out of the house, to add structure to my week etc.* |
| *If you’d like to be added to our mailing list to receive updates about upcoming activities please tick* ☐ |
| **Emergency contact:** |  | **Relation to you:** |  |
| **Telephone Number:** |  |
| **Do you have any medical conditions or medication that we need to be aware of?** | Please give details: |
| **Do you have any accessibility conditions that we need to be aware of?** | Please give details: |
| **Are you supported by any other agencies?** | Please give details: |
| **What is your preferred language?** | ☐English ☐Cymraeg |

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| **WELLBEING SUPPORT REFERRAL FORM**  |
| **Date:** |  / / |

We understand that with the current social distancing restrictions this is a difficult time for everyone. We are offering regular contact from our support workers via phone call, video chat, text etc.

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| **RISK ASSESSMENT** |
| ***\*Please provide details if any of the following risks are applicable\*******NB: This risk assessment is purely to keep you and others safe – answering ‘yes’ to any of the following questions will not necessarily exclude you from our services.*** |
| Do you have any history of or current risk of self-neglect, self-harm or suicide? |
| Do you feel you can be aggressive or violent? Do you have any convictions? Please give details: |
| Have you experienced any alcohol and/or substance (illegal or prescribed) misuse?  |
| Do you feel you are at risk from health issues? (including mental health problems, physical disability or learning disability) Please give details: |
| Do you feel that you are vulnerable to exploitation from others? |
| Have you experienced or are you currently experiencing any domestic abuse? |
| Do you feel that your behaviour could present a risk to yourself or other people? Please give details: |
| Is there anything else that you think we should be aware of? |

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| **EQUAL OPPORTUNITIES MONITORING** |
| We are committed to equal opportunities in the services we provide and in order to find out how well we are doing with this we need to collect monitoring data. This is voluntary but the information is very useful to us to ensure our services are inclusive and to ensure we provide support to individuals from diverse backgrounds. The information you provide on this form will be kept confidentially. |

**Your age**

☐ 16 - 24 ☐25 - 34 ☐ 35 - 44 ☐ 45 - 54 ☐ 55 - 64 ☐ 65+

☐ Prefer not to say

Your ethnic origin

These categories are based on the Census 2011 categories and recommended by the Commission for Racial Equality.

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| Asian, Asian British, Asian English, Asian Scottish, or Asian Welsh ☐Asian / Asian British ☐ Bangladeshi ☐ Chinese☐ Indian ☐ Pakistani ☐ Other Asian background (specify if you wish):  | White ☐ British ☐English ☐ Gypsy or Irish Traveller ☐ Irish ☐ Scottish ☐ Welsh ☐ Other White background (specify if you wish):  |
| Black, Black British, Black English, Black Scottish, or Black Welsh☐ African ☐ Caribbean ☐ Other Black background (specify if you wish):  | Mixed ☐ White and Asian ☐White and Black African ☐ White and Black Caribbean ☐ White and Chinese ☐ Other mixed background (specify if you wish):  |
| Other ethnic group☐ Arab☐Other ethnic group (specify if you wish):  | Prefer not to say ☐ |

**Your gender**

☐ Male ☐ Female ☐ Prefer not to say

Have you ever identified as transgender?

☐Yes ☐No ☐Prefer not to say

**Your sexual orientation**

☐ Bisexual ☐ Gay man ☐ Gay woman/lesbian ☐Heterosexual/straight

☐ Other (specify if you wish): ☐ Prefer not to say

**Marriage and civil partnership**

☐ Single ☐ Married/in a registered same-sex civil partnership

☐ Separated, but still legally married/in a registered same-sex civil partnership

☐ Divorced/formerly in a same-sex civil partnership which is now legally dissolved

☐Widowed/Surviving partner from a same-sex civil partnership

☐ Prefer not to say

**Your religion or belief**

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| ☐ No religion ☐ Buddhist ☐ Christian (including Church of England, Catholic, Protestant and all other Christian denominations) ☐ Hindu  | ☐ Jewish ☐ Muslim ☐ Sikh ☐ Other (specify if you wish): ☐ Prefer not to say |

**Disability**

The Equality Act 2010 defines a disabled person as someone who has a physical or mental impairment which has a substantial and long-term adverse effect on their ability to carry out normal day-to-day activities.

Do you consider yourself to be disabled?

☐Yes. Please specify: ☐ No ☐ Prefer not to say

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| **Data Sharing Authorisation** |
| I understand that the information on this form will be kept confidential by Mind Aberystwyth in accordance with data protection. However, if Mind Aberystwyth, believe that there is significant risk of harm to myself or another person, they may need to divulge or seek further information from other agencies. |
| Signed (Referrer): |  | Signed (Service User): |  |

Office Use Only: Participant Contacted - \_\_\_/\_\_/\_\_\_ Initials\_\_\_\_\_\_\_\_\_