

SSF: Active 2 Grow

Referral Form

Name:

Active:2:Grow is a physical activity and sport programme for young people aged 11-14. This programme will give you the space and time to learn about your own mental health and wellbeing using simple tools and resources.

The programme caters for young people with mild to moderate mental health issues and an assessment call will be carried out to establish if Active:2:Grow is the right programme for you.

*Please complete this form as much as you can and are comfortable with."*

Why would you like to come to Active:2:Grow?

Your Contact Number:

Do you have any other workers allocated to you from different agencies? If yes, please provide contact details below and a description of the support you receive.

**Agency:**

**Worker Name:**

**Contact number**

**Contact email:**

Do you have anyone professional to talk to about your mental health? (Eg, Counselling, counselling at school, CAMHS referral or other external services)

***SSF will only contact the above person / people if we had a child wellbeing concern and will only do so with your permission***

Parent or Guardians Contact Number:

Parent or Guardians Name:

Address:

D.O.B:

**Person’s Details**

**Mental Health Needs**

**Name:**  **Parent Signature (if required):** **Date:**

**REFEREE SIGNATURE / NEXT STEPS**

The SSF National Active:2:Grow programme Coordinator will now read the information you have told us to see if Active:2:Grow is the best programme for you. If so, the Coordinator will give you a call to let you know what support the programme can offer you. We will then get in touch with your parent / guardian to talk about the next steps.

Please sign or type your name here to confirm that you understand that the information that you are providing is being collected under the Data Protection Act 2018. It will form part of the young person’s file and if the young person requests to see information that Scottish Sports Futures holds on them, under the Data Protection Act 2018 we would release this information.

If under 13, this section should also be signed by a parent or guardian.

**Is there anything else you want us to know that hasn’t already been covered? (eg. victim of bullying, bereavement, debt issues etc)**

Are you aware of the young person any criminal convictions or charges?

**Any Other Information**

**Please give details of any disabilities:**

**Disabilities**

**What would you like us to know about your mental health? (Eg, Anxiety, depression, home life etc)**

**How can we help you to feel comfortable at the programme? (Calling before the session, meeting at the door at the venue?)**

**How do you learn best? (Reading, pictures, doing something) We want to be able to adapt to your needs when delivery workshops or training.**

**YOUNG PERSON SIGNATURE**

Please sign or type your name here to confirm that you understand that the information that you are providing is being collected under the Data Protection Act 2018. It will form part of the young person’s file and if the young person requests to see information that Scottish Sports Futures holds on them, under the Data Protection Act 2018 we would release this information.

If under 13, this should be signed by a parent or guardian.

Name:

Date:

**Young Person Statement**

**This part is for the you (the young person) to tell us why you would like to come along to the programme?**

**Why would you like to come to the Active:2:Grow programme? Please circle as many answers as you like.**

To make friends // To have fun outside of school // To do something in the evening // To play a new sport

To try something new // To learn about my mental health // To improve my wellbeing // To have time for myself

Anything else? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please tells us which activities you would like us to organise for you. Circle which ones you like best!**

Football // Basketball // Netball // Handball // Touch Rugby // Rounders // Racket Sports // Volleyball

Anything else? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Active Games // Obstacle Courses /Relay Race // Arts and Crafts // Mindfulness // Drawing // Meditation

**Tell us anything else you would like us to organise below!**