



Health
in mind

GROWING IN CONFIDENCE



Feel stressed, down or
overwhelmed by life as a parent?

Ready to make positive changes
and restore a sense of
wellbeing?

FOR MORE INFO

Call Lizzie on : 07760 753 041
lizzie.sosenko@health-in-mind.org.uk

www.health-in-mind.org.uk



Referral Form

GROWING IN CONFIDENCE

Wellbeing self-management course

Service Information

This course is a *pilot 8 week, 2 hour facilitated course for men and women over the age of 18 and living in South Queensferry.

Course Suitability

The course is suitable for individuals who are:

- looking to actively improve their mental health and wellbeing;
- keen to make positive changes to their life;
- keen to learn new self-management skills.

The course is by referral and assessment, and is suitable for South Queensferry residents who may feel vulnerable and isolated, but are still able to participate as part of a group. The course is not suitable for individuals who are in, or approaching, a state of crisis.

Course Structure and Content

The core course follows an 8 week structured programme. There is also a pre-course and post-course one-to-one meeting with each participant.

The course covers topics including: the importance of self-care, sleep and wellbeing, stress and stress management techniques, mindfulness, time management, understanding emotions and communication, dealing with anger and sadness, the mind-body connection, breaking habits and over-coming obstacles.

Course Aims

This course is not a parenting course. The course aims to provide:

- a supportive, confidential space for participants to explore experiences and aspirations;
- an opportunity for participants to reflect on current coping strategies, and consider new and helpful tools to self-manage stress, anxiety, overwhelm and difficult moods and emotions;
- an opportunity for women to explore the impact of positive life choices, and grow in their confidence and feelings of agency to take positive action.



Referral Form

GROWING IN CONFIDENCE

Wellbeing self-management course

The information you provide us will be stored on Health in Mind organisational database and anonymised data will be used in reports to Edinburgh City Council.

We operate an open access policy so any information you provide can be shared with the person you are referring.

To find out more contact lizzie.sosenko@health-in-mind.org.uk or call 07760 753 041 / 0131 225 8508.

Client Information

Name of the person you wish to refer:	
Address:	
Telephone and/or email:	
Date of birth:	
Does this person know you are referring them? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Has the person given permission for us to contact them directly? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Are there any communication needs we should be aware of? e.g. does the person have a sight or hearing impairment	

Further Information

Your name:	
Contact Address (include organisation/ team):	
Contact number and email:	



Referral Form

GROWING IN CONFIDENCE

Wellbeing self-management course

How long have you known the person, and in what capacity?	
What support does the person have from other organisations and/or family?	

Please give a brief overview of why you are referring this person to the service and the outcomes they hope to work towards/ areas of focus for support.	
The service is offered on a group basis. Is there anything we should be aware of when providing group support?	
Please tell us about this person's mental health and wellbeing. Please include any risk factors we should be aware of.	

Signed _____

Date _____



Referral Form

GROWING IN CONFIDENCE

Wellbeing self-management course

Please return this referral form either by post to:

Lizzie Sosenko
Health in Mind
40 Shandwick Place
Edinburgh
EH2 4RT

or by email to:
lizzie.sosenko@health-in-mind.org.uk

PLEASE NOTE:

If sending by email, under participants name provide only initials, and call Lizzie Sosenko on 07760 753 041 to confirm full personal details.