YMCA ROMFORD

PART OF YMCA THAMES GATEWAY GROUP

CANCER REHAB REFERRAL PROGRAMME

A free exercise programme for people who have been diagnosed with, or are receiving treatment for, cancer.

Our service offers:

- an informal consultation with a qualified coach to discuss cancer, treatment, lifestyle changes and the benefits of a tailored exercise programme
- a flexible, bespoke 10-week exercise and lifestyle programme - provided on a 1-1 basis
- the possibility to reduce symptoms from cancer, cancer treatments and the likelihood of recurrence of cancer
- a wide range of fitness classes and activities to suit all levels in a friendly and welcoming environment.

Contact fitnessforyou@ymcatg.org or call 01708 766211

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YMCA

Here for young people
Here for communities
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK | HEALTH & WELLBEING | HOUSING | TRAINING & EDUCATION | SUPPORT & ADVICE

Cancer rehab referral form

Please complete and return to YMCA Thames Gateway Group, 29 Rush Green Road, Romford, RM7 0PH.

YOUR DETAILS

Name .....

Address .....

Postcode ..... **Date of birth** .....

Email .....

Telephone ..... **GP surgery** .....

PREVIOUS & CURRENT TREATMENT

Cancer condition .....

Phase - please tick Radiotherapy ◯ Chemotherapy ◯ Other ◯

Other treatment or medications? .....

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OTHER HEALTH CONSIDERATIONS

Do you have any other health conditions? If so, please give details, including any medication or relevant information that may affect your involvement in this scheme.

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BY SIGNING THIS FORM YOU INDICATE THAT YOU...

...would like to join the programme and give consent to do so; agree for your medical information to be passed on to YMCA Romford; and agree that YMCA Romford will feedback to your referrer whenever necessary.

Patient's signature ..... **Date** .....

Consultant/CNS .....

Contact number .....