



## Active Health project – Self referral form

Velocity's Active Health project aims to support you to become more physically active as a way of improving your health and wellbeing.

By signing this you give permission for your name, date of birth and contact details (email address or phone number if you don't use email) to [high-uhb.activehealthproject@nhs.net](mailto:high-uhb.activehealthproject@nhs.net) so that an Active Health Worker can contact you to tell you more about the project.

Velocity will only use your email address/ phone number to contact you about their Active Health project. Velocity will immediately delete your details from their records if you ask them to by emailing [high-uhb.activehealthproject@nhs.net](mailto:high-uhb.activehealthproject@nhs.net) or contacting 07564 166897.

All information which could identify you personally is kept confidential to the project under password protection and will be destroyed at the end of the project, or sooner if you ask Velocity to do so. Velocity will never share your personal information with anyone outside the Active Health Project without your written consent.

Name (print): \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Contact number: \_\_\_\_\_

Email address: \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Velocity is a social enterprise which promotes healthy happy lifestyle through cycling and increased activity

This project is funded by Smarter Choices Smarter Places

