

## Client Authorisation for Referral

I give my permission for my contact details to be passed on to the My Health My Way service and I understand that all information will be held in accordance with the Data Protection Act.

Client Signature

Date

Referrer Signature

Date

Verbal consent



### Return Address:

My Health My Way, The Pokesdown Centre, 896 Christchurch Road, Bournemouth, BH7 6DL



### Email:

[info@myhealthdorset.org.uk](mailto:info@myhealthdorset.org.uk)

**Please note**, the initial contact from My Health My Way will be during office hours (9am-5pm Monday to Thursday; 10am-4.30pm Friday)

To find out more, call us on  
**0303 303 0153**  
or email

[info@myhealthdorset.org.uk](mailto:info@myhealthdorset.org.uk)  
to see what could work for you  
[www.myhealthdorset.org.uk](http://www.myhealthdorset.org.uk)



Take control of your health  
Are you living with  
a health condition?

Would you like to...

Make changes

Assess your support needs

Gain confidence

Manage your pain and fatigue

Make lifestyle choices

Access useful local services

Find relevant information

**My Health My Way** is a **FREE** support service for people living in Dorset whose daily lives are affected by a health condition.

It is provided by the [My Health Dorset Partnership](#) for the NHS in Dorset.



**Our health coaches** provide personal support to help you get to grips with your health and wellbeing.





**If the quality of your life is affected by your health condition, and you are finding it hard to make changes or it's getting you down, then My Health My Way may be able to help.**

It's a support service that aims to help you overcome some of the challenges you may be facing, working with you to develop your confidence to manage.

to their lifestyle and digest all the information they are given by healthcare professionals.

With the type of support available from My Health My Way you can build your skills, knowledge and confidence to start taking control of your health condition, rather than let it control you.

You will be supported to build and maintain your confidence to self-manage areas like pain or fatigue, exercise or dietary changes, anxiety or depression.

We will also work with you to help you make better, more informed choices about medications and improve your ability to converse with healthcare professionals about your care options.

## 1 How can it help me?

My Health My Way provides support from specially trained health coaches who work with you on the areas where you need help.

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## How does it work with me?

If you feel this service is for you, our health coaches can work with you in ways that suit you best. It could be:

- One-to-one coaching
- Telephone support
- Group work
- Online tools
- Structured support groups

## 2 How will I benefit?

It can be difficult for people with health conditions to always feel in control of symptoms, manage changes

## Referral and Consent Form

### Client Details

Title \_\_\_\_\_ First Name \_\_\_\_\_  
Surname \_\_\_\_\_  
Address \_\_\_\_\_ Post Code \_\_\_\_\_  
Telephone No \_\_\_\_\_  
Email address \_\_\_\_\_  
NHS Number \_\_\_\_\_

### Referring Agency

Self-referral  GP Surgery  Outpatient Clinic   
Pharmacy  Other  (please tick)  
Agency / GP Surgery / Clinic / Pharmacy \_\_\_\_\_  
Email Address \_\_\_\_\_  
Telephone No \_\_\_\_\_  
Name of Referrer \_\_\_\_\_  
Additional Comments \_\_\_\_\_

Please continue overleaf...