

Cancer Rehabilitation Exercise Class Self Referral

Part A—Patient Information

Patient Full NameNHS Number.....

Address.....

.....Postcode.....

Telephone No..... DOB.....

Email

GP Surgery.....

Part B - Patient Informed Consent:

The Gloucestershire Cancer Exercise Class Group are a partnership between Stroud District Council, Gloucestershire Care Services, Gloucestershire Hospitals NHS Foundation Trust, Publica, on behalf of Cotswold DC and Forest of Dean DC', Aspire Sport & Cultural Trust, Tewkesbury Borough Council and The Cheltenham Trust, which is intended to provide initiatives that promote and aid a healthy lifestyles.

The Gloucestershire Cancer Exercise Class Group will process your medical details for the following purposes:-

- To enable us to assess your medical fitness and suitability for the Gloucestershire Cancer Exercise Class Group initiative you have been referred to;
- To enable us to respond to any medical emergencies which arise during your involvement with the Gloucestershire Cancer Exercise Class Group. We may pass this information to health professionals when dealing with any medical emergency;
- To enable the relevant Gloucestershire Cancer Exercise Class Group Instructor to deliver an exercise session suitable for your medial conditions. This means that we will share relevant medical information about you that you have provided to us, with the Gloucestershire Cancer Exercise Class Group Instructor who may be based in Stroud, Forest of Dean, Cotswold, Gloucester, Cheltenham or Tewkesbury.

By ticking each box I consent to my sensitive personal details being processed for each purpose listed. You have the right to withdraw your consent at any time.

I understand that I am responsible for monitoring my own responses to exercise and will inform the instructor of any changes in my condition that may impact on my ability to participate

Signed Date

Part C– Medical information

Treatments		
Primary Diagnosis		
Secondary Diagnosis if applicable (please state where)		
Tick	Type	Dates
	Radiotherapy	
	Chemotherapy (neo or adjuvant)	
	Surgery	
	Other (please state)	

Complications (TICK THOSE APPLICABLE)		
	Lymphodema Site	
	Seroma Site	
	Stoma	
	Hernia	

OTHER MEDICAL HISTORY (TICK THOSE APPLICABLE)

No relevant medical history

Tick	Type	Dates	Details
	Stroke		
	Epilepsy		
	COPD/Asthma		
	Claudication		
	Neuro issues		
	Other		

CORONARY HEART DISEASE RISK FACTORS (TICK THOSE APPLICABLE)

Tick	Type	Tick	Type
	History of anthracyclines chemotherapy (doxorubicin, epirubicin, danurubicin)		Left sided radiotherapy without breath hold
	Targeted cancer therapies (Trastuzumab – Herceptin, Bevacizumab, Avastin, Tyrosine Kinase Inhibitors, Imatinib, sorafenib, sunitinib)		Left sided radiotherapy with breath hold
	Hormonal Therapies (tamoxifen, anastrozole – arimidex, letrozole – femara, goserelin – zoladex, buserelin – superfact, surgical orchidectomy)		Medistinal radiotherapy
			Mantle field radiotherapy

What are Gloucestershire Cancer Exercise Sessions?

These cancer exercise sessions are developed and delivered by qualified exercise professionals. The instructors have attended specific Cancer Rehab training so are able to facilitate exercise sessions which can aid your cancer journey wherever you may be in it.

Cancer exercise is suitable for people who might have just been diagnosed, going through treatment or have just finished treatment. You need to be over 18 to attend the classes and they are suitable for any level of fitness.

In Gloucestershire we have a wide range of exercise options, such as yoga, tai chi, and gym sessions available at facilities across the county including gyms and sports centres.

There is no need to feel that you already have to be fit to attend. For many of the people this is their first experience of using such a facility.

If a gym, doesn't sound quite your kind of thing, then take a look at the walking opportunities. Macmillan's and the Ramblers have joined forces to create 'Walking for Health' a scheme. For more information about the benefits walking for those diagnosed with cancer, visit the www.walkingforhealth.org.uk

How much will it cost?

Cheltenham

Free (charity donation)

Cotswold

£4.00 weekly

Forest of Dean

£3.00 weekly

Gloucester

£2.50/session for 6 weeks

Stroud

£3.00 weekly

What do I do now?

- Complete the referral form overleaf as fully as possible.
- Visit www.gloscancerexercise.org.uk to find out where your local class is.
- Contact your local class instructor and arrange to attend the class.

We look forward to welcoming you at a Gloucestershire Cancer Exercise Class