

# Walker registration form



Welcome! Health walks are provided by your local Walking for Health scheme. Together the Ramblers and Macmillan Cancer Support run Walking for Health, helping you get and stay active.

Find out more about us at:

[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

Before you start please complete this form so your walk leader knows your level of fitness and any specific health problems you have. **Please print clearly in block capitals.**

**New walkers** should fill in all the questions applicable to them. **Returning walkers or current walkers** reporting a change in their circumstances only need to answer the questions marked with an arrow: ➔

➔ Scheme name Spelthorne

➔ Walk name \_\_\_\_\_

➔ Your name \_\_\_\_\_

➔ Your address \_\_\_\_\_

County \_\_\_\_\_ Postcode \_\_\_\_\_

➔ Tel No. \_\_\_\_\_

➔ Email \_\_\_\_\_

➔ Your date of birth:   /   /

## 1. How much walking have you done in the last year?

- I am just starting now
- I walk regularly already
- I used to walk but have not walked for over 3 months
- I am just starting to walk but do other physical activities

## 2. How many minutes do you currently spend per week walking briskly, excluding Walking for Health walks?

\_\_\_\_\_ Minutes

## 3. In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate?

This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that is part of your job.

(Please tick one box):

- 0  1  2  3  4  5  6  7

## 4. If you take part in physical activities other than walking, how many minutes per week do you spend doing them?

\_\_\_\_\_ Minutes

## 5. Over the coming year do you expect your amount of physical activity to be:

(Please tick one box that most closely corresponds with your expectations):

- More than last year  Less than last year
- Unlikely to change from last year

## 6. Have you been recommended by a health professional to come on this scheme?

- Yes  No

### If yes to the above, please tick which health professional recommended you:

- |   |  |
|---|--|
| <input type="checkbox"/> GP                         | <input type="checkbox"/> Occupational therapist      |
| <input type="checkbox"/> Physiotherapist            | <input type="checkbox"/> Cardiac rehabilitation team |
| <input type="checkbox"/> Nurse                      | <input type="checkbox"/> Mental health team          |
| <input type="checkbox"/> Health trainer             | <input type="checkbox"/> Exercise referral team      |
| <input type="checkbox"/> Macmillan professional     | <input type="checkbox"/> Paramedic                   |
| <input type="checkbox"/> Other (please state) _____ |  |

## 7. If you are a person who has been affected by cancer in some way, please tick all that apply:

- Have you ever been diagnosed with cancer?
- Are you a carer of someone with cancer?
- Are you a close relative or friend of someone with cancer?

## 8. Have you ever been diagnosed by your doctor or health professional with any of the following long term conditions?

(Please tick all that apply):

- |  |  |
|--|--|
| <input type="checkbox"/> COPD (Emphysema and chronic bronchitis) | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Asthma                                  | <input type="checkbox"/> Heart disease       |
| <input type="checkbox"/> Diabetes                                |  |
| <input type="checkbox"/> Other (please state) _____              |  |

## 9. Do you have a long term illness, health problem or disability which limits your daily activities or the work you can do?

- Yes  No  Prefer not to say

### If yes to the above, please tick all that apply:

- |   |  |
|---|--|
| <input type="checkbox"/> Physical disability        | <input type="checkbox"/> Sensory disability    |
| <input type="checkbox"/> Learning disability        | <input type="checkbox"/> Learning difficulties |
| <input type="checkbox"/> Mental health issues       | <input type="checkbox"/> Prefer not to say     |
| <input type="checkbox"/> Other (please state) _____ |  |

Please turn over

You can find out more about other walks in your local areas and what we do at [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk) or get in touch by emailing: [walkingforhealth@ramblers.org.uk](mailto:walkingforhealth@ramblers.org.uk)

WE ARE  
MACMILLAN.  
CANCER SUPPORT



Supporting you to  
get active and stay active

**10. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.**

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: Tick **YES** or **NO**.

