

**Student Wellbeing Referral Form**

Consent (declaration by student)

- I give my full consent to take part in the Student Wellbeing Active Students referral scheme with the understanding that I may withdraw at any time without giving a reason.
- I understand that if there are any concerns that the Wellbeing Activator may have, then they will contact Student Wellbeing for advice and support, and they may refer me back to them for any other support needs that may be identified.
- I understand that the information I give is confidential and will be anonymised.
- As a part of our research into the impact of health and fitness on wellbeing, anonymised data will be collected. This Data of yours will be fully anonymous, without any personal identifiable information.
- I have been informed and understand that I can withdraw my consent for data to be used at any point

**Signed:**..... **Date:**.....

**Print Name:**.....

**Phone number:**.....

**Email address:**.....

**Preferred method of contact:** Telephone / Email

**Student ID number:**.....

**Why have you referred yourself to the program/what are you hoping to gain or achieve from this?**

.....

**Have you got a physical health/mental health diagnosis that the activator should know prior to the first meeting? If yes, can you please give details:**

.....

**Anything else that you would want the Wellbeing Activator to know prior to starting:**

.....

**Have you worked or engaged with Student Wellbeing at the University of Hertfordshire before?**

Yes / No

**What type of activities are you interested in (please highlight all that apply):**

- |  |   |
|--|---|
| Something fun  | Pickleball (mix between tennis, table tennis and badminton) |
| Something to help me relax   | Pilates   |
| Somewhere I am able to meet new people                             | Volleyball  |
| Something with low levels of noise or stimuli                      | Handball  |
| I am happy to try anything based on the Activator's recommendation | Roller Skating  |
| Badminton  | Rounders  |
| Basketball   | Tennis  |
| Bootcamp (outside)   | This Girl Can Beginner Weightlifting (Performance Herts)    |
| Cricket  | This Guy Can Beginner Weightlifting (Performance Herts)     |
| Football   | Yoga  |
| Indoor bootcamp  | Multisport accessible sessions                              |
| Low impact Zumba   | Zumba   |

**When is your availability (please mark all that apply):**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

**I am happy for any data collected during my participation in this program to be anonymised and used for research purposes:**

*Yes/No*

**If you have any concerns or difficulties with the program, please feel free to contact [activestudents@herts.ac.uk](mailto:activestudents@herts.ac.uk) and one of our project officers will get in touch to try and resolve any difficulties you may have.**