

## **The Leg Up Project CIC – Referral Criteria / Guidance Document on Inclusion / Exclusion**

- A. Purpose:** *The purpose of the release of this document is to provide an update to professionals and other VCSE and statutory organisations to outline the scope and remit of The Leg Up Project. We have received a number of high of referrals that fall outside our ability to provide interventions and support. This document aims to provide a clear and definitive set of guidelines to those individuals that we are able to work with.*

**The Leg Up Project CIC is a wellbeing group with a small team of staff, whilst some staff on our team are trained mental health professionals, we are a combined centre for physical activity and educational wellbeing courses. We are not a psychiatric service, do not have access to mental health specialist support and are not able to give specialist psychiatric or mental health support.**

**We primarily work with those who are in or under primary care, i.e., care that is provided by GP's and is usually related to issues such as; relationship difficulties, low self-esteem, low motivation, low mood, depression, anxiety, phobias, interpersonal difficulties, addiction (where getting support from other services).**

**Our courses are focused on increasing wellbeing and resilience, and this is what our funding is provided for. There has been some confusion that we are a specific mental health service. The support that we provide on a 1 to 1 basis is performance and wellbeing coaching and not counselling, although we use counselling tools within the delivery of our packages and sessions, we are not providing ongoing counselling for clients.**

*“Coaching helps you set and achieve goals vs counselling helps you recognise and solve your problems in life. A coach has the job to challenge you frequently vs a counsellor is there to support you with empathy and understanding (although they might gently challenge you).”*

If a person attends the project who requires extra support and starts to fall outside of the scope of the project, a directors panel will review their behaviour and a decision made of how best we are support the individual whilst maintaining the safety of the environment and others on the project. We have strong links and are able to signpost externally to other organisations to help that person access services most appropriate to their personal circumstances. However, there are a small number of times whereby we have to disengage a person from working with us.

### **B. Inclusion Criteria**

1. The person must be 18+ year of age
  - a. Those at the age of 17 years old are considered on an individual case basis and we ask that contact is made via [office@the-leg-up-project.com](mailto:office@the-leg-up-project.com) to discuss the person.
2. The person must be working, living or under the provision of services that operate in Leicestershire (not the city of Leicester)

3. The person must not meet any of the below exclusion criteria mentioned in C below.

### **C. Exclusion Criteria**

**C.1. For all sessions:** Those individuals under secondary care that require a high level of intervention and are not at an 'optimal outcome' in regard to presentation. I.e., a person who is under a consultant psychiatrist who is diagnosed with Schizophrenia and who is not managed in their presentation.

For individuals that are referred who are

- a) managed in their presentation *or*
- b) at an optimal outcome *or*
- c) in remission

who are under secondary care or who have a secondary diagnosis, consideration will be taken to the persons individual factors.

As we operate mainly / largely in group environments we need to ensure the safety, best running conditions, and most practical environments for all the individuals on the project and engaging with us. Due to the high level of resources, time, and specialism that secondary care requires, this doesn't fall under the scope of our organisation or our funding.

#### **Examples of Secondary diagnoses:**

- Bipolar
- Personality Disorders
- Schizophrenia Spectrum Disorders
- Autistic Spectrum Disorder
- Attention Deficit Hyperactivity Disorder
- Dissociation Identity Disorder
- Complex Post Traumatic Stress Disorder

**C.2. Exclusion for physical activity sessions only:** Individuals who any of the following related conditions (for insurance purposes)

1. Any current heart conditions such as:

- Unstable angina.
- Heart attack.
- Heart failure.
- Arrhythmia (abnormal heart rhythms)
- Valve disease.
- High blood pressure.
- Congenital heart conditions.
- Inherited heart conditions.

2. Spinal condition / spinal injury

3. Previous brain surgery / brain trauma

4. On any medication which causes drowsiness, or which would prevent a person from operating heavy machinery or driving (unless where a Doctor's note can be obtained to state that it wouldn't impact a person's ability to participate)
5. Any condition causing fragile or brittle bones

If a Doctor's note can be provided for any items in section C.2. then consideration will be taken in line with the guidance provided by our insurers.