

## PIUP! Application form

Up!Up! is a 12-week weight management programme specifically tailored and intended for people of Black, African & Caribbean heritage. Fill out the form below to sign up for the programme. All applications are reviewed to ensure that participants are eligible. If you are eligible for the programme, you will be contacted by the team about the next steps.

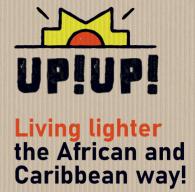
Your details				
Title: (Mr/Mrs/Ms/Miss/Other)	First name:			Last name:
Address:				
Postcode:				
Telephone:			Mobile:	
Email address:				
Medical inforr	mation			
NHS number:				
				escription or appointment letter. You can also find GP surgery and ask them for your number
GP Surgery:				
Eligibility				
Are you 18 or over?		Yes	No	Are you Up! Up! ready?
Are you a Lewisham resident or registered with a GP practice in Lewisham?		Yes	No	On a scale 1-10, how ready are you to adopt a healthier lifestyle? (tick the box that applies)  1 2 3 4 5 6 7 8 9 10 Not ready at all Ready!
Are of you of Black, African or Caribbean heritage?		Yes	No	
Do you consider yourself overweight or carrying too much weight around the middle?		Yes	No	
Are you able to join weekly group sessions for 12 consecutive weeks?		Yes	No	Turn o

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## Consent

I confirm that I am happy for my data to be shared with the team at Guy's & St. Thomas' Hospital.

Your name in full:	
Your signature:	



## What next?

Please send this completed form via post or via e-mail as below:

Address
Up!Up!
Dietetics
Guy's Hospital
St Thomas' Street
London SE1 7RT

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Email gst-tr.up.up@nhs.net

