

## Bump Buddies: Referral Guidance

As part of Shoreditch Trust's strategic aims it delivers the Bump Buddies (BB) programme.

BBs is targeted to socially isolated women during pregnancy and early parenthood who may also be coping with a range of health and social issues.

### Service aims and outcomes

#### Strategic aim

The overall aim of BBs is to provide a 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 on-going health and wellbeing, and to challenge entrenched inequalities.

### Bump Buddies Services

Bump Buddies can offer different types of support. All clients will be offered the Crisis Support Service and will help ascertain which parts of the service are the most appropriate.

**Crisis Support - Information and signposting:** We can give the client information on a range of issues relating to their health and wellbeing in pregnancy. We can also help them access local specialist services and other Shoreditch Trust services.

**Mentoring:** We run a one-to-one mentoring scheme that supports women throughout pregnancy and early parenthood, pairing mothers-to-be with a 'buddy'.

**Winter Crisis Support:** We are aware that Christmas can be a challenging time for families; we provide a list of free activities during the Christmas holidays and for families experiencing food insecurity a support package, including food, gloves and a present.



## **Referral Process**

### **Who we work with:**

We work with vulnerable women during pregnancy and early parenthood living 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 lone parents
- Are care leavers
- Are homeless or at risk of homelessness
- Are experiencing financial hardship
- Are known to social care including for safeguarding concerns
- Have experienced domestic violence
- Have experienced exploitation
- Have mental health problems
- Have experienced substance misuse
- Have experienced difficulties with pregnancy/birth/post birth (including FGM)
- Are young (under 20)
- Are HIV positive
- Have English as a second language / have been in UK less than 12 months
- Have unregulated immigration status

### **Referrals we can't accept:**

Most people will be suitable for the Crisis Support service. However, some individuals may not be suitable for Bump Buddies services, including;

- Individuals who require an interpreter.
- Referrals where consent to share information has not been obtained.
- Individuals referred to Bump Buddies after the 32 week of pregnancy.
- Due to limited resources, BB may not be able to continue offering mentoring to mentees who move out of Hackney whilst receiving our service.

### **Notes on the Referral Process:**

- Advice/information about appropriateness of the referral can be given over the phone/email.
- Both professional and self-referrals are accepted.
- Referrals should be made as early in pregnancy as possible, no later than the end of week 32 of pregnancy.
- Our preferred method of contacting clients is via email - please provide an email address if clients have one, if they don't please indicate this.
- Each referral will be individually assessed – to ascertain which part of the service is the most appropriate.
- The average length of Mentoring will normally be between six and nine months
- Individuals with moderate to severe mental health problems, currently misusing substances or whose behaviours or life circumstances present an unmanageable risk to the safety of staff or mentors may not be accepted onto the programme.

### **What we do:**

1. Referrals need to be made using the programme form, available here: <http://www.shoreditchtrust.org.uk/health-and-wellbeing/bump-buddies/mentoring/>
2. An email /letter is sent out to the potential client introducing the programme
3. The potential client is contacted by phone to make a mutually convenient Crisis Support Meeting. 3 attempts are made to contact the client to arrange a Crisis Support Meeting; if we are unable to make contact with the client at this point, we will contact the referral agent to seek support in arranging this appointment.
4. Following the Crisis Meeting, the referral agent and client will receive a follow-up email/letter outlining the main areas discussed and relevant local services and resources. If appropriate, they will also be offered other Bump Buddies and Shoreditch Trust services.

**What you can do next:**

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

- Discuss Bump Buddies with your client - they must agree to receive support and consent to information being shared with Bump Buddies.
- Establish that the client lives in Hackney and is less than 32 weeks pregnant.
- Complete a Referral Form and return to: [lorna@shoreditchtrust.org.uk](mailto:lorna@shoreditchtrust.org.uk)

**For more information please contact:**

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