



Energise Exercise Referral Form

To be completed by the Referring Doctor or designated Health Professional

Please print clearly

Patient Details			
Name:			
Address:			
Postcode:	DOB:	Age:	
Contact numbers:	Home:	Work:	Mob:

Referrer Details	
Name & Profession:	
Surgery/Department:	
Address:	
Postcode:	
Tel No:	

Cancer Diagnoses and Relevant Treatments			
Is patient still on active treatment? <input type="checkbox"/>	Has patient finished active treatment? <input type="checkbox"/>		
Special Considerations e.g. cording, metastatic disease esp. bone/ brain/ lung mets			
Does the Patient suffer with any of the following cancer-related symptoms?			
Fatigue: <input type="checkbox"/>	Pain: <input type="checkbox"/>	Breathlessness: <input type="checkbox"/>	Lymphoedema: <input type="checkbox"/>



Past Medical History			
Chronic Heart Disease		CVA/Neuro problems	
Myocardial Infarction (If yes, was it in last 3/12)		Claudication	
Chronic Lung Disease		Hypertension	
Musculoskeletal problems ie OA/RA		Epilepsy	
Diabetes		Other: Details	

Current Medication			
BP		Resting HR	

Preference for Location of Exercise Class?		
a)	Easton Leisure Centre (Thursday 12.45 pm – 1.45 pm)	
b)	Henbury Leisure Centre (Friday 6.00 pm – 7.00 pm)	
c)	Horfield Leisure Centre (Tuesday 11.00 am – 12.00 pm)	
d)	Hengrove Park Leisure Centre (Monday 10.15am – 11.15am)	

Important Notice	
	The patient exhibits no contraindications to exercise.
	The patient is clinically stable.
	The patient is compliant with medication.
Referrer's Signature:	
Print Name:	Date:

Patient Informed Consent	
I agree for the above information to be passed onto the Exercise Instructor. I understand that I am responsible for monitoring my own responses during exercise and I will inform the instructor of any new or unusual symptoms. I will also inform the Instructor of any changes in my medication, or the results of any investigations or treatment.	
Patient's Signature:	
Print Name:	Date:

Please send completed referrals to the following addresses:

Energise, c/o Alistair Macfarlane,

Easton Leisure Centre, Thrissell Street, Easton, BS5 0SW

Henbury Leisure Centre, Avonmouth Way, Henbury, BS10 7NG

Horfield Leisure Centre, Dorian Road, Horfield, BS7 0XW

Tel: 07825 033741

Energise, c/o Naomi Button, **Hengrove Park Leisure Centre**, Hengrove Promenade, Hengrove Park, BS14 0DE

Tel: 0117 9370200