

Please return your completed form to:

**mPower Western Isles
Health Board Offices
37 South Beach, Stornoway,
Isle of Lewis, HS1 2BB**

How long will it take to be contacted?

Once your referral is received, a Community Navigator will aim to contact you within two weeks to plan a date and time for a home visit.

What is a Community Navigator and how can they help me?

A Community Navigator will help you to complete a Wellbeing Plan. This is a personalised plan which will focus on supporting self management and will include connecting you to activities in your community as well as, if appropriate, connecting you to technology to support your health and wellbeing.

Further help and information



For more information please contact your Community Navigator:

Isabel Morrison – Uists & Benbecula
isabel.morrison2@nhs.scot
m: 07971 715010

Louise Anne Macdonald - Lewis & Harris
e: louiseanne.macdonald@nhs.scot
m: 07966 259060

Team email: wi.mpower@nhs.scot

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mpowerhealth.eu



Southern Health and Social Care Trust



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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you interpret any of this information, or in applying the information to your individual needs.

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Empowering you to live well

Bòrd SSN nan Eilean Siar NHS Western Isles

Self-referral form

For those living in the Western Isles

- Are you feeling lonely or isolated or generally feeling low?
- Do you have difficulty heating or looking after your home or meeting your bills?
- Do you feel your health could be better if you exercised more or stopped smoking?

If you answered Yes to any of the above, we may be able to help you.

mPower helps local people take the steps needed to live well, safely and independently in their own homes. It does this by linking them with services in their community and by helping people use technology to look after their own health and care.

This Self-Referral form allows you to refer to mPower without having to see your GP first. To do this, please complete and return this form to the address on the back page. If you wish, a family member/carer may also fill out this form on your behalf, but only with your consent.

Healthy & connected communities

Self-referral form

For those living in the Western Isles

Name _____

Address _____

Postcode _____

Date of Birth _____ Male Female

Contact Information

Home _____ Mobile _____

Email _____

Preferred contact method Letter Phone/Mobile Email

How did you hear about us? (e.g. GP, Community Nurse, Occupational Therapy)

Medical Conditions

If you have any existing long-term medical conditions please list them below e.g. Diabetes, High Blood Pressure, High Cholesterol, etc.

Medical Conditions

Please outline below the reasons you are requesting a referral to mPower i.e. socially isolated or lonely, mild to moderate psychological support, general wellbeing and lifestyle support. Please also include any additional relevant information:

Consent

I consent to being referred for an appointment to the mPower service

Signature _____ Date _____

If someone is completing this form on your behalf (e.g. family member or carer), please ask them to also fill in their information below:

Name _____

Relationship _____

Contact details _____