



SUPPORTING SERVING AND FORMER
MEMBERS OF THE ARMED FORCES,
EMERGENCY SERVICES AND FAMILIES



Surf Action

Self Referral Form

Name:

Gender: Male

Female

Date of birth and age:

Address:

Post Code:

Best contact telephone number:

Email Address:

Please provide the details of your GP (including the address and telephone number):

Please indicate which of the following options best describes your current status:

- | | |
|---|--------------------------|
| Employed full-time (30 hours a week or more per week) | <input type="checkbox"/> |
| Employed part-time | <input type="checkbox"/> |
| Self-employed full-time | <input type="checkbox"/> |
| Self-employed part-time | <input type="checkbox"/> |
| Unemployed | <input type="checkbox"/> |
| Full-time student | <input type="checkbox"/> |
| Retired | <input type="checkbox"/> |
| Carer | <input type="checkbox"/> |
| Sick leave | <input type="checkbox"/> |
| Other (please detail) | <input type="checkbox"/> |

Please use the space below to include a diagnosis (if known/if you have one), symptoms and medication. Please be as detailed as possible. This information will help us to understand your support requirements:

In what way would you like Surf Action to support you?

Are you currently being supported by anyone else (e.g. CPN, GP, Probation, etc)? If yes, please detail:

Do you have any specific requirements (e.g. dietary, mobility, disabilities)? If yes, please detail:

Do you have any specific concerns/questions about accessing our service? If yes, please give detail:

Do you have any experience or qualifications in surfing or other water sports?

Yes No

If yes, please provide a few details (e.g. when, where and type):

Is there anything else you would like to tell us? If yes, please detail:

Accessing Surf Action Support Services

If you live *within* the County

Our services are funded by a number of different sources. Our regular surfing activities are provided to the individual for free. Referral from other agencies may be charged, please contact us for more information. Our veterans centre in Longrock, Penzance is open 5 days a week and provides various group activities throughout the week. Sometimes we may organise events which may have a small charge to individuals.

If you live *outside* of the County

Our service is available to anyone within the UK and we do organise residential programmes for those who may not be able to easily access our services. Please contact the office for details on how we can support you.

Surf Action provides:

- Initial assessment (held at our veterans centre) or by means of a telephone assessment
- Access to the Surf Action weekly Surf Clinics and activities
- Access to an accredited PTSD Therapist for one-to-one work (if required)
- Tea/Coffee (at our veterans centre)
- Use of our equipment when taking part in activities
- Use of equipment
- Sign-posting service
- Access to our monthly advice shop. (RBL and Veterans UK)

Please sign below to confirm the following

- The information contained within the referral form is accurate
- You give permission for Surf Action to contact you in order to discuss your referral

Print Name..... Date

Signature

To be filled in by Surf Action Staff:

Referral received:	
Contact with client made:	
Date of assessment:	
Sign Posting & Notes	



Surf Action, Unit 11, Long Rock Industrial Estate, Penzance, Cornwall, TR20 8HX
T: 01736 365645 | Email: info@surfaction.co.uk
www.surfaction.co.uk | Registered Charity No. 1140191