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| --- |
| **I want to refer someone for Thistle wellbeing support, this person has:** |
| * consented to personal details being shared with Thistle Foundation
 | yes/ no |
| * agreed to being contacted by a wellbeing practitioner
 | yes/ no |
| * agreed to a wellbeing practitioner leaving a message
 | yes/ no |
| * agreed that their information can be collected and used anonymously to evaluate and monitor the support provided
 | yes/ no  |
| **Is it safe for us to signpost this person to exercise support if relevant?** | yes/ no |
| **Are there any other services or support involved?** |  |
| **What is the person hoping to be better/different from working with a wellbeing practitioner?** |  |
| Persons Chi number if known, or date of birth |  |
| persons first name |  |
| surname |  |
| contact number |  |
| email if appropriate |  |
| address line 1 |  |
| address line 2 |  |
| city/town |  |
| postcode |  |
| **Referrer contact details:** |
| referrer name |  |
| referrer job title and/or relationship to the person |  |
| referrer organisation (if relevant) and address |  |
| referrer email |  |
| referrer contact number |  |

**Information for Referrers**

Thistle Neurological Wellbeing Service offers a confidential, safe space for people to talk through non-medical ways of managing their health or difficult life circumstances.

We believe that, with the right support, people can cope better, feel more in control and increase their confidence to manage life better and improve their wellbeing.

**Please note:** This is a supported self-management service. Our aim is to encourage self-confidence, develop the capacity for self-management and support people to have more control of their health conditions and their lives.

**We offer**

* One-to-one wellbeing coaching
* Support to develop a wellbeing plan
* Group-based Lifestyle Management courses
* Social prescribing
* Encouraging peer support

**Who to refer?**

Adults living with the impact of a neurological condition who are looking for support to manage life better and improve their wellbeing.

Please note this service is not appropriate for anyone experiencing a crisis with their mental health or looking for psychological therapy.

**The process-**

After a health professional has made a referral, or a person has self-referred, we will contact the person to offer an appointment with a wellbeing practitioner.

During the initial conversation we will explore:

* What matters to the person?
* The person’s best hopes from talking to us
* How the person wants their life to improve
* How the person is managing now and what is already working for them
* Building in additional skills if required e.g., stress management, sleep, pacing and energy management.
* Thistle’s Lifestyle Management course
* Small changes to notice and pay attention to
* Peer support
* Identifying what additional support, if any, might help

This is a minimalist type of support for people where we aim to have “no more meetings than necessary.” Our work will be complete when the person is on their way to noticing the improvements they want to see in their life and feeling reasonably confident at dealing with any future setbacks.

**To find out more about us: https://www.thistle.org.uk/looking-for-support/**