

MOVE MORE EAST LoTHIAN

EXPERT SUPPORT
TO GET YOU MOVING

SELF-REFERRAL FORM



enjoyleisure^{East Lothian}

In partnership with

MACMILLAN
CANCER SUPPORT

Macmillan Cancer Support, registered charity in England and Wales (261017),
Scotland (SCO39907) and the Isle of Man (604).

MOVE MORE EAST LoTHIAN

Your details:

Title	First name	Surname	
Address		Postcode	Date of Birth
Phone		Email	

Health Information:

Cancer Type:	Diagnosis date:
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Other Medical Conditions:

- | | |
|---|---|
| <input type="checkbox"/> Heart conditions (e.g. heart attack) | <input type="checkbox"/> Surgery (e.g. joint replacement) |
| <input type="checkbox"/> Breathing conditions (e.g. asthma) | <input type="checkbox"/> Hearing / visual impairment |
| <input type="checkbox"/> Cognitive impairment (e.g. dementia) | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Neurological condition (e.g. stroke) | <input type="checkbox"/> Epilepsy |
| <input type="checkbox"/> Muscle, bone, joint conditions | |

Additional comments/information that is relevant to attending the Move More East Lothian programme e.g. arthritis, low mood etc...

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Move More Screening Questionnaire

Has your doctor ever said that you have a heart condition and should only do physical activity recommended by a doctor? Yes No

Do you feel a pain in your chest when you do physical activity? Yes No



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In the past month, have you felt a pain in your chest when you were not doing physical activity? Yes No

Do you lose your balance because of dizziness, or do you ever lose consciousness? Yes No

Has your doctor ever said that you had a stroke? Yes No

Your Consent (Data Protection Act 1998)

I have been informed about the Move More East Lothian Programme and wish to join a physical activity group or supported activity Yes No

I agree to the information in this form being passed to the Move More East Lothian Team for the purpose of the Move More Programme Yes No

Signature	Date
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Please email completed forms to movemore@enjoyleisure.com

Or post to: Move More East Lothian, Head Office, enjoyleisure, Musselburgh Sports Centre, Musselburgh, East Lothian, EH21 7AS. Tel: 0131 653 5264