

## **Bump Buddies                      Professional Referral Guidance**

As part of Shoreditch Trust's strategic aims it delivers the Bump Buddies Mentoring (BBM) programme. BBM is targeted to socially isolated women during pregnancy and early parenthood who may also be coping with a range of issues, such as poverty, homelessness, domestic violence, insecure immigration status, trauma, poor mental and/or physical health and FGM. The Bump Buddies mentoring (BBM) service works with women living in the London Borough of Hackney, which is the second most deprived borough and has the second highest level of child poverty in the UK.

Bump Buddies volunteer mentors are locally recruited mothers who have completed our training programme and are DBS checked. They are friendly and open minded, with an enthusiasm for being active in their communities, and offering support in a confidential and non-judgemental way. Our volunteers come from a variety of backgrounds and often speak more than one language. Many volunteers have personal experience of issues which can impact on health and wellbeing in pregnancy.

### **Service aims and outcomes**

#### Strategic Aim

The overall aim of BBM is to provide a mentoring service that builds individual resilience and wellbeing, and community capacity and cohesion.

#### Strategic outcomes

1. Improved social relationships – Through the provision of one-to-one support and training we will increase programme participants' self-esteem and confidence, impacting on their ability to build and sustain positive relationships in their communities.
2. Enabling participation – giving programme participants' more choice, more voice and control, impacting on their ability to seek information about, and confidently access local provision to which they are entitled.
3. Increased resilience – helping programme participants to bounce back from adverse circumstances and experiences, make choices to support ongoing health and wellbeing, and to challenge entrenched and increasing inequalities.

## Referral Process

Shoreditch Trust provides a mentoring service to **vulnerable** women during pregnancy and early parenthood who live in the London Borough of Hackney.

Vulnerable in this instance will include (but not be limited to) women who:

- Lack support networks / are socially isolated
- Are homeless or at risk of homelessness
- Are known to social care including for safeguarding concerns
- Have experienced domestic violence
- Have mild to moderate mental health problems
- Have experienced difficulties with pregnancy/birth/post birth (including FGM)
- Are young (under 21)
- Are HIV positive
- Have English as a second language / have been in UK less than 10 years
- Have uncertain immigration status

Individuals who may not be suitable for our service

- Individuals with moderate to severe mental health problems are considered to require more specialist supported Mentoring than BBM is able to offer.
- Individuals with substance misuse issues.
- Individuals whose behaviours or life circumstances present an unmanageable risk to the safety of staff or mentors.
- Individuals who are unable to communicate in English, if a suitable bilingual mentor is unavailable.
- Due to limited resources, BBM may not be able to continue offering mentoring to mentees who move out of Hackney whilst receiving our service.

Notes on the Referral Process

- Both professional and self-referrals are accepted.
- The programme is only able to take **4** new referrals a month. Referrals received after the 4 places have been filled will be put on the waiting list for the following month.
- Referrals accepted in early pregnancy, **no later than the end of week 30 of pregnancy.**
- Each referral will be individually assessed – a referral will not automatically result in a service being offered.
- Referral agents will be informed of receipt of referral and whether a service is being offered following assessment.
- Whether or not the mentoring service is offered, all potential service users receive an email from BBM outlining free local and online pregnancy/parent related services.
- The average length of mentoring will normally be between nine and fifteen months, depending on the individual assessed needs of the mentee.

## Referral & Assessment process:

1. Referrals need to be made using the programme form (available online through Shoreditch Trust website). Advice/information about appropriateness of the referral can be given over the phone/email.
2. An email is sent out to the potential service user introducing the programme and indicating that a phone call will follow to arrange an appointment for an assessment visit (home-based).
3. The potential service user is contacted by phone to make a mutually convenient appointment.
4. Following the assessment the service user is contacted by phone to confirm whether they will be offered a mentor.
5. The service user will be contacted by phone to arrange an introductory meeting with their mentor.
6. The programme aims to place mentors with service users within a six week period but may be longer depending on capacity.

If you are working with a woman who would benefit from 1-to-1 support in pregnancy please see below:

- Discuss Bump Buddies with your client - they must agree to receive support from Bump Buddies.
- Establish that the client lives in Hackney.
- Complete a Referral Form and return to: [lorna@shoreditchtrust.org.uk](mailto:lorna@shoreditchtrust.org.uk)

For more information please contact:

Jane Lavelle or Lorna Lewis

Jane email: [jane@shoreditchtrust.org.uk](mailto:jane@shoreditchtrust.org.uk)

Lorna email: [lorna@shoreditchtrust.org.uk](mailto:lorna@shoreditchtrust.org.uk)

Tel: 020 7033 8573

## Bump Buddies - Maternity Mentoring Referral Form

Bump Buddies are a team of women, trained in a range of topics, who support women in engaging with maternity services and making healthy choices in pregnancy and parenthood.

### Client's Details:

Name:

DOB:

Postal Address:

Postcode:

Telephone:

Mobile:

Email:

Preferred language if not English:

Please indicate client's preferred mode of contact:

### Client's Pregnancy

Due date:

First time parent?

Booking Hospital:

### Referrer's Details:

Referral Agent Name:

Referral Agent Title:

Organisation:

Telephone:

Email:

Reason for Referral (please give as much information as possible):

**Presenting Issues** - Is the client experiencing any of the following issues? (please circle):

Isolation	Yes / No	Safeguarding concerns	Yes / No
Insecure housing/homelessness	Yes / No	Unregulated Immigration status	Yes / No
Mental Health difficulties	Yes / No	In country less than 10 years	Yes / No
Domestic Violence	Yes / No	Financial difficulties	Yes / No
Substance Misuse	Yes / No	Other vulnerability (specify)	

Are there any risks associated with the client (e.g. risk of violence, self-harm)?

Have you completed a risk assessment: Y / N                      If YES, please attach.

<b>OFFICE USE ONLY</b>	
Date Referral Received:	
Referral accepted as eligible: Y / N	If no, why not:
Date of initial assessment:	Action taken:
Assessed by:	
Allocated to:	