

# Active Lives Referral Form



The Active Lives project is open to adults aged 45 years or older, who live in certain areas of Edinburgh. Participants will receive a "Get Active" card, which allows free access to Active Lives sessions; activities include supported gym sessions, badminton and relaxation sessions. Please return this form by email to [avrilmckenzie@edinburghleisure.co.uk](mailto:avrilmckenzie@edinburghleisure.co.uk) or by post to Active Lives, Edinburgh Leisure, Vantage Point, 3 Cultins Road, EH11 4DF or phone 0131 458 2100 for more information.

## 1. Contact Details (please print) of person to be referred

Name **Mr Mrs Miss Ms** \_\_\_\_\_

Address \_\_\_\_\_

Postcode **EH** \_\_\_\_\_ Date of Birth \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

## 2. Referer Details

Name \_\_\_\_\_ Organisation \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Referral date \_\_\_\_\_

Signature \_\_\_\_\_

## 3. Suitability for referral

Aged over 45 years old	<input type="checkbox"/>	Medically stable	<input type="checkbox"/>
Motivated to engage in activity	<input type="checkbox"/>	Not been an EL member within the last 12 months	<input type="checkbox"/>

## 4. Any exercises that should be avoided or cause difficulty?

### Preferred venue (circle one)

**Gracemount    Ainslie Park    Leith Victoria    Drumbrae    Meadowbank    Jack Kane**

I declare to the best of my knowledge I know of no reason why I should not participate in Active Lives activities. I take part in any activity entirely at my own risk and waive any legal recourse to damages or property arising from my participation.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

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**EL card Number** \_\_\_\_\_