MRS Independent Living

℅ SPACE4, 2nd Floor,

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London N4 3HH

Email: stayingsteady@mrsindependentliving.org

Tel: 0330 380 1013

**Staying Steady**

**Strength and Balance Classes**

**Self - Referral**

This programme lasts for 24 weeks and takes place in community centres, sports halls and health centres around Hackney and City. It will help you improve your strength and balance. If you have had a recent fall, please see your GP even if you did not injure yourself.

It is important that we contact your GP to make sure that this exercise programme is suitable for you and for us to be aware of any health risks you may have. **Please give your consent** for us to contact your GP by ticking the box below and signing the bottom of this form. Without this consent we will be unable to offer you a place.

Consent given: **YES** **☐ NO** **☐**

| Name: |
| --- |
| Address: |
| Post Code: | Male/Female |
| Phone Number: | Date of Birth: |
| GP Practice: |

| Please tell us about any health problems you may have: |
| --- |

Signed ……………………………………………………………………………………………………………………….

Dated…………………………………………………………………………………………………………………………