

Health and Wellbeing Enrolment Form

PLEASE NOTE THAT YOU WILL NEED TO COMPLETE THE ATTACHED ENROLMENT FORM AND RETURN IT. ONCE RECEIVED YOU WILL BE CONTACTