

# LIVING WITH CANCER? GET ACTIVE FEEL BETTER

WE ARE  
MACMILLAN.  
CANCER SUPPORT

Move More Moray  
Expert support to get you moving

Together with Macmillan



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604).

# Move More Moray self-referral form

## Participant details:

Title                      First name    Surname  
Address    Postcode  
Telephone    Email

## Medical conditions:

Heart conditions (eg heart attack)    Surgery (eg joint replacement)  
Breathing conditions (eg asthma)    Hearing/visual impairment  
Diabetes    Cognitive impairment (eg dementia)  
Neurological condition (eg stroke)    Muscle, bone, joint conditions  
Epilepsy

Additional comments/information that is relevant to attending Move More Moray eg 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 Moray 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 Moray and to being contacted by telephone      Yes      No

I acknowledge that all information will be confidential and held at Move More Moray for the purpose of the Move More programme      Yes      No

Signature    Date

**Please email completed forms to: [movemore@moray.gcsx.gov.uk](mailto:movemore@moray.gcsx.gov.uk)**  
or post to: Move More Moray, Sports Development, Education and Social Care,  
Moray Council, High Street, Elgin, IV30 1BX. Telephone 01343 563642.

All information passed to Move More is held in the strictest confidence under the guidelines of Data Protection Act 1998.