**Self-referral form**

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| **Date of self-referral** | **How did you hear about the Programme?** |

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| **Parents’ details** |
| Name of parent 1: | Name of parent 2: |
| Relationship to child/ren: | Relationship to child/ren: |
| Address | Address (if different)  |
| E-mail | E-mail |
| Tel: | Tel: |
| GP details | GP details |
| Please say what days and times you are both available to attend group sessions together: *(Groups run in both the day and evenings. Sessions are two hours long and will take place on the same day and time every week and there are 16 sessions).*Is a crèche required?   |

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| Do you have at least one child under 11 years of age? YES / NO |

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| Do both parents consent to this referral? YES / NO |

Does your family get help from any professional agencies (health, social services, voluntary organisations etc.)? YES/NO

If yes, give details:

voluntary organisations etc.)? YES/NO

If yes, please give details:

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| What do you think the benefit would be of you attending the Parents as Partners Programme together?Please outline any current difficulties in your relationship e.g. communication, sharing care of the children etc |

**What happens next?**

Send this completed form to the e-mail address below. You will then be contacted by one of the Parents as Partners team who will arrange to meet you both to discuss the programme further.

If you decide you wish to proceed, the two of you will then be invited to meet with the Group Workers, who will ask you a little more about your reasons for wanting to participate and what you would hope to get from the programme.

You would then be asked to provide some introductory information and would be invited to join a group at a time and place convenient to you. The group sessions last for 2 hours and run for sixteen weeks and regular attendance is important if you are to get the most out of the programme.