

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 COPD Long Covid
 High Cholesterol Levels Cancer Osteoarthritis/ Rheumatoid Arthritis
 Musculoskeletal Heart Disease Mild to Moderate Mental Health Condition
 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.

I have explained the scheme to the patient and they have given consent for the sharing of relevant health information between the appropriate healthcare and exercise professionals, consenting 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 or request for an email copy at enquiries@sll.co.uk

Print name: _____ Sign: _____ Date: _____



Hertfordshire



Maria Esson

Archer's Gym, Hitchin Swimming Centre
Fishponds Road, Hitchin, Herts SG5 1HA
maria.esson@sll.co.uk 01462 437 111

NORTH HERTS LEISURE CENTRE

Mark Jennings

North Herts Leisure Centre
Baldock Road, Letchworth, Herts SG6 2ER
mark.jennings@sll.co.uk

lifestyles stevenage

Exercise Referral Team

Stevenage Arts & Leisure Centre
Lytton Way, Stevenage, Herts, SG1 1LZ
exref.lifestyles@sll.co.uk 01438 579 379



Gemma Day

Royston Leisure Centre
Woodcock Road, Royston, Herts SG8 7XT
gemma.day@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

Huntsmans Drive, Oakham, LE15 6RP
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Bedfordshire

lifestyles @ dunstable

Michael Midson

Court Drive, Dunstable, LU5 4JD
micahel.midson@sll.co.uk 01582 361 400

lifestyles @ flitwick

Jo Kerrigan

Steppingley Rd, Flitwick, Beds, MK45 1TH
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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

Anna Figliola

Chestnut Avenue, Silsoe, Beds, MK45 4GP
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