



## Befriending Services Self Referral Form

Thank you for your interest in Replenish UK. **Please fill out this form with as much information as possible.** Your information helps us find the service that may suit you best, and is also part of our assessment process.

If you have any questions about getting a befriender, please contact the Replenish UK Team on 07534414146 or you can email us at: [info@replenishuk.com](mailto:info@replenishuk.com) We look forward to hearing from you soon.

Do you have a CPN? Please tick.  Yes  No  
**If yes, what is you CPN's name, and where is his/her office based?**

Your Name	
Address	
Telephone	
Date of Birth	/ /

What are your main reasons for referring yourself to Befriending Service?

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Please tell us a little bit about your mental health difficulties and your well being

Using the planner below, please give a brief outline of how you currently spend your week. This is very helpful to us so please provide as much information as possible.

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

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Please let us know what support you have from medical professionals (e.g. support worker, OT, psychologist, attend classes or therapy, counselling, etc.). Also, how do you feel about this support? Please give as much detail as you can.

How isolated do you feel?

Are there any goals you like to work towards with a volunteer? Please be as specific as you can.

Is there anything else you would like to tell us?

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## Referees

Can you please give us the names and addresses of two people who know you (one in a professional capacity), and would support your application?

Name (Professional)	
Address	
Telephone	
How known to you?	

Name (Friend)	
Address	
Telephone	
How known to you?	

Signed \_\_\_\_\_

Date \_\_\_\_\_

### Next steps:

Thank you for sharing this information. We will be in touch within 2 weeks of receipt. Please send form by:

**Post:** Replenish UK, 1, Station Cottages, Station Road, Wickham Bishops, Witham, Essex.  
CM8 8JD

**Or secure email:** [info@replenishuk.com](mailto:info@replenishuk.com)