

WE ARE
MACMILLAN.
CANCER SUPPORT.

MOVE MORE DUNDEE



Taking small steps to feel healthier and happier

Move More Dundee is a programme of activity to help people affected by cancer get moving. From gardening and walking groups to circuit and gentle movement classes, there is something for everyone. All the activities are free of charge and you'll be with others that know exactly what you are going through.

To find out more call your local Move More Coordinator on **01382 432259** or email movemore@dundeecity.gcsx.gov.uk



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).

Move More Dundee Referral Form

Participant details:

Title First name Surname
Address Postcode
Telephone Email

Medical conditions:

Heart conditions (e.g. heart attack) Surgery (e.g. joint replacement)
Breathing conditions (e.g. asthma) Hearing/visual impairment
Diabetes Cognitive impairment (e.g. dementia)
Neurological condition (e.g. stroke) Muscle, bone, joint conditions
Epilepsy

Additional comments/information that is relevant to attending Move More Dundee
e.g. arthritis, low mood etc:

Move More screening questionnaire:

Has your doctor ever said that you have a heart condition and should only do physical activity recommended by a doctor? Yes No

Do you feel a pain in your chest when you do physical activity? Yes No

In the past month, have you felt a pain in your chest when you were not doing physical activity? Yes No

Do you lose your balance because of dizziness or do you ever lose consciousness?
Yes No

Has your doctor ever said that you had a stroke? Yes No

Patient consent (Data Protection Act 1998):

I have been informed about the Move More Dundee programme and wish to join a physical activity group Yes No

I agree to the information in this form being passed to the Move More team at Dundee and to being contacted by telephone Yes No

I acknowledge that all information will be confidential and held at Move More Dundee for the purpose of the Move More programme Yes No

Signature

Date

Please send completed forms to:

Move More Dundee Co-ordinator, 1 Shore Terrace, Dundee, DD1 3AH

Telephone **01382 432259** Email **movemore@dundeecity.gcsx.gov.uk**

Data Protection

All information provided will only be used by Leisure and Culture Dundee for the purposes of managing your involvement in the Move More Dundee programme. This includes using the information to make contact with you to arrange consultations, input and feedback.

Sensitive data, relating to your medical history/medication, will be only used for the creation of client specific plans.

General data will be used to create reports on the effectiveness of the programme, however this will be statistical and non-identifiable data to ensure complete anonymity and security of participants.

Leisure and Culture Dundee will securely hold the data provided. All data provided by you will be processed, stored and destroyed in accordance with the General Data Protection Regulation (GDPR) and only for the duration of your involvement within the Move More Dundee programme.

For full information on Leisure and Culture Dundee's privacy policy, including guidance on retention periods please see our website for further details at

www.leisureandculturedundee.com/privacy-policy.