**a. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?**

Yes  No

**b. Do you feel pain in your chest when you do physical activity?**

Yes  No

**c. In the past month, have you had chest pain when you were not doing physical activity?**

Yes  No

**d. Do you lose your balance because of dizziness or do you ever lose consciousness?**

Yes  No

**e. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?**

Yes  No

**f. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?**

Yes  No

**g. Do you know of any other reason why you should not do physical activity?**

Yes  No

**If you ticked yes to any of the above, you must seek medical advice before attending a walk.**

Please tick here that you understand you take part at your own risk and will seek medical advice if appropriate.

Please tick here that you agree to tell a walk leader if you have any conditions that may affect you whilst walking or if there is a future change in your medical condition.

**11. Please tell us how you found out about this scheme**

(Please tick all that apply):

- |   |   |
|---|---|
| <input type="checkbox"/> Library                    | <input type="checkbox"/> Leisure centre             |
| <input type="checkbox"/> National media             | <input type="checkbox"/> Local media                |
| <input type="checkbox"/> Local authority/council    | <input type="checkbox"/> Search on internet         |
| <input type="checkbox"/> Walking for Health website | <input type="checkbox"/> Workplace                  |
| <input type="checkbox"/> Housing association        | <input type="checkbox"/> Local website              |
| <input type="checkbox"/> GP surgery                 | <input type="checkbox"/> Social media               |
| <input type="checkbox"/> Hospital                   | <input type="checkbox"/> Macmillan Cancer Support   |
| <input type="checkbox"/> Ramblers                   | <input type="checkbox"/> Other charity              |
| <input type="checkbox"/> Boots                      | <input type="checkbox"/> Other pharmacy             |
| <input type="checkbox"/> Festival / event           | <input type="checkbox"/> every step counts          |
| <input type="checkbox"/> Walking group              | <input type="checkbox"/> Leaflet through door       |
| <input type="checkbox"/> Other community location   | <input type="checkbox"/> Word of mouth / told about |

**Please provide any additional information about how you found out about this scheme that you think may be of use:**

**The Ramblers' Association** is a registered charity (England & Wales no. 1093577, Scotland no. SC039799) and a company limited by guarantee (England & Wales no. 4458492). Registered office 2nd Floor, 87-90 Albert Embankment, London SE1 7TW.

**12. Gender:**  Male  Female

**13. What is your ethnic group?**

(Choose one option that best describes your ethnic group or background):

**White**

1. English/Welsh/Scottish/Northern Irish/British  
 2. Irish  3. Gypsy or Irish Traveller  
 4. Any other White background, please describe \_\_\_\_\_

**Mixed / Multiple ethnic groups**

5. White and Black Caribbean  
 6. White and Black African  
 7. White and Asian  
 8. Any other Mixed / Multiple ethnic background, please describe \_\_\_\_\_

**Asian / Asian British**

9. Indian  10. Pakistani  
 11. Bangladeshi  12. Chinese  
 13. Any other Asian background, please describe \_\_\_\_\_

**Black / African / Caribbean / Black British**

14. African  15. Caribbean  
 16. Any other Black / African / Caribbean background, please describe \_\_\_\_\_

**Other ethnic group**

17. Arab  
 18. Any other ethnic group, please describe \_\_\_\_\_

## Using and sharing your information

Walking for Health is a national programme run by the Ramblers, in association with Macmillan and local health walk schemes. By submitting this form you agree to the Ramblers recording your details and contacting you. The Ramblers will share your data with 1) Macmillan 2) the organisation that runs your local health walk scheme 3) other trusted evaluation partners. This will allow us to manage, evaluate and conduct research about Walking for Health. Together these organisations want to provide you with information and help ensure that your walks continue.

Macmillan and the organisation that runs your local health walk scheme would also like to contact you from time to time to let you know about other support and how you can get involved with them. Please tick the boxes below if you are happy for us to use your information in this way:

**I am happy to receive information from:**

- Macmillan  Text  Email  
Organisation that runs your local health walk  Text  Email

**By signing this form I confirm that all the information provided is correct. I understand that I walk at my own risk.**

Signed \_\_\_\_\_ Date   /

**NOTE to health walk staff and volunteers:** completed forms will contain sensitive or personal data so must be handled and stored securely.

**Macmillan Cancer Support** is a registered charity (England and Wales no. 261017, Scotland no. SC039907, Isle of Man no. 604) and a company limited by guarantee (England and Wales no. 2400969, Isle of Man no. 4694F).