



Shaping Spaces Wellbeing Project

Referral Form

Our wellbeing programme is for 16–25 year olds in Bradford who feel, or are at risk of becoming, anxious, down or alone. We meet on Wednesdays from 10am to go out and enjoy time together in some of Bradford’s beautiful green spaces and to work on small community projects. On Thursdays we will run group work sessions and one-to-ones to focus on particular issues and topics such as how to build positive relationships, goals for the future and life-skills. This is a rolling programme with an average length of participation being 4 months.

We aim to support participants to:

- build new friendships
- increase their confidence and self-esteem
- Connect more with nature and themselves
- improve their personal wellbeing
- gain tools to enable them to maintain their wellbeing after the programme
- develop their future plans and life skills
- create a personal learning profile

You can use this form to apply for a place for yourself on our programme or on behalf of a young person you know or work with. Please complete this form then send it back to us and we will reply as soon as possible—we aim to reply within a week of receiving it. The information given will help us ensure that this is the right programme for the applicant and to help you decide if the applicant is right for the programme.

Completed forms can be emailed to Rachel via Galaxkey at rachel.deadman@bradfordymca.org.uk or by post or in person to Shaping Spaces, Culture Fusion, 125 Thornton Road, Bradford, BD1 2EP.

For more information, or to discuss a referral, please contact Rachel Deadman on the above email address or phone Rachel on 01274 371304.

We look forward to hearing from you!



Young person's details:

Name Date of birth

Address

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Postcode

Phone number Email

Who is completing this form? (if being referred from an agency, please complete the section below)

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Signed Date

What is the best way to get in touch about this referral?

Referral agency details:

Agency Type of agency

Name and role of worker

Work address

Email address

Contact number

Are there any other workers or agencies involved with this young person? If so, who?

Eligibility:

Age (between 16 and 25 years):

Employment or education status:

Not working

Part-time employed (must be available daytime Wednesdays and Thursdays)

Not in education or training

In part-time education or training (must be available daytime Wednesdays and Thursdays)

Which qualifications, if any, have been achieved?

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Any other work experience, training, certificates or hobbies you want to tell us about?

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Health and wellbeing:

Any diagnosed health conditions? If so, what?

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Any medication taken? If so, when is it taken?

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Tell us a bit about what you like to do in your spare time to socialise, relax or keep entertained

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Roughly how many trusted friends and/or family members would you say you can rely on and talk with?

Suitability:

Shaping Spaces is a rolling programme for a group of up to 10 young people at any one time. Each Wednesday we go out together to spend the day in a local park or green space. Although we do not expect to do really energetic exercise, participants will need to be able to walk, climb slopes, sit on logs and do moderate physical exercise independently. We will go out in all weathers throughout the year as long as it is safe to do so as experiencing our seasons and weathers first hand is enlivening and emboldening. We have a small range of waterproofs, warm clothes and boots for anyone who does not have these but ask participants to dress appropriately for the weather. During the day we will do a variety of activities, including wellbeing aids such as ‘sit spots’, breathing exercises, taking notice of our surroundings, cooking on a fire and much more. We expect participants to be willing to try out these activities with an open mind.

We will provide hot drinks and a snack but ask participants to bring their own lunch. Bus fares to travel to and from our sessions can be reimbursed.

What attracts you to this programme and what would you like to get from taking part in it?

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Do you have any previous experience of going out into nature? (E.g. walks in your local park, gardening, holidays by the sea)

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Are there any health or mobility difficulties that may affect your participation in our activities? If so, describe how they affect you. (E.g. anxiety, asthma, diabetes, dizzy spells etc.)

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How will you travel to and from Culture Fusion and can you do this independently?

Bus Taxi Bicycle Walk Be given a lift Drive own car

I can travel independently Yes No

Any other support needs? (E.g., any difficulty speaking or understanding English, anger management, etc.)