

Thistle Wellbeing Service

Referral Form

Please complete and email this form to: referrals@thistle.org.uk

GP Practice:

Name of person being referred:

[Click here to enter text.](#)

CHI:

Address 1:

Address 2:

City/Town:

Postcode:

Telephone:

Email:

Date:

Name of referrer:

[Click here to enter text.](#)

Job Title:

Address 1:

Address 2:

City/Town:

Postcode:

Telephone:

Email:

This person has consented to personal details being shared with Thistle Foundation? Yes ☐
No ☐

This person agrees to being contacted by a Wellbeing practitioner? Yes ☐ No ☐

This person agrees to the Wellbeing practitioner leaving a message? Yes ☐ No ☐

This person agrees that their information can be collected and used anonymously to evaluate and monitor the service? Yes ☐ No ☐

Are there any other services or support involved? Yes ☐ No ☐

Is it safe for us to signpost this person to exercise Yes ☐ No ☐

What is the person hoping to be better/different from working with a Wellbeing Practitioner?

[Click here to enter text.](#)

Information for Referrers

Thistle 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 long term health conditions, long covid, or facing challenging life situations 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.

At the appointment

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 at the moment and what is already working for them
- Building in additional skills if required e.g. stress management, sleep, pacing and energy management etc.
- 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.