

Living Well Referral Form



This is not a clinical service and we cannot provide advice on medical conditions. We may need to share information with your GP. Please tick here if you **DO NOT** agree to your details being shared with your GP []

The person(s) being referred / I / my family agree to their information being stored & used for Living Well evaluation purposes. If we believe you could be a risk to yourself/others or at risk of harm from others, we may contact emergency services. Please tick here if you **DO NOT** agree with the above statement []

Section 1 - Personal Details

First Name:	<input type="text"/>	Gender:	<input type="text"/>
Surname:	<input type="text"/>	Ethnicity:	<input type="text"/>
Date of Birth	<input type="text"/> / <input type="text"/> / <input type="text"/>	Employment status:	<input type="text"/>
Address:	<input type="text"/>		
	<input type="text"/>		
Town/City:	<input type="text"/>	Pregnant:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Post Code:	<input type="text"/>	Disability:	<input type="checkbox"/> Yes <input type="checkbox"/> No
		Carer:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Contact Number	<input type="text"/>	Military Veteran:	<input type="checkbox"/> Yes <input type="checkbox"/> No
GP Practice Name	<input type="text"/>		
GP Name	<input type="text"/>	Sexual Orientation:	<input type="radio"/> Lesbi <input type="radio"/> Gay <input type="radio"/> Bisexua <input type="radio"/> Hetrosexu <input checked="" type="radio"/> Prefer not to s

What would you like to discuss with us.

Alcohol (Reduce/Quit) <input type="checkbox"/>	Smoking (Stop/Reduce) <input type="checkbox"/>	<input type="text"/>
Weight/Diet <input type="checkbox"/>	Improving Mood/Confidence <input type="checkbox"/>	
Activity/Exercise <input type="checkbox"/>	Other (please state) <input type="checkbox"/>	

Do you know which service you want to access.

Health Trainers & Coaches <input type="checkbox"/>	Volunteers <input type="checkbox"/>
Stop Smoking <input type="checkbox"/>	Community Champions <input type="checkbox"/>
Oral Health <input type="checkbox"/>	Wellbeing workshops <input type="checkbox"/>
Physical Activity <input type="checkbox"/>	

Please state below anything that we need to be aware of or take into account when working with you:

Long Term / Medical Condi
 Language Other (Please State)

Section 2 - Referral Details (Please Ensure this section is completed)

Referral Source: GP Self Referral Other (Please State)

If Self Referral, how did you hear about us?

GP Event Word of Website Poster/Leaflet Other (Please State)

Campaign

Name of Referrer: **Referring Agency:**

Referrer's Contact No:

Please return completed from to: Living Well, Lock 50 Business Centre, Oldham Road, Rochdale, OL16 5RD
Tel: 01706 751 190 Email: livingwellhmr@biglifecentres.com

Living Well Referral Form



Health and Wellbeing Team (Health Trainers & Coaches)

The team work with you one-to-one short term to help you to develop healthier behavior and lifestyles by using the resources in your own community. They work with and support you to create a personal health plan to improve your lifestyle and help you put this plan into action.

Do you want to feel better, more healthy and content with your wellbeing but feel like there are too many things to change at once? Do you feel stuck in a rut and have low motivation and confidence? Do you want someone to talk to about what you want to change and to help you make changes that stick?

We will work with you one-to-one longer term and can help anyone who wants to do something about two or more of these things:

Weight/Diet, Activity/Exercise, Smoking (stop/reduce), Alcohol (Stop/Reduce), Improving Motivation/Confidence.

Stop Smoking Support

This isn't just about will-power! There are tools, resources and nicotine-replacement products you can use to help give up smoking. We will help you understand your motivation and coping mechanisms as well as provide practical support to help you give up. You can even talk to us about giving up E-cigarettes...

Community Champions

Have you got skills or experience you can share with people trying to overcome barriers that get in the way of making healthy lifestyle changes?

You work alongside services helping people get to grips with issues like finding work, getting the benefits they are entitled to, budgeting, improving skills in reading, writing and maths, computer skills, overcoming mental health issues, and much more.

Exercise Referral

Not exercised for a while? Too worried about your weight to get more active? Got a long term condition? Our Exercise Referral Scheme is for you. Over this exciting twelve week programme you, will be supported by an exercise referral officer who will; Carry out a health and lifestyle assessment,

Discuss a range of no or low cost activities you might enjoy at leisure centres and community centres throughout the Borough, check regularly on your progress and review options

Healthy Walk and Talks – just turn up!

You don't need to book an appointment as you can just turn up at the event and register when you get there. All our walk leaders are accredited, trained and excellent guides to the local countryside. Get in touch for more information or if you want to volunteer as a new walk leader.

Volunteering, placements and training

We have a range of volunteering and other opportunities available including placements and training. We also have partnerships with other Rochdale organisations and share opportunities for involvement in helping to deliver services, create community projects and support people in our communities.

Oral Health

Do you have concerns about your or your family's teeth? Are you worried about going to the dentist? Our Oral Health team can help you and your family to get the support you need to find your smile.

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