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## Date of Referral:

#### PonthafrenTriage Referral Form

By completing this form, you give Ponthafren permission to store and use your details to contact you regarding this referral. If it is not suitable for us to contact you for any reason, please visit one of our centres or call us on 01686 621586 or 01938 552770 when you have the time and privacy for someone to complete the referral with you.

##### CONTACT DETAILS

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| Your Full Name:  | Date of Birth:  |
| Full Address:  |
| Town:  | County:  | Postcode:  |
| Phone:  |
| **May we leave a message on the number you have provided?** [ ]  **Yes** [ ]  **No** |
| Email Address:  |
| Contact preference? [ ]  By Phone [ ]  By Email [ ]  By Letter |
| When is best to contact?  |
| Preferred Language: [ ]  Cymraeg [ ]  English [ ]  Other (please specify):  |

##### PONTHAFREN’S SERVICES

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| * **Counselling** is a talking therapy that involves a trained therapist listening to you, helping you discover ways to deal with emotional issues.
* Our **One-to-One Practical Support** service provides practical support on a one-to-one basis to help you live your best life, achieve your goals, and move forward. We can offer support with many areas including amongst many others housing, budgeting/debt, attitude to life, confidence issues, and managing physical health.
* **SilverCloud** is an online programme that helps you to develop ways of managing your own emotional wellbeing. It is based on Cognitive Behavioural Therapy (CBT) which focuses on the way in which thoughts can influence feelings and behaviours. SilverCloud can be delivered online only or by blending online with personal contact with a member of our staff to help guide through the programme.
* Our **Life Skills** group courses aim to help you understand your personal mental health and develop healthy coping strategies and emotional skills.
* **Volunteering** is not just about helping others or giving to your community. It can also boost your wellbeing by improving your confidence, teaching you new skills, helping you meet new people, or as a flexible step towards or away from paid work.
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## If you have an idea of which of Ponthafren’s services interest or would help you, please tick any that apply.

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| --- | --- | --- |
| [ ]  Counselling | [ ]  One-to-One Practical Support | [ ]  Blended Online CBT (SilverCloud) |
| [ ]  Life Skills Groups | [ ]  Volunteering | [ ]  Work Placement / Experience |

## Please tell us what you need help with?

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## ABOUT THE REFERRER (Please ignore this section if this is a self-referral).

Regarding other organisations: *It is the responsibility of the referrer to get consent to make this referral. Ponthafren may need to speak to the referrer for further relevant referral details, regarding waiting times, or to notify of client non-attendance/referral closure. If the person being referred has not consented to this, please make this a self-referral and do not provide referrer contact details below.*

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| Name of referrer:  |
| Referring organisation:  |
| Contact Number:  |
| Email Address:  |

For further information on how your referral relates to data protection, please visit out
referral privacy notice: [**www.ponthafren.org.uk/privacy-notice-referral-form**](http://www.ponthafren.org.uk/privacy-notice-referral-form)

## WHAT HAPPENS NEXT?

A member of our staff will contact you (or the person you referred) within 2 working days to talk with you about which service may be best for you at this time.

This conversation will consider your needs, what you would like support with, what services are available inside and outside of Ponthafren match your needs, waiting times, availabilities, and any other factors you think are important to your support.

We will attempt to contact you at least 3 times over a number of weeks through your contact method of choice. If we cannot reach you, we may need to close your referral but where possible we will notify you in writing if that is the case.