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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 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 a friendly charity (CIO) providing a safe environment for exercise, health, and wellness, encouraging interaction with likeminded peers.**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- membership options available.**[ ]  Female only Fitness[ ]  Male only Fitness[ ]  Mixed Gender Fitness**iCan Wellness- most services FREE of charge.**[ ]  Art for Wellbeing[ ]  Finding Your Purpose- 6-week course [ ]  Holistic Wellbeing[ ]  Living with and Beyond Cancer (peer to peer support)[ ]  Social Activities for Dementia (mild to moderate Dementia only)[ ]  Walk to Talk [ ]  Persistent pain peer to peer support group [ ]  Women’s Peer Support**\*Is your patient eligible for 6 months Free Membership? By ticking one of the boxes below, you are confirming that your patient has been affected within the last 6 months by:**[ ]  Cost-of-living crisis and living on Low Income (below £11,000)[ ]  A Low-Level Mental health condition or illness[ ]  Awaiting surgery or on a long NHS waiting list for physical ailment**\*** Please note that if relevant your patient will need to supply evidence of their situation, for example a wage slip or letter about their individual condition. As a healthcare professional you are confirming their low-level mental health condition or illness and that it is has been diagnosed in the last 6 months. These free memberships are available thanks to National Lottery Community Funding. If your patient is not eligible for a free membership, please see the below for standard referral prices.The referred person will be triaged to the right department and an iCan team member will phone the referee directly. They will be offered a Free 3 Session Pass for the gym 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. Referral membership is £24.99 per month discounted from £32.50- Unless eligible for the free fitness membership.  |  |
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| Date      |  | Referrer Name  |
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| Phone number       |  | Organisation/company       |
| Referral Information |
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| Address       |
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| City |  | County |  | Postcode  |
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| Reason For referral and any known health conditions including mental health. |  | Date of Birth  |
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| Any other notes:  |  |  |

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