

## Self-Referral Form

Please email completed forms to: [info@cup-o-t.co.uk](mailto:info@cup-o-t.co.uk)

Name:	Date of Birth:
Address:	Email:
Postcode:	Telephone Number:
<b><u>If you are under the age of 16:</u></b>	
Name of parent / guardian:	
Contact number:	
<b>Things in life that I want to improve:</b>	
<input type="checkbox"/> Education (School / College / University / Night Class / Skills) <input type="checkbox"/> Work / Volunteering <input type="checkbox"/> Relationships with friends / family <input type="checkbox"/> Enjoyable activities (hobbies / sport / shopping) <input type="checkbox"/> Self care (personal care / medication / cooking / life skills) <input type="checkbox"/> Understanding who I am <input type="checkbox"/> Other (please state):	
<b>Any other information you would like to add:</b>	
<b>Do you have a preference for appointment time?</b>	
<input type="checkbox"/> Weekday <input type="checkbox"/> Evening <input type="checkbox"/> Weekend	
<b>Would you like to arrange:</b>	
<input type="checkbox"/> Free 20 minute telephone consultation <input type="checkbox"/> Book an initial assessment Occupational Therapy appointment	
<b>The most important question... What do you like to drink?</b>	
<input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Fruit Juice <input type="checkbox"/> Squash <input type="checkbox"/> Water	
<b>Where did you hear about Cup-O-T: Wellness and Therapy Services?</b>	

## Privacy Statement:

Cup-O-T: Wellness and Therapy Services holds all records securely and ensures the utmost confidentiality in the treatment of any information held about its clients. No information will be disclosed without the client's written permission, except under certain rare legal circumstances (e.g. Child Protection). Catherine Gray and Cup-O-T: Wellness and Therapy Service subscribe to the Health Care Professions Council and Royal College of Occupational Therapists codes of conduct. Copies of these codes, as well as our own Practice Policy, are available on request. Catherine Gray is fully insured for professional liability and maintains regular supervision for all client work undertaken. We have an access to records policy and comply with the Data Protection Act 1988 and General Data Protection Regulations 2018.

HCPC Code of Conduct:

<https://www.hcpc-uk.org/aboutregistration/standards/standardsofconductperformanceandethics/>

Royal College of Occupational Therapists Code of Conduct:

<https://www.rcot.co.uk/practice-resources/rcot-publications/downloads/rcot-standards-and-ethics>

If you choose not to go ahead with Cup-O-T Wellness and Therapy Services then your details will be erased after 6 months of receiving this self-referral form.