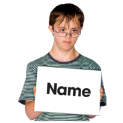
A cell phone with a screen

Description automatically generatedA group of people laughing

Description automatically generatedA group of people around a cake

Description automatically generated with medium confidence

The Elfrida Society 34 Islington Park Street London N1 1PX Phone: 020 7359 7443 Fax: 020 7704 1358 www.elfrida.com

Phone No:

YES NO

Do you have a learning disability

Date of birth

Please give as much information as you are comfortable with.

If you would like help, please call the Sports Project on

020 7359 7443 or email: [enfrida@elfrida.com](mailto:enfrida@elfrida.com)

When answering a question, please circle either YES of NO

**Your Contact Details**

Address

Name

**Emergency Contact Details**

A group of men in wheelchairs

Description automatically generated with medium confidence

Name

A black telephone with a rotary dial

Description automatically generated

Phone No:

A screen shot of a form

Description automatically generated

Can we ask them for more information

YES NO

**Your Doctor’s Contact Details**

A person and person sitting at a table

Description automatically generated

Your GP’s Name

A blue and white sign in front of a building

Description automatically generated

Address



Phone No:

**Your Safety**

Is there anything we should know to keep you and others safe?



**Your health**



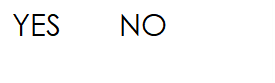
A black and white text

Description automatically generated

Do you have a heart condition?



Do you have chest pain when you exercise?





In the last month, have you had chest pain when not exercising?

A black and white text

Description automatically generated



Do you lose your balance because you feel dizzy?

A black and white text

Description automatically generated

A picture containing outdoor, person, ground, person

Description automatically generated

A black and white text

Description automatically generated

Do you ever pass out?

**Your health continued**



Do you have a bone or joint problem that could be made worse by exercising?

A black and white text

Description automatically generated



A black and white text

Description automatically generated

Do you have diabetes?



A black and white text

Description automatically generated

Do you have asthma?



A black and white text

Description automatically generated

Do you have epilepsy?

A black and white text

Description automatically generated

Do you have any other conditions we should know about?

**You must speak to your GP if you answered yes to any of these questions. They must give you a letter saying you can do the sport or activity. We must have this letter before you start.**

A black and white text

Description automatically generated

**Your medication**

Do you take any medication?

**If you do take medication, please tell us about it here**



Type of medication



How much do you take?

When do you take it?



**Allergies**

If you have any allergies, please tell us about them here



**Your Support**

What support do you need with travel, changing and doing sports or physical activity



Please circle all the ones you might be interested in

**Which Sports or Activities would you like to do?**



A couple of men playing cricket

Description automatically generated with medium confidence

Cricket

Tennis





Football

Boccia

A group of people running on a path in a park

Description automatically generated with medium confidence

Badminton

Walking

A child playing basketball with a ball

Description automatically generated



Cycling

Netball

Please tell us about other sports and activities you might be interested in

A picture containing athletic game

Description automatically generated

Date:

Signature:

Referred by



Relationship:

Date of referral:

**Keeping my details safe:**

|  |
| --- |
|  |

A picture containing text, sign, picture frame

Description automatically generatedA picture containing graphical user interface

Description automatically generated

There are clear rules about how organisations keep people’s personal information. These rules are called the General Data Protection Regulations or GDPR.

The rules give people rights about how organisations keep their personal information.

The Elfrida Society is fully committed to follow the GDPR rules and procedures to ensure that the rights of its service users, staff and volunteers are protected. Everyone working with the organisation must obey these rules and procedures.

Personal information is information that can be used to identify you.

This includes:

Your name

Your address

Your telephone number.

Your email address

Links to your social media accounts like Facebook, Twitter or Instagram

Information about your disabilities or health

Your bank details.

Your employment records or information

I understand that The Elfrida Society will need to keep my personal details according to data protection rules.

Please tick to agree.