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**Active Lancashire Referral Form**

The United Together Project is delivered across Lancashire in partnership with The Probation Service, the Football Community Trust, Active Lancashire and Challenge through Sport Initiative (CSI). It helps people to improve their skills and employment prospects, build resilience, confidence and community engagement to help prevent re-offending. A support plan is tailored to individuals needs by the CSI Mentors.

The CSI Programme is a bespoke behaviour change programme for people who need to build their resilience to substance misuse, Mental Health issues (especially Dual Diagnosis), those in the Criminal Justice System and their friends & families. Our key focus is to engage and mentor those people who are often inactive and have poor mental health. They are encouraged to participate in physical activity to improve their long-term health and economic lifestyles.

The programme is led by support mentors who themselves have lived experience and have become role models through engaging in the CSI Programme. They are an extremely passionate and motivated team who all have coaching qualifications. They have a wealth of experience and knowledge of the communities that helps them to signpost participants to other agencies to support their individual needs enabling us to work together.

The activities are all varied depending on what participants want. For sustainable and added benefit to the community the activities are linked in with local community centres, gyms/clubs etc because a percentage of the participants move on to become members or attend other sessions within the community. Participants are encouraged to engage their families and friends in activities to help support them but to also encourage them to become active. This creates a ripple effect impacting on others around them and improving their mental and physical wellbeing and way of life.

Referrals are encouraged to get involved in a positive way in their local community with the aim of people leading healthier and active lives and reducing the likelihood of re-offending.

**Benefits for service users:**

* Improve confidence, build resilience and develop new skills
* Informal setting to work on personal development
* Opportunity to improve physical and mental health & wellbeing
* Team building and communication skill development through activities
* Building new social networks & integration into the community
* Volunteer opportunities
* Opportunities to undertake training including coaching qualifications

**Who should I refer?**

* Clients who are frequent re-offenders/substance misuse and or in recovery from substance misuse
* Anyone interested in sport and physical activity, improving their social skills or who recognises that they need to work on improving their physical and mental health
* Anyone on Unpaid Work

**Want more information?**

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| **Section 1 – To be completed by the person referring in.** |
| If you have someone who you would like to refer to Active Lancashire’s (United Together Programme) could you please complete the following and send to your local point of contact. You will then be contacted by them to arrange a ‘3 way’ meeting with yourself and the participant. |
| **Name** |  |
| **Date of birth** |  |
| **Contact number (on agreement)** |  |
| **Area Residing** |  |
| **Probation Practitioner Name:** |  |
| **Type of order** |  |
| **RoSH level (Low, Med, High)** |  | **Mappa Cat ;****Mappa Level;** |  |
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| **Please comment on the following:** |
| *Risk issues/harm/safeguarding issues you feel Active Lancashire should be aware of;* |
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| *Any specific restrictions which need to be taken into account when thinking about activities;*  |
| **Section 2 - To be completed on a ‘3 Way’** |
|  *Ideas & thoughts of what the participant wants:* |
| **Completed by** | Name: | **Date** |  |
| Email: |
| Tel No: |
| Organisation: |
| **Section 3 – To be completed by the participant** |
| This form must be completed before any activities are undertaken as part of the project. These details willbe stored securely and retained until the end of the project, in compliance with the Data Protection Act 2018.This information will be used to evaluate this project. For the purposes of the Data Protection Act 2018, TheProbation Service is the data controller in respect of information processed which relates to your participationin the project. **Please tick here if you are happy for us to share this information with our partners(Active Lancashire Ltd) on the Programme. ☐****Participant to complete - Signed……………………………………………………………………….……. Date…………………………** |