



First name: \_\_\_\_\_ Surname: \_\_\_\_\_ Gender: \_\_\_\_\_  
 DOB: \_\_\_\_\_ Mobile: \_\_\_\_\_ Daytime tel: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_ Postcode: \_\_\_\_\_  
 GP: \_\_\_\_\_ GP practice: \_\_\_\_\_

Please state if the patient has any of the following contraindications to physical activity, if yes the patient will not be eligible to join the scheme.

- Unstable Angina
- Uncontrolled Diabetes
- Recent acute soft tissue injury
- Systolic Blood Pressure 180mm/Hg at rest
- Diastolic Blood Pressure 100mm/Hg at rest
- Uncontrolled Tachycardia 100bpm at rest
- Unstable or acute heart failure

Reason for referral:  Inactive

AND please tick at least one of these other criteria

- Controlled Hypertension
- Osteoporosis
- Smoker
- Controlled Diabetes
- Unhealthy Weight (BMI>28)
- Stroke
- Osteoarthritis/ Rheumatoid Arthritis
- High Cholesterol Levels
- Cancer
- Mild to Moderate Mental Health Condition
- Musculoskeletal
- Heart Disease
- COPD
- Rehabilitation Back Pain
- Other (please state) \_\_\_\_\_

Medication:

- 1. \_\_\_\_\_ 2. \_\_\_\_\_
- 3. \_\_\_\_\_ 4. \_\_\_\_\_
- 5. \_\_\_\_\_ 6. \_\_\_\_\_

Blood Pressure: Systolic: \_\_\_\_\_ Diastolic: \_\_\_\_\_

Additional comments/ Relevant conditions:

\_\_\_\_\_  
 \_\_\_\_\_

Healthcare Professional Declaration:

I am not aware of any contra-indication to physical activity for this referred patient.

Print name: \_\_\_\_\_ Profession: \_\_\_\_\_ Date: \_\_\_\_\_

Patient informed consent: I have had the scheme explained to me, I agree to participate and give my consent for the sharing of relevant health information about myself between the appropriate healthcare and exercise professionals. I consent to the above information being held on a database.

All personal data provided will be held in accordance with GDPR. For more information, please view SLL's Privacy Policy at reception, find it in the footer of our website at [www.sll.co.uk](http://www.sll.co.uk) or request for an email copy at [enquiries@sll.co.uk](mailto:enquiries@sll.co.uk)

Print name: \_\_\_\_\_ Sign: \_\_\_\_\_ Date: \_\_\_\_\_



Hertfordshire



Maria Esson  
Archer's Gym, Hitchin Swimming Centre  
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maria.esson@sll.co.uk 01462 437 111

**NORTH HERTS  
LEISURE CENTRE**

Pippa Watkins  
North Herts Leisure Centre  
Baldock Road, Letchworth, Herts SG6 2ER  
pippa.watkins@sll.co.uk 01462 679 311

**lifestyles  
stevenage**

Chris Tillbrook  
Stevenage Arts & Leisure Centre  
Lytton Way, Stevenage, Herts, SG1 1LZ  
chris.tillbrook@sll.co.uk 01438 579 379



Hayley Faulkner  
Royston Leisure Centre  
Woodcock Road, Royston, Herts SG8 7XT  
hayley.faulkner@sll.co.uk 01763 255 190

**lifestyles  
at knights**

Hannah Walter  
Knights Templar Sports Centre  
Weston Way, Baldock, Herts SG7 6EY  
hannah.walter@sll.co.uk 01462 631 300

Rutland



Anneka Sherratt  
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Bedfordshire

**lifestyles @ dunstable**

Available from Spring 2020

**lifestyles @ flitwick**

Jo Kerrigan  
Steppingley Rd, Flitwick, Beds, MK45 1TH  
jo.kerrigan@sll.co.uk 01525 493 131

**lifestyles @ houghton**

Sandra Ratuszynska  
Parkside Drive, Houghton Regis, Beds LU5 5PY  
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**lifestyles @ saxon**

Natalie Darnell  
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**lifestyles @ sandy**

Dan Stolworthy  
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**lifestyles @ tiddenfoot**

Lucy Gregory  
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**lifestyles  
at pendleton**

Sam Deards  
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**lifestyles  
at silsoe**

Matt Shaw  
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