



Wellbeing
Group **CIO**

iCan Referral Form

iCan is a friendly charity (CIO) providing a safe environment for exercise, and low-level mental wellbeing services, encouraging interaction with likeminded peers.

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

Please tick the box for the services you wish to refer the person 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
- Ikigai- Finding Your Purpose- 6-week course
- Holistic Wellbeing including meditation/ sound healing
- Living with and Beyond Cancer (peer to peer support)
- Social Activities
- Walk to Talk
- Persistent pain- peer to peer support group

*** Is the referred person eligible for 6 months Free Membership? By ticking one of the boxes below, you are confirming that the person has been diagnosed within the last 6 months:**

- Affected by the 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 the person will need to supply evidence of their situation, for example a wage slip or letter about their individual condition. As a 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 the person 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 tour and two free sessions to begin.

Referral membership is £24.99 per month discounted from £32.50- Unless eligible for the free fitness membership.



Date

Referrer Name

Referrer Phone number

Referrer organisation/company

Referral Information

Referral Name

Phone Number

Email Address

Address

City

County

Postcode

Reason For referral and any known health conditions including mental health.

Date of Birth:

Biological sex/ gender:

Current identifying sex/ gender: (if different from above)

Polite reminder: We cannot accept all referrals.

We will write to you via email if we cannot accept the referral. We specialise in group low level mental wellbeing and fitness services only. We do not offer 1-1 services. Our staff follow a strict mapping criteria for referrals which can be shown on request.

