

Client Referral Form

Phone 0141 336 7766 or post this form to refer someone/ yourself.
We will phone to explain our service and post them/ you a client application form to join Good Morning Service.



Minimum age to join is 55 years.

About the Person Referred

Title: _____ Name: _____ D.o.B: _____

Address: _____ Postcode: _____

Telephone: (a) _____ (b) _____

We can also write to and call a nominated contact person to explain the Good Morning Service to help the person decide if the service suits them. If the person you're referring thinks this would help please give their details here:

Name: _____ Tel: _____ Relationship: _____

Address: _____

Reason for referral:

How did **you** hear about us?

Social work services _____ Health worker _____ Police Scotland _____

Friend / relative _____ Housing Assoc _____ Social media _____

If referring as part of your job, who do you work for? _____

Name of your dept/ team:

Will your organisation provide a service to this person during the next 6 months? NO YES

If yes, we might contact your organisation as part of our locating procedures.

If yes, but contact is not appropriate please tick here

Your name: _____ (please print) Tel: _____

Date: _____ Thank you. If you would like to know if they've joined Good Morning Service (and the person permits us to tell you) please tick here

Befriending Manager, Good Morning Service, G4 Flemington House, 110 Flemington St, Glasgow, G21 4BF

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In their own words:

“Sometimes you don't want to say to your family how you feel, but you can always tell Good Morning. I can depend on that phone call every day and feel safer knowing that someone is always there.” Ella, 85

“After my knee operation I was feeling really low...but they made me realise that I still had lots of life to lead. And they always noticed my progress. It was really good to be reminded of how far I'd come because you don't see it in yourself, I enjoy their daily encouragement.” Client, 82

“I live my life differently because of it. It gives me some prompting to get on with life.” Janet, 64

“I'm not too well in the morning but when the phone rings and they say 'hello', it is a better tonic right away than all the tablets I swallow.” Ann, 86

“I can depend on Good Morning. It gives me confidence to live alone knowing that if I desperately needed help, you are there.” Mairi, 84

“We can have a laugh, I can share a problem, ask advice and they will help if they can. If I worry about something or don't feel too well I have someone who'll listen. That makes a big difference.” Margaret, 82

“The team have taken the time to get to know me and they're interested in what's happening in my life. As they actually ask me my opinion and seek my views I feel listened to, and also valued.” Catherine, 81

“I've made a lot of new friends to blather to. And it's a great feeling to go to bed and know if I took ill during the night you are always there to help – it's security.” Nancy, 76

“After the call I feel good and can face the world and all its problems, and mine too. Clare, 65

“It makes you live your life because you are never really on your own. They make me feel like a person – not an old woman. I can discuss things like politics and keep in touch with the world – you just keep me going!” Charlotte, 94

“I really like to be independent and knowing Good Morning are there should I need them makes life easy” - Sophia, 97

Question:

1. Did you know that having adequate social support is **more** important to your health than the lifestyle choices we make eg: our eating habits, alcohol intake, smoking and exercise?
2. Did you know that loneliness and social isolation can increase the risk of mortality in people aged 75+ by almost 50% even after underlying health conditions are accounted for?