**Well Together – How to refer your service user**

**Well Together (formerly Champions Show the Way) is funded by the 3 Clinical Commissioning Groups (City, District and Airedale Wharfedale and Craven CCG) to provide volunteer led activities that may benefit service users who have a long term health condition or those who are at risk of loneliness and isolation.**

*This information sheet is a guide for professionals and a tool for referring into the Well Together Service; it should not be given directly to the public.*

**Activities may have the following benefits to service users;**

* Increased social interaction.
* Improvements in physical health and mental wellbeing.
* Improved links and awareness of activities and support in their local community.
* Improved confidence to better self-manage their condition.

**Examples of Activities Available**

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| * Health Walks
* Social groups
* Art groups
* Relaxations
* Peer support groups
 | * Extend exercise sessions
* Singing groups
* Reminiscence writing sessions
* Creative Writing groups
* Quiz groups
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**All Activities are run by volunteers known as Activity Volunteers or Volunteer Walk Leaders**.

 Our Volunteers are:

* registered as a volunteer with Bradford District Care Foundation Trust,
* Insured where appropriate

Activities take place across the Bradford District in local community venues.

All sessions are free of charge to the service user

**Referral Criteria**

* The service user must have recently been discharged from hospital or a rehabilitation service, or be living with a long-term health condition.
* They must be independent enough to leave their own home un-aided
* They must be well enough to access an activity in the local community run by a volunteer.
* Carers, a family member or friend would be welcome to attend an activity to support a service user.
* Where appropriate have GP approval to participate in a physical activity.

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**To make a referral** complete the referral form and **Post to:**

Well Together Service, Bradford District Care NHS Foundation Trust, New Mill, Victoria Road, Saltaire, BD18 3LD **or Email:** welltogether@bdct.nhs.uk

If you need any more information please contact Well Together on 01274 259190