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|  | iCan Referral Form |  |  |
|  | This form is for professional use when referring a person to the services of iCan Wellbeing Group CIO  Once complete please send the referral form to: [admin@icanwellbeing.co.uk](mailto:admin@icanwellbeing.co.uk)  this is a secure mailbox or post to -  iCan Wellbeing Group CIO, Unit 17 and 18 The Maltings, Bridge Street, Carlisle, Cumbria, CA2 5SR  For more information, please call 01228 819101  **We are friendly charitable incorporated company providing a safe environment for exercise, health, wellbeing, and social support, encouraging interaction with likeminded peers.**  For more information of our services please see the attached breakdown (P4). Please tick the box for the services you wish to prescribe the patient into, you may tick more than one box if appropriate:  **iCAN FITNESS**  Female Fitness Provision  Male Fitness Provision  Mixed Gender Fitness Provision Classes  **WeCAN MENTAL HEALTH AND WELLBEING SUPPORT**  Community Carers Group  Living with and Beyond Cancer  Live Well Award for Young Adults  Men supporting Men Group  Lads Night- Young men’s mental health group  **SOCIAL SUPPORT**  Walk to Talk  Social Activities for Dementia  Arts and Crafts  The referred person will be triaged to the right department and an iCan team member will phone the referee directly. Depending on the service chosen they will be offered a Free 3 Day Pass for the gym and and/or invited into the appropriate sessions with the aim of achieving physical and mental fitness at an affordable price or Free where some of our sessions are funded. | |  |
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**Fitness**

* **Female Fitness Provision**- Includes female only circuit classes featuring hydraulic resistance equipment and changing weekly activities. All abilities welcome. Own Access gym without a staff member present (if suitable). Our membership includes unlimited access to all sessions, as well as health and nutritional 1:1 advice, body composition weigh and measuring.

**Price-** Membership at the referral price is £22.50 per month, discounted from £32.50. (Classes can also be booked pay as you go from £4-£10

* **Male Fitness Provision**- Includes male only circuit classes on hydraulic equipment with changing weekly activities. All abilities welcome.

**Price** £6

* **Mixed Gender Fitness Provision**- Open to all genders and offers different classes throughout the week including iCan Bounce, Chair Based Exercise, Chair Based Yoga, HIIT, Mindfulness, Qigong, Sound Bath, Walking Football and Zumba.

**Price** from FREE- £10

**Mental Health & Wellbeing Support WeCan**

* **Community Carers Group**- A peer to peer support group for carers of loved ones suffering from Severe Mental Illness. Co-produced with CNTW. Featuring social activities and talks from medical professionals.

**Price** Free

* **Living with and Beyond Cancer**- Provides ongoing support to those who are affected by Cancer in a variety of ways including a befriending service, coffee mornings, information and advice through arranged activities and group walks.

**Price** Free

* **Live Well Award for Young Adults**- A 6-week wellbeing programme for young adults age 18-24 who want to work towards improving their lifestyle. It is run as a small group to encourage peer support and includes Wellbeing sessions and 2 Outdoor Activity Trips. Participants also receive a weekly 1:1 support session.

**Price** Free

* **Men supporting Men Group**- A peer to peer Support Group to offer the men in our community a safe place to talk about any difficulties they may be experiencing including a variety of social activities and trips. Led by a lived experienced mentor.

**Price** Free

* **Lads’ night**- A peer to peer support group for young men experiencing mental health difficulties. Following a health by stealth model this group focuses on fun activities for young men including gaming, arts and crafts and trips where talking and communication about mental health is encouraged. Led by a lived experience mentor.

**Price** Free

**Social Support**

* **Walk to Talk**- A peer group who meet for a 30–40-minute gentle walk round Bitts Park and return for a cuppa and chat after. Accessible to anyone who can attend the group without assistance.

**Price** Free

* **Social Activities for Dementia**- A social group to help and support those living with mild to moderate Dementia. Co- produced with Age UK Carlisle and Eden. Featuring a range of fun activities to stimulate memory, motion, and communication.

**Price** £4

* **Arts and Crafts**- Led by a member volunteer, a relaxed and enjoyable session to express oneself through creativity
* No previous arts of crafts knowledge needed, suitable for complete beginners.

**Price** £6 (to cover craft materials)