

Go4Fun is an evidence based, FREE healthy lifestyle program for children aged 7 to 13 years and their families, looking for support with healthy eating, physical activity and overall wellbeing. Children who are classed as 'under a healthy weight' (<5th BMI percentile for their age and sex) are not suitable for the program.

Programs are locally available and are delivered by trained health and community professionals. Children who participate in Go4Fun achieve clinically significant improvements in physical activity and nutrition outcomes.

Referral forms are available in MedicalDirector, Best Practice, Communicare & Titanium.

### Patient details

Child's name\*: \_\_\_\_\_ Date of birth\*: \_\_\_\_\_ Sex\*: \_\_\_\_\_

Weight\*: \_\_\_\_\_ Height\*: \_\_\_\_\_ Parent/Carer name\*: \_\_\_\_\_

Phone number\*: \_\_\_\_\_ Email: \_\_\_\_\_ Postcode\*: \_\_\_\_\_

\*Please tick to confirm the participant has consented for this information to be sent to the Go4Fun team, and consents to be contacted

### Comments/relevant history/conditions

### Health professional details

Referral date: \_\_\_\_\_

Referring health professional's name\*: \_\_\_\_\_

Occupation/position title: \_\_\_\_\_

Name of service/practice/facility\*: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email\*: \_\_\_\_\_

\* Notes mandatory field

All referral and participant outcomes will be sent to the above email address. If you require updates via post or fax, please provide details below.

Please tick if you do not wish to receive referral and participation outcomes

### FOR NSW HEALTH FACILITY STAFF ONLY

Please tick the referring setting

Inpatient     Outpatient     Community

Sydney Children's Hospital Network staff ONLY. Please tick the referring campus

Westmead     Randwick

Referrals received will be followed up within 5 business days.



For more information visit [www.go4fun.com.au](http://www.go4fun.com.au),  
email [contact@go4fun.com.au](mailto:contact@go4fun.com.au) or phone 1800 780 900