



Referral Form

# SQ Men's Group

mental health and wellbeing \*pilot

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A flyer for the South Queensferry Men's Group. The background is orange with scattered leaf illustrations and dashed lines. The text is arranged in several boxes and sections. At the top left, a white box with diagonal stripes contains the word 'FREE'. Below it, the title 'South Queensferry Men's Group' is written in large, bold, black letters. To the right of the title is a circular 'Health in mind' logo. Below the title, a white box with diagonal stripes contains the text 'HELPING TO IMPROVE YOUR MENTAL HEALTH'. To the left of this box, a list of questions is presented: 'FEELING ISOLATED?', 'BENEFIT FROM MEETING PEOPLE?', 'NEED TO TALK?', and 'WANT TO LEARN NEW THINGS?'. At the bottom right, a white box with diagonal stripes contains contact information: 'For more: call Lizzie on 07760753041' and 'lizzie.sosenko@health-in-mind.org.uk'.

**FREE**

## South Queensferry Men's Group

**HELPING TO IMPROVE YOUR MENTAL HEALTH**

FEELING ISOLATED?  
BENEFIT FROM MEETING PEOPLE?  
NEED TO TALK?  
WANT TO LEARN NEW THINGS?

For more:  
call Lizzie on 07760753041  
lizzie.sosenko@health-in-mind.org.uk

## Service Information

This group is a \*pilot NHS funded group and runs weekly up until Christmas 2018. The group is a two hour facilitated session for men over the age of 18 and living in South Queensferry who are experiencing poor mental health and wellbeing.

### Group Suitability

The group is suitable for men who are:

- looking to actively improve their mental health and wellbeing;
- keen to make positive changes to their life;
- would benefit from positive peer interaction to reduce isolation;
- keen to learn new self-management skills.

\*The group is by referral and assessment only, 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.



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### Group Structure and Content

Each group session integrates one hour of social activity with facilitated support from Health in Mind (tea, coffee, card games, ping pong etc) and one hour of gentle wellbeing learning and discussion on a different theme each week. There will be opportunity for men to have a go at new activities including mindfulness, drumming for wellbeing and gentle fitness.

\*Participants will be invited and supported to share positive weekly themes they might like the group to cover.

*PLEASE NOTE: none of these activities will be high intensity, and no prior experience is necessary to take part.*

### Group Aims

The group aims to provide:

- a supportive, confidential space for men to reduce isolation through positive interaction with other men and professionals;
- an opportunity for men 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 men to explore the impact of positive life choices, and grow in their confidence and feelings of agency to take positive action.

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**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](mailto:lizzie.sosenko@health-in-mind.org.uk) or call 07760 753 041 / 0131 225 8508.**



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



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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.

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The service is offered on a group basis.

Is there anything we should be aware of when providing group support?

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Please tell us about this person's mental health and wellbeing. Please include any risk factors we should be aware of.

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Signed \_\_\_\_\_

Date \_\_\_\_\_

**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.**