



Good Yarns. Better Days.

Referral Process for Clinicians to The Yarns Men

The Art of a Good Yarn Workshop Overview

The Yarns Men are launching *The Art of a Good Yarn Workshop* — a 3-week peer-supported programme helping men aged 18–65 who are experiencing loneliness or social isolation to connect through better yarns.

Workshops focus on values, managing “Monkey Mind” thoughts, and fostering real-world community connection, held at the Landsdowne Community Centre.

Facilitators include experienced peer supporters, social workers, and clinicians.

Step 1: Identifying Suitable Participants

Ideal participants show signs of:

- Social isolation or loneliness
- Limited community or social support
- Low social confidence
- Mild social anxiety
- Readiness and ability to participate in a small group environment

Important:

We’re looking for men who are willing and able to engage — not those requiring urgent clinical, crisis, or intensive mental health care. If unsure, err on the side of caution or consult The Yarns Men team.

Participants must be clinically assessed as safe to attend by a GP, Nurse, Health Improvement Practitioner (HIP), or Health Coach (HC)

Self-referral is not currently accepted.

Step 2: Obtaining Consent

Before referring:



- Discuss *The Art of a Good Yarn* workshop briefly with the patient.
- Gain **verbal consent** to pass on contact details to The Yarns Men team.
- Document this verbal consent in the clinical notes.

Step 3: Submitting Referral

Send referrals securely via:

- **The Yarns Men referral form:** www.yarnsmen.co.nz/referral
- Email: **referral@yarnsmen.co.nz**

Required information:

- Patient Name
- Patient Age
- Patient Email
- Patient Cell Phone Number
- Referring Clinic Name

Step 4: Initial Contact & Assessment

After referral:

- The Yarns Men will promptly text or email the participant to arrange a **pre-workshop chat** (screening assessment).
- Participants will be given the choice of booking the chat immediately or closer to the workshop date – offering a sense of autonomy.
- Participants will also receive full workshop information, including parking details, photos of the venue, facilitator bios, and session expectations.

Step 5: Participant Confirmation

After the assessment:

- If appropriate, the participant is formally offered a place in the next available workshop cycle.



- Participants are asked to confirm attendance and consent to light pilot feedback (weekly surveys, a completion survey, and a 1-month follow-up).

Step 6: Workshop Attendance

- Workshops run once a week for 3 weeks (90 minutes per session).
- Participants are supported by facilitators and peer supporters throughout.

Step 7: Feedback and Issues

- Participants can offer feedback at any time via surveys or direct contact.
- Any safety concerns will be escalated back to the referring practice for follow-up.
- Complaints or concerns can be sent to **feedback@yarnsmen.co.nz** and are reviewed monthly by the Advisory Working Group.

Step 8: Data Protection

- Referral data is deleted or anonymised after assessment unless the participant consents to ongoing updates.
- Only aggregate, anonymous data is used for reporting and evaluation purposes.

Important Notes for Referrers:

- Referrals should avoid individuals currently experiencing acute distress, active substance misuse, psychosis, or unmanaged high-risk behaviours.
- A simple way to assess appropriateness:
Would this man feel reasonably safe, supported, and able to join a small group of peers for relaxed conversation?
- Trust your clinical judgment — if unsure, contact The Yarns Men to discuss.

Our goal is simple: to create safe, supportive spaces where good yarns lead to better days.

