

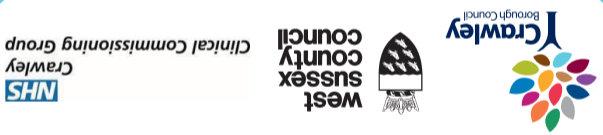
Active Life GP referral

01293 585333



Available at
**K2 Crawley
& Bewbush**

Active Life, Crawley Wellbeing, K2 Crawley
Pease Pottage Hill, Crawley RH11 9BQ



- **What** – 12 week gym programme where patients can exercise independently in the gym
- **Where** – K2 Crawley and Bewbush
- **When** – Active Life sessions vary but are available daytime, evening and weekends and are supported by fully qualified staff
- **Why** – coronary heart disease, rehabilitation, diabetes, stroke, anxiety and stress, back pain, cancer, ortho/musculoskeletal, depression, respiratory problems and weight related illnesses,
- **Who** – adults aged 16+ registered with a GP in Crawley
- **How** – ask your GP or healthcare professional to complete and sign the form and return it to the address below
- **Fees applicable** - options for pay as you go or pay in full (Concessionary and discounted rates are available)
- **Contact** – 01293 585333.

Active Life - GP referral

Weight off Workshop - GP referral



Want to lose weight and improve your physical activity?

Weight Off Workshop or WoW is a weight loss course for adult patients 16+ living in Crawley, with a BMI (Body Mass Index) of 28+.

Call: 01293 585318

Pre-diabetes programme

For people at risk of developing type 2 diabetes

Do you have ...

Family history? Overweight?

Untilt? Blood test results?

Courses run on a regular basis

For more details call or email

Crawley Wellbeing 01293 585317

Email: wellbeing@crawley.gov.uk

www.crawley.westsussexwellbeing.org.uk

or join www.facebook.com/crawleyChange4Life or <https://twitter.com/crawleywb>

Further information available

- **FREE** – 12 week weight management course, to encourage weight loss, improve your fitness and general wellbeing
- **EASY** – choice of classes to attend each week – morning, afternoon and evening at a variety of venues across the town. Just turn up
- **SIMPLE** – No set diet or calorie allocation – we encourage making changes to your existing eating and activity levels that you can continue with once you've successfully completed the course
- **FRIENDLY** – Weekly, group, 1 1/2 hour sessions – weigh-in, topical discussion and light physical activity with qualified advisors
- **SUPPORTIVE** – post-course help and activity programme once you have completed the course.
- **How do I get referred?**
- Ask your practice nurse or GP to complete a referral form and return it to Crawley Wellbeing
- Once we've received your completed and signed form we will contact you as soon as possible to book onto the next available Induction – there is no waiting list.

What is WoW?



WoW / Exercise referral

To be completed by the health professional

NHS No. _____

First name: _____

Surname: _____

Gender: Male Female

Date of birth: _____

Ethnicity:

White British Mixed race

Asian/Asian British Black/Black British

Chinese Other (please state)

Smoker Regular Occasional Never

Address (including neighbourhood and postcode):

Contact telephone (daytime and evening):

Email:

Emergency contact: name and phone number

Where did you find out about the referral programme?

Crawley Wellbeing CBC website

GP Surgery Other health

Hospital professional

Local paper Word of mouth

Declarations

Health professional's name and job title

Signature

Which surgery is the patient registered with?
(Please stamp surgery details)

Email

Contact number

I know of no reason why this patient is unfit to exercise

Agree Disagree

(This statement couples with the recommendation from the Medical Defence Union)

"Patient declaration"

I hereby give permission to be referred onto the referral programmes and for my medical details, medications and general fitness to be disclosed by the health professional on this form. I also give permission for my details to be discussed by the health professional and scheme staff prior to, during and immediately after the scheme programmes"

Patient signature:

Activity options (tick all that are acceptable)

Active Life (gym based)

Weight off Workshop (all components)

Date completed _____

Preferred activity options (please tick all apply)

Active Life (gym based)

*Physiotherapists - please attach patient diagnosis form.

Weight off Workshop

Pre-diabetes

Please tick if you do not wish to be contacted by a Wellbeing Advisor

Current BP and resting heart rate _____

BMI 28+ (please state BMI) _____

Main reason for referral

Please tick all applicable reasons for referral, ensuring that medications are recorded. Other conditions and related medications should be recorded in the appropriate box (please include group of drugs, chemical name and brand name)

Other conditions (tick all that apply)

Stress/Anxiety/Depression

Diabetes - Type 1

Diabetes - Type 2

Coronary artery high risk factors

Ortho/musculoskeletal

Chronic obstructive airways disease

Osteoporosis

Cancer

Controlled Hypertension <160/100

Back pain

Post-operative conditioning

Pre-operative conditioning

Learning disability

Other

Please provide details, including medication given, for the above condition(s)

Wellbeing Services

Small changes today for a better tomorrow



FREE Mini MOTs

How old are you on the inside?

Why not come along to see one of our friendly Wellbeing advisors to find out!

Also discover your hydration levels, fat %, internal fat and bone mass with advice, support and motivation offered to improve your readings.

Book a free appointment with one of our advisors today, call us on: **01293 585317** or email us at: wellbeing@ Crawley.gov.uk