 **Survivors’ Network**

***‘Dedicate’***

**What is *‘Dedicate’* and who is it for?**

Dedicate is a small, closed group for women who wish to set and achieved various goals in their life. Three workshops are run over a 3-month period. These will look at how to set a goal, how new habits are formed, challenges with change and how to maintain changes.

Dedicate helps women plan for how best to achieve their goal. The workshops strongly encourage peer support within the group and help to arrange meet ups between the workshops. We also encourage good self-care throughout the course.

Dedicate is not a therapeutic group. You will not be asked to discuss any of your past experiences.

There are three workshops and you will be asked to attend all three to get the most out of the service, to map your progress and gain the support you may need.

**Survivors’ Network *‘Dedicate’***

**Self-Referral Form**

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| --- | --- | --- | --- |
| **Name** |  | **D.O.B (dd/mm/yy)** |  |

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| --- | --- | --- | --- |
| **Address** | Click here to enter text. | **Contact Phone Number (we can leave message on):** |  |
|  |  | **Email Address** |  |
| **What is your preferred method of contact?** | | **EMAIL  PHONE** | |
| **What is the best time to contact you via phone during the working week?** | |  | |
| **What is your age?** | |  | |
| **What is your ethnicity?** | |  | |

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| --- | --- | --- |
| **Who could we call in an emergency?** | | |
| **Name** | **Relationship** | **Contact Details** |
|  |  |  |
| **The assessment and workshops will be at Survivors’ Network premises. Unfortunately, our building has a number of stairs and no lift. Do you have any mobility problems or other concerns about attending this venue?** | | |
|  | | |
| **How did you hear about Dedicate?** | | |
| Internet SN service, please state\_\_\_\_\_\_\_\_\_ Social media  Supporter (e.g. family/friends) Professional/external agency, please state\_\_\_\_\_\_\_\_\_\_\_  Newspaper/magazine, please state\_\_\_\_\_\_\_\_\_ Other, please state\_\_\_\_\_\_\_\_\_\_\_\_ | | |
| **The next dates for the Dedicate workshops are:**  **Tuesdays – 28th January 2019, 25th February 2019 and 24th March 2019**  Please confirm you can attend all three of the workshops Yes/No | | |
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| **Anything else you would like us to know?** |
|  |

Information you give on this form will be treated in the strictest confidence and in line with our Data Protection Policy. It will be used to help us provide appropriate services to you and anonymised data to report on how we are doing. Our confidentiality policy can be requested by calling us or by emailing us at the address below.

For more information on how we store and use your data, please see our Privacy Policy.

Forms returned by post will need to be signed to confirm your agreement to your data being used in this way. For forms returned by email, your email will act as your consent.

|  |  |  |  |
| --- | --- | --- | --- |
| **Your signature** |  | **Date** |  |

**Please return the completed form to:**

By email: [susannah@survivorsnetwork.org.uk](mailto:susannah@survivorsnetwork.org.uk)

By post: SN Link service, Survivors’ Network, 6A Pavilion Buildings, Brighton, BN1 1EE

**If you need any help or support to complete this form, please contact Survivors’ Network** [susannah@survivorsnetwork.org.uk](mailto:susannah@survivorsnetwork.org.uk) or **01273 203380**