

Cornwall Healthy Weight
Health Promotion Service
The Kernow Building
Wilson Way
Pool
Redruth
TR15 3QE

Date: As postmark

Thank you for expressing an interest in the weight management programmes provided by Cornwall Healthy Weight. Please find enclosed further details of current programmes available along with a booking form.

To book a place on one of the weight management programmes, please complete the enclosed form and return it to the address below. Please ensure you indicate clearly which programme you would like to attend by marking the relevant box with a tick. On receipt of your booking form, your place will be allocated on a first come first served basis. Places will then be confirmed by letter.

If your chosen programme is fully booked, you will be offered an alternative programme as well as having the opportunity to be included on a waiting list, allowing us to contact you if a place becomes available and inform you of future programmes in your area.

If you decide this programme is not for you, we hope that you will contact us if you wish to participate in future programmes.

Should you require any further information, please do not hesitate to contact us. We look forward to receiving your completed booking form.

Best Wishes

Cornwall Healthy Weight

Your biggest supporter



Give us a call via the Health Promotion Service on **01209 313419**

Or, join us online today - cornwallhealthyweight.org.uk



Cornwall Healthy Weight work with individuals of all ages throughout Cornwall by offering lifestyle weight management programmes. Our programmes, listed below, are designed to encourage healthier eating, increased physical activity and positive behaviour change by supporting individuals to take control of their health or the health of those in their care.

- Healthy Weight 4-7 years – 12 week programme
- Healthy Weight 7-13 years (+ their families) – 12 week programme
- Healthy Weight Adults – 12 week programme

Our programmes are most suitable for children and adults who are above a healthy weight. All programmes offer information and discussion around topics such as why weight affects our health, staying active, guidance on serving sizes, understanding food labels, and fat, salts and sugars in the diet. All programmes focus on staying motivated, self esteem and confidence, and overcoming barriers.

Healthy Weight 4-7 years

In addition to the above topics this, this programme focuses on the whole family making changes through positive behaviour change through fun activities which can be replicated in the home environment and help increase confidence and self-esteem.

Healthy Weight 7-13 years

In addition to the above topics this programme will encourage children and their families to get more active by joining sessions of fun, multi sport games. This will help increase confidence and self esteem. Practical cooking sessions will be offered to learn new healthy recipes.

Healthy Weight Adults

In addition to the above topics this programme offers Simple Circuit sessions. These sessions offer low intensity exercises and are adapted to suit everyone in the group. Practical cooking sessions or tips will be offered to learn new healthy recipe ideas.

Physical Activity Questionnaire

Please make sure you complete the Physical Activity Readiness Questionnaire (page 3&4). This questionnaire asks about your health condition as some people should check with their doctor before they start becoming much more physically active. Depending on your health condition, you may be required by the health professional to ask your doctor to complete a referral form before taking part in the physical activity sessions in this programme.

There will be a qualified exercise instructor leading the simple circuits and multi sport games who will be there to provide support and advice.

Cornwall Healthy Weight is a funded initiative; places on the above programmes are free of charge and places are limited.



PROGRAMME BOOKING FORM & PHYSICAL ACTIVITY QUESTIONNAIRE



Indicate clearly which programme you would like to attend: (please tick)

- Healthy Weight Adults
 Healthy Weight 4-7 years
 Healthy Weight 7-13 years (+ their families)

Participant Details				Parent / Guardian Details	
Title:	Address:		*Only complete this section if booking on behalf on your child		
Forename:			Title:		
Surname:			Forename:		
D.O.B:			Surname:		
<input type="checkbox"/> MALE	<input type="checkbox"/> FEMALE			Relationship to child:	
Height:	Weight:	Postcode:	No. of children attending:		

Additional Support			GP Details	
Do you have a learning and/or physical disability?			Doctors Name:	
<input type="checkbox"/> YES	<input type="checkbox"/> NO	Details:	GP Address:	
Do you need additional support?	<input type="checkbox"/> Access	<input type="checkbox"/> Easy read	GP Telephone No:	
	<input type="checkbox"/> Visual impairment	<input type="checkbox"/> Hearing		
If you need one to one support please attend with a support worker / carer				

Participant Contact			Emergency Contact	
Home	Ok to contact: (please tick)		Contact Name	
Mobile	<input type="checkbox"/> by phone		Address	
Work	<input type="checkbox"/> leave answer message		Home Tel No	
Email	<input type="checkbox"/> by text		Mobile Tel No	
Heard About Programme?				

Ethnic Group (please tick)				
White British <input type="checkbox"/>	White/Black Caribbean <input type="checkbox"/>	Indian <input type="checkbox"/>	Caribbean <input type="checkbox"/>	Chinese <input type="checkbox"/>
White Irish <input type="checkbox"/>	White/Black African <input type="checkbox"/>	Pakistani <input type="checkbox"/>	African <input type="checkbox"/>	Other Ethnic Group <input type="checkbox"/>
White other <input type="checkbox"/>	White/Asian <input type="checkbox"/>	Bangladeshi <input type="checkbox"/>	Other Black background <input type="checkbox"/>	
	Other Mixed <input type="checkbox"/>	Other Asian <input type="checkbox"/>		

Data Protection		
<p>Cornwall Council will keep your personal details on a database. This information will be kept confidential and is subject to the Data Protection Principles. We will only hold this information to enable us to inform you of any other activities organised by Cornwall Healthy Weight and for Monitoring and Evaluation purposes within the project. We will not use the information for any other purpose without your permission, in accordance with Section 7 of the Data Protection Act 1998.</p>		
Print name: (Parent/Guardian if applicable)	Signature:	Date:

PAR-Q+

The Physical Activity Readiness Questionnaire for Everyone

Regular physical activity is fun and healthy, and more people should become more physically active every day of the week. Being more physically active is very safe for MOST people. This questionnaire will tell you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

Please read the 7 questions below carefully and answer each one honestly: Tick YES or NO

General Health	Yes	No
1. Has your doctor ever said that you have a heart condition OR high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you lose your balance because of dizziness OR have you lost consciousness in the last 12 months? <i>Please answer NO if your dizziness was associated with over-breathing (including during vigorous exercise).</i>	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you ever been diagnosed with another chronic medical condition other than heart disease or high blood pressure (for example diabetes, crohn's, parkinson's, cancer)?	<input type="checkbox"/>	<input type="checkbox"/>
5. Are you currently taking prescribed medications for a chronic medical condition?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you have a bone or joint problem that could be made worse by becoming more physically active? <i>Please answer NO if you had a joint problem in the past, but it does not limit your current ability to be physically active. For example knee, ankle, shoulder or other.</i>	<input type="checkbox"/>	<input type="checkbox"/>
7. Has your doctor ever said that you should only do medically supervised physical activity?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered NO to all of the questions above

If you answered NO to all of the questions above, you are cleared for physical activity. Start becoming much more physically active - start slowly and build up gradually.

If you answered YES to one or more of the questions above

A qualified exercise professional from the Cornwall Healthy Weight will contact you before the programme starts to discuss your health further. Following this conversation you may be required to seek medical clearance from your doctor before taking part in the physical activity / exercise part of this programme.

Delay becoming more active if:

- You are not feeling well because of a temporary illness such as a cold or fever – wait until you feel better
- You are pregnant – talk to your health care practitioner, your physician, a qualified exercise professional before becoming more physically active OR
- Your health changes – Talk to your doctor or qualified exercise professional before continuing with any physical activity programme.

DECLARATION

Please read and sign the declaration below:

I, the undersigned, have read, understood to my full satisfaction and completed this questionnaire. I acknowledge that this physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if my condition changes. I also acknowledge that the Cornwall Healthy Weight may retain a copy of this form for their records. In these instances, Cornwall Healthy Weight will be required to adhere to local, national, and international guidelines regarding the storage of personal health information ensuring that they maintain the privacy of the information and do not misuse or wrongfully disclose such information.

Print name:

(Parent/Guardian if applicable)

Signature:

Date:

Healthy Weight Adults

Location	Date & Time	1 st Choice Please Tick	2 nd Choice Please Tick
Liskeard (Dobwalls)	Monday 1pm to 3pm 04/01/16 – 21/03/16	<input type="checkbox"/>	<input type="checkbox"/>
Callington	Tuesday 11.15am to 1.15pm 05/01/16 – 22/03/16	<input type="checkbox"/>	<input type="checkbox"/>
Truro	Tuesday 6pm to 8pm 05/01/16 – 22/03/16	<input type="checkbox"/>	<input type="checkbox"/>
Penzance	Tuesday 10am to 12pm 12/01/16 – 29/03/16	<input type="checkbox"/>	<input type="checkbox"/>
Camborne	Wednesday 10am to 12pm 06/01/16 – 23/03/16	<input type="checkbox"/>	<input type="checkbox"/>
St Austell	FULLY BOOKED	<input type="checkbox"/> Please add me to the waiting list for this course	
Falmouth	Monday 3pm to 5pm 11/01/16 – 28/03/16	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Weight 4-7 years

Location	Date & Time	1 st Choice Please Tick	2 nd Choice Please Tick
St Austell	Mondays 1.30pm to 3pm 05/01/16 – 08/03/16	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Weight 7-13 years (+ their families)

Location	Date & Time	1 st Choice Please Tick	2 nd Choice Please Tick
Liskeard	Mondays 5.30pm to 7.30pm 11/01/16 – 21/03/16	<input type="checkbox"/>	<input type="checkbox"/>
Pool	Tuesdays 5.30pm to 7.30pm 12/01/16 – 22/03/16	<input type="checkbox"/>	<input type="checkbox"/>
Camelford	Wednesdays 5pm to 7pm 13/01/16 – 23/03/16	<input type="checkbox"/>	<input type="checkbox"/>
Newquay	Thursdays 5pm to 7pm 14/01/16 – 24/03/16	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Weight 13-17 years

Location	Date & Time	1 st Choice Please Tick	2 nd Choice Please Tick
As appropriate	One to One work at suitable times	<input type="checkbox"/>	<input type="checkbox"/>
St Austell	Wednesdays 4pm to 6pm 13/01/16 - 10/02/16	<input type="checkbox"/>	<input type="checkbox"/>

Venues will be disclosed in your confirmation letter to ensure that people do not turn up without booking a place.

Please note that participants need to start from the start date given OR no later than week 2. If your booking form is received after the programme has started you will be added to a waiting list for your chosen town.

If there are currently no programmes available in your area, state below where you would like to attend and we will put you on the waiting list for the next programme.

Choice of Programme	Location	Day	Time
<input type="checkbox"/> Healthy Weight 4-7 years <input type="checkbox"/> Healthy Weight 7-13 years <i>(and their families)</i> <input type="checkbox"/> Healthy Weight 13-17 years <i>(this is one to one)</i> <input type="checkbox"/> Healthy Weight Adults	(Please state your preferred location)	<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday	<input type="checkbox"/> Morning <input type="checkbox"/> Afternoon <input type="checkbox"/> Evening