

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



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 email completed forms to:
movemore@dundeecity.gcsx.gov.uk