

Referral Form

Informed Consent

Referrer's declaration: In my clinical opinion, the patient is able to undertake a suitable programme of physical activity.

Print name _____

Signature _____

Date _____

Patient's Consent

I agree to the release of medical details about me to relevant staff. I understand that confidentiality is assured, and that I am responsible for my own action at all times. I am undertaking this programme of my own free will and am over 18 years of age.

Print name _____

Signature _____

Date _____

Bridport and West Dorset Sports Trust will use and manage the personal information supplied on this form for the purposes of monitoring your progress on the Stepping Out Referral Scheme. All personal data that you provide is held for these purposes only and is treated in confidence. All information disclosed will not be forwarded to any third party. For further information please refer to the Bridport and West Dorset Sports Trust Privacy Policy, available at; www.bridportleisure.com

Who to contact

For more information on Stepping Out, get in touch with Jo Perfect, Stepping Out Manager at Bridport Leisure Centre on:

 01308 427 464

 j.perfect@bridportleisure.com

 Bridport Leisure Centre, Brewery Fields, Bridport, Dorset DT6 5LN

We're here to help you find your best way through from the moment of diagnosis, so you're able to live life as fully as you can. For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk

Our partners



Weldmar Hospicecare Trust
Caring for Dorset



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

MACMILLAN
CANCER SUPPORT



HELPING YOU GET ACTIVE

Stepping Out - active help for recovery from cancer

In partnership with



What is stepping out?

Stepping Out is an exercise and wellbeing programme designed specifically for people living with or beyond cancer. The scheme takes place at Bridport Leisure Centre. Specially-trained Level 4 cancer rehabilitation instructors provide advice and expertise for anyone wanting to make a healthier lifestyle part of their recovery.

Over the 12-week programme, you can take part in two group exercise sessions a week. These include a number of taster classes, designed to introduce you to activities you may not have tried before, like yoga or walking football. Sessions also include advice and support on issues such as nutrition, coping with fatigue, mindfulness, complementary therapies and the lymphatic system. There's also time to relax, share your experience and make new friends.

How much does it cost?

Stepping Out sessions are free to anyone who has received a cancer diagnosis, whether you've just been diagnosed or finished treatment a while ago. You just need to be referred by your GP, cancer nurse specialist or other health professional.

When does it take place?

Stepping Out sessions run twice a week at Bridport Leisure Centre, on Mondays 10am-12.30pm and on Fridays 10am-11.30am. If you can't join us at these times, you can still receive discounted exercise and support, via our Exercise on Prescription scheme (more information available from Bridport Leisure Centre).

What's on offer

Two free exercise sessions per week for 12 weeks:

Mondays - 1 x 60-minute gentle circuit class designed to improve strength, flexibility, balance and general fitness followed by educational talks covering a range of wellness topics. Activities are tailored to individuals so you can go at the right pace for you.

Fridays - 1 x 60-minute group exercise taster session introducing new activities such as Nordic walking and Tripudio

There will be refreshments and the chance to meet others who have experience of cancer in a supportive environment.

Why exercise?

The side effects of cancer and its treatment can be physically and emotionally exhausting. Research has shown that regular physical activity can help manage and lessen many of the problems people with cancer tend to experience. Here are just a few ways in which becoming more active during and beyond cancer, can help:

- improved energy-levels, less breathlessness, reduced fatigue
- brighter mood and improved confidence
- better stress-management and reduced anxiety
- improved bone health and reduced risk of osteoporosis
- better heart health
- improved strength and flexibility
- healthier weight
- reduced risk of associated health problems including high blood pressure, kidney disease, diabetes, stroke and other cancers
- increased life expectancy and potentially reduced risk of cancer recurrence.

Stepping out: how to get involved

Visit your health professional for a referral to the Stepping Out scheme*

Once you've received your referral, make an appointment with Stepping Out Manager, Jo Perfect

Have an initial assessment and induction onto the Stepping Out scheme

* Please note, Stepping Out is specifically designed for and available to those who have received a cancer diagnosis, recently or in the past.

Referral Form

Patient information

Full name

Date of Birth

Address

Telephone

E-mail

Referral information and patient history

Cancer diagnosis and stage of treatment (pre, undergoing, post)

Additional relevant medical conditions/information: Tick all that apply

- Controlled Asthma, cystic fibrosis, chronic obstructive pulmonary disorder
- Controlled diabetes
- Heart condition
- High cholesterol
- Hypertension – resting diastolic blood pressure less than 100mmHg
resting systolic blood pressure less than 180mmHg
- Mobility/ joint problems, osteo-arthritis, rheumatoid arthritis, fibromyalgia, osteoporosis
- Multiple sclerosis (MS)
- Myalgic encephalomyelitis (ME)
- Overweight / obese
- Peripheral vascular disease
- Stress, depression, anxiety
- Other – please state

Medication - please provide details of any medications being taken