

# Recommended Health and Exercise Referral Form

## Part A - GP/Nurse/Physiotherapists consent

(To be completed by the registered exercise referring health professional)

Patient's name .....

I recommend the above patient to participate in an exercise programme of moderate intensity. I confirm that I have assessed this patient and to my knowledge there is no medical reason why he/she should not participate in a recommended exercise programme. I confirm that I have discussed the scheme with the patient.

Name of referring health professional .....

Signed .....

## Part B - Patient Consent

(To be completed by the patient before attending the recommended activity). I consent to participation in a structured exercise programme of low to moderate intensity, the nature and purpose of which has been explained by my GP/ referring health professional &/or Health & Physical Activity Co-ordinator. I consent to the release of relevant medical information about myself to the Health & Physical Activity Co-ordinator. I confirm that I will keep my Healthy Activity Adviser informed of any relevant changes in my health condition/s whilst on the referral programme.

Stamp of surgery

Information obtained will be treated as confidential although it may be used in anonymised form for statistical or research purposes.

Signed .....

Date ..... Date of Birth .....

Surgery.....

Telephone: (Day) no. .... (Eve) no.....

Email: .....

### Patients Footnote –

Once this form has been completed and signed by your GP or referring health professional, complete part B of the form and contact the Healthy Lifestyle advisor for an appointment.

**REMEMBER TO BRING THIS FORM WITH YOU TO YOUR RECOMMENDED EXERCISE APPOINTMENT.**

Please read the accompanying leaflet or reverse of this form for further information.

## Part C – Medical information

(All questions to be completed by the GP/referring personnel)



1. Objective(s) of referral (tick as many boxes as apply)

- |                         |                          |                                  |                          |
|-------------------------|--------------------------|----------------------------------|--------------------------|
| <b>Falls Prevention</b> | <input type="checkbox"/> | <b>GP Referral</b>               | <input type="checkbox"/> |
| Improve overall health  | <input type="checkbox"/> | Reduce blood pressure            | <input type="checkbox"/> |
| Improve mobility        | <input type="checkbox"/> | Reduce stress/anxiety/depression | <input type="checkbox"/> |
| Improve muscle strength | <input type="checkbox"/> | Lose weight                      | <input type="checkbox"/> |
| Improve flexibility     | <input type="checkbox"/> | Improve respiration              | <input type="checkbox"/> |
| Osteoporosis prevention | <input type="checkbox"/> | Other (please state)             | <input type="checkbox"/> |

2. Baseline measures

Resting HR	HR Regular	Systolic BP	Diastolic BP
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3. Relevant Medical History .....

4. Medication and possible side effects

5. Use the space below to add further comments, which may be taken into account when recommending the patient to an appropriate exercise programme.

**If you have any queries please contact the  
Community Engagement team on 01594 812617**

## WHAT IS HEALTHY LIFESTYLES?

Healthy Lifestyles is an exercise recommendation scheme run by the Forest of Dean District Council, based in the Leisure Centres and community.

NHS Gloucestershire CCG, GCC Public Health and local surgeries support the scheme.

Healthy Lifestyles is a 12-week activity programme that your GP, practice nurse or physiotherapist can recommend you to and is designed to improve your health and wellbeing through structured physical activity.

During the three month programme you will be monitored and encouraged by our Healthy Lifestyle Advisor.

You will have the opportunity to try a variety of activities, for example gym, swimming, Aqua Aerobics, Exercise Classes, cycling or gentle sports. Maybe you would simply like to try out a walking plan?

## WHAT WILL IT INVOLVE?

You phone up to arrange an appointment with our Healthy Lifestyle Advisor for your initial consultation.

This consultation will take about an hour and includes a short assessment of your current ability to take part in physical activity

The Healthy Lifestyles Advisor will devise an activity programme, to help you to achieve your goals and improve your health and wellbeing.

Our Healthy Lifestyles Advisor will encourage you every step of the way and will meet with you at regular intervals to discuss your progress.

You will receive an exit review and guidance on continuing exercise and activity.

Feedback is then sent to the referring health professional.

## HOW MUCH WILL IT COST?

All of the activities in the Healthy Lifestyles scheme are offered at a **substantial** discount.

When you come for your first appointment, you will be asked to pay a £12.00 joining fee. This fee contributes to the overall cost of your initial, mid term and exit consultations. You will also have a tailored activity programme, which is monitored throughout the 12-week consultation period.

Please be aware this fee is non-refundable.

The Forest of Dean District Council works with some of our local leisure providers and has some specially negotiated rates for those on referral. Our Healthy Lifestyle Advisor can talk to you about options at your initial appointment.

As part of our 'Healthy Lifestyles' programme, we also offer free volunteer Health Walks. These are both fun and sociable and are a great way to become fitter, exercising outdoors.

We also provide community classes throughout the district. Each class costs £3.00 per session. Do ask your Healthy Lifestyle Advisor for an up-to-date timetable.

## WHAT DO I DO NOW?

Please phone the number below to arrange your initial consultation.

Remember to bring your Healthy Lifestyles Referral Form and joining fee with you to your first appointment and to wear cool, comfortable clothes and footwear.

We look forward to welcoming you to Healthy Lifestyles!

**Referral scheme coordinator on 01594 812399** or the **community engagement team: 01594 812617.**

Alternatively visit the website: [www.fdean.gov.uk](http://www.fdean.gov.uk) and look under community and living then health and wellbeing for information on the exercise referral scheme.