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**Active Lancashire EXTERNAL Referral Form***Active Lancashire is recognised as a Bronze Award Trauma Informed Organisation*

Challenge through Sport Initiative (CSI): CSI is a trauma informed led programme designed to help individuals improve skills, resilience, confidence, and community involvement to reduce the likelihood of re-offending and promote social inclusion. The programme is tailored to each participant by CSI Support Mentors with lived experience who have come through this pathway.

Programme Focus:

* Supports those with substance misuse issues, mental health challenges (especially Dual Diagnosis), or involvement with the Criminal Justice System.
* Encourages participation in physical activities to enhance long-term health and economic prospects.
* Activities complement existing services, promoting social skills and community integration.

Key Features:

* Activities are conducted in a supportive and non-judgmental environment.
* Led by Support Mentors with lived experience and coaching qualifications.
* Participants are connected with local community centres and gyms for continued engagement and sustainability.
* Upskilling/volunteer opportunities at Active Cycles & Active Seconds Charity Shops/Hubs.
* Friends and family involvement is encouraged to create a positive community impact.

Participant Benefits:

* Boosted confidence, resilience, and skills development through whole system approach.
* Improved physical and mental health
* Reduced likelihood of relapse and reoffending through addressing underlying issues.
* Enhanced communication, teamwork, and social networks encouraging integration into the community.
* Access to volunteer and training opportunities, including coaching qualifications.
* Employment pathways.

Ideal Candidates:

* Frequent re-offenders or those recovering from substance misuse.
* Individuals interested in sports, physical activity, or improving social and health outcomes.
* Persons on Unpaid Work seeking personal development.

**Want more information?**

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| **Section 1 – To be completed by the person referring in.** |
| If you have someone over 18 who you would like to refer to Active Lancashire’s (CSI Programme) could you please complete the following and send to your local point of contact. You will then be contacted by them to arrange a ‘3 way’ meeting with yourself and the participant.(If the person is U18 there is a different form to be completed). |
| **Name** |  |
| **Date of birth** |  |
| **Contact number (on agreement)** |  |
| **Area Residing** |  |
| **Risk level (Low, Med, High)** |  |
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| **Please comment on the following:** |
| *Risk issues/harm/safeguarding issues you feel Active Lancashire should be aware of:* |
|  |
| *Any specific restrictions which need to be taken into account when thinking about activities:* |
| **Section 2 - To be completed on a ‘3 Way’** |
| *Ideas & thoughts of what the participant wants:* |
| **Completed by** | Name: | **Date** |  |
| Position: |
| Email: |
| Tel No: |
| Organisation: |
| **Section 3 – To be completed by the participant** |
| This form must be completed before any activities are undertaken as part of the project. These details willbe stored securely and retained until the end of the project, in compliance with the Data Protection Act 2018.This information will be used to evaluate this project. For the purposes of the Data Protection Act 2018, TheProbation Service is the data controller in respect of information processed which relates to your participationin the project. **Please tick here if you are happy for us to share this information with our partners(Active Lancashire Ltd) on the Programme. ☐****Participant to complete - Signed……………………………………………………………………….……. Date…………………………** |