

# 

PATIENT DETAILS - MAIN CARER:		
Title: Surname: First Name:	Tow	ress: n: code:
E-mail:	Con	tact Tel:
YOUNGEST CHILD'S DETAILS:		
Surname: First Name: Date of Birth:		
HOW MANY ADULTS AND CHIL	DREN IN THE FAMILY UNIT (	NCLUDE SUPPORT WORKER WHERE NECESSARY):
Number of adults:	Number of child/children:	
PLEASE TICK APPLICABLE:		
Must meet all of the following:	In receipt of:	OR one of the following:
I live in Dundee	Universal Credit	Care experienced
I care for a child under 8*	Child Tax Credit	Effected by Imprisonment

 I am not a Leisure Active member
 Working Tax Credit
 Refugee Family

 Must meet one of the following:
 ESA
 \*child can be over 8 in these circumstances

 A family member has a health need
 PIP

 Family needs support to increase guality time together
 no recourse to public funds

#### PATIENT DECLARATION:

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

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 Family Active 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

I give permission for the information on this form to be passed to the Family Active referral team at Leisure and Culture Dundee.

Signature:

Date:

#### REFERRERS DETAILS - PLEASE FULLY COMPLETE THE DETAILS BELOW:

Name:

Agency:

E-mail address:

Please submit completed form to healthandwellbeing.referrals@dundeecity.gov.uk

Family Active is a referral based initiative that is aimed at reducing sedentary behaviour, promoting positive health and lifestyle changes and promoting quality family time.

# WHO CAN REFER?

The referring person(s) must be individually registered with the Family Active programme prior to making any referrals. Referrer must work directly with the family or individual.

# CRITERIA

- Must live in Dundee
- Must not be a Leisure Active member
- Must be supported by the registered referring agency
- Have at least one child under the age of 8 (unless the family is part of an inclusion group)

#### AND

• Must be in receipt of one of the listed government payment schemes or have no recourse to public funds with an income lesser than £16,105 single parent, £22,000 couple.

#### OR

Must be part of one of the highlighted inclusion group

#### AND

• Must have a family member with a health issue

### OR

 Family must need support to increase quality time together

It is the role of the referrer to esablish whether or not the criteria is met prior to the referral being made.

# WHAT IS THE COST?

Each stage of the programme will last 12 weeks and will increase in each stage.

STAGE 1 - Free

### **STAGE 2** - £1

STAGE 3 – 1 Juvenile cost (family free)

Upon completing each phase of the programme, the Hub Coordinator will discuss progressing to the next price band if there has been usage on each stage.

# WHAT ACTIVITIES AND CENTRES ARE AVAILABLE?

# SWIMMING

- Olympia (Mon-Fri)
- Lochee
- St Pauls Swim and Sports Centre
- Grove Swim and Sports Centre
- Harris Swim and Sports Centre

Please note that families must adhere to Leisure & Culture Dundee's Child Admissions policy.

## DUNDEE ICE ARENA

- Learn to skate (must book)
- Snow babies
- Public Skate (No Friday Disco)

# SPORT CENTRE

- Douglas SC
- Menziehill CSH
- DISC

**READY STEADY GO** - Little Gym time, Baby Gym, Urban Moves tot's, Family Fun.

# REFERRER PROGRAMME INFORMATION AND SUPPORT

Lynn Allardice Health and Wellbeing Officer

E: lynn.allardice@leisureandculturedundee.com T: 01382 438862

# NEW/EXISTING REFERRAL'S INFORMATION AND SUPPORT

Louise Bennett Health and Wellbeing Hub Co-ordinator

E: louise.bennett@leisureandculturedundee.com T: 07771 805277



