



## Locality Group Referral Process

Consideration for a *Give us a break!* group would be advisable for a child/young person who:

- Has experienced a significant loss or change in their life.
- Has had a natural grieving time to process the events that have happened.
- Still exhibits difficulty managing the emotional consequences of the change that they have experienced. This may be observed in the school or home environment.
- Is aged between 10-14 years old approximately.
- Is willing to participate in a group programme.
- Has parental agreement to participate in the group programme (when aged under 12 years old).
- Is not currently accessing any other formal supports (e.g. individual counselling; bereavement group).

If the above criteria has been met, then the child/young person can be considered for a *Give us a break!* group. If there are 3-6 children/young people identified within the one establishment and two facilitators have capacity to deliver the group then this can go ahead as per typical procedures. Facilitators should follow the procedure in the *Give us a break!* pack.

Where you may know individually of a child/young person through direct contact with them, and feel they would benefit from a *Give us a break!* group, they can be considered for a *Give us a break!* **locality** group. The **locality** group will be made up of children/young people from different areas and may have facilitators the children/young people haven't met before.

### Referral pathway for SLC Education, Social Work, Voluntary

In order to refer a child/young person for a **locality** group, a Request for Assistance (RFA) form should be completed. If a Single Agency Assessment (SAA) is available this will supersede the RFA. Confirmation of an Information Sharing Protocol being signed is required also. This information should be sent to [enquiries@slcpsych.org.uk](mailto:enquiries@slcpsych.org.uk).

### Referral pathway for young person/parent/carer

Referrals received from young people or from parent(s)/carer(s) will be logged when contact is made through the 'Contact us' section on the website:  
[www.giveusabreak.org.uk](http://www.giveusabreak.org.uk).

### Referral pathway for NHS Lanarkshire

If you are working in the South and know of a child/young person who may benefit from a **locality** group, please follow the same procedure for SLC Education, Social Work and Voluntary staff.

If you are working in the North, please speak with Tracy Stephen about groups in that area.

The link Educational Psychologist for the particular South Lanarkshire **locality** will manage the waiting list and coordinate groups (children/young people and facilitators) when there are sufficient numbers. The referrer will be alerted to let them know when a group is going to start and who the facilitators are. Paperwork will be forwarded onto facilitators for them to make final arrangements with children/young people, their parent(s)/carer(s), and school. Facilitators should follow the typical process from there (refer to flow chart in the *Give us a break!* pack).