

Medication	Dose	Freq.
1		
2		
3		
4		
5		
6		

NOW PLEASE CHECK:

Resting pulse rate: /min

Regular/ Irregular (circle as appropriate)

Blood pressure

Systolic: /mmHg

Diastolic: /mmHg

If you have referred for:

Coronary risk factor - Provide results of recent lipid profile / cholesterol

Diabetes - Provide results of recent HbA1C

Asthma / COAD / COPD - Provide Recent FEV/PEFR

Prescription Objectives

(eg weight reduction, reduce blood pressure)

1.
2.
3.

Now please complete Rx details or supply a computer printout of repeat medication.

Please return form to:
 Senior Health Officer
 Room 236
 Skegness Town Hall
 North Parade, Skegness
 Lincolnshire PE25 1DA

Contact tel: 01507 601111 ext 508

Email: Health.trainer@e-lindsey.gov.uk

Health Improvement Team

Health and Exercise for East Lindsey



HEELERS



Health Trainer Service

- Meet you individually or visit groups of people in community settings.
- Direct you to different local services and activities that can help you become healthier.
- Go with you to a service, new group or activity such as a walking group.
- Help you to overcome barriers to becoming healthier.
- Support and encourage you in setting and achieving your goals to help improve your sense of wellbeing.
- Service is available free of charge to anyone over the age of 16.

Food for Life Programme

- Working in partnership with the PCT to reduce diet and weight related problems along the coastal strip.
- Specifically designed six week rolling courses to suit your requirements (£1.00 per session).
- Food for life team working in conjunction with Health Trainers and Exercise Referral Specialists.
- Working towards the eat well plate and 5 a day.
- Six week cookery skill courses available for targeted groups.

HEELERS Exercise Referral Programme

- Organised and supervised exercise programmes with trained staff to ensure safety.
- The programme will provide you with the help, knowledge and skills you need to become more physically active.
- Attached referral form will be completed by qualified health professional.

- The programme is specific for people whose health would benefit from participation in this scheme.
- Your Exercise Referral Specialist will discuss with you and set a suitable programme of exercise to your own individual needs.

Health Walks

- East Lindsey Active is a scheme that helps to develop walks for people of all abilities, in particular those with health or fitness issues, that could benefit from some gentle physical activity in their daily lives.
- Nordic walking sessions available from March 2010.

Community Exercise Referral Specialist

- Deliver community based exercise referral programme in targeted areas.
- Promote and support permanent healthy lifestyle changes within a varied exercise and activity programme.
- 22 sessions as with Exercise Referral Programme.
- Staff qualified and trained to be able to safely deliver the scheme.
- Green Exercise project starting March 2010.

Childrens' Exercise Referral Specialist

- Trained Exercise Referral Specialist working directly with children.
- Offering a variety of suitable activity both gym and community based.
- Working directly with schools to deliver Gym Kids programme.
- Working with identified individual children to improve their health and wellbeing, by increasing their current levels of physical activity.

Name:

Address:

Postcode:

Date of birth:

 / /

Telephone:

Date referred:

Reasons for referral:

(medical conditions - refer to category list)

1.
2.
3.

Referral Type (tick all relevant boxes)

- | | |
|---|--|
| <input type="checkbox"/> Health Trainer | <input type="checkbox"/> Weight Management |
| <input type="checkbox"/> Health Walks | <input type="checkbox"/> Community ERS |
| <input type="checkbox"/> Healers ERS Scheme | <input type="checkbox"/> Childrens ERS |

Referring Doctor (practice stamp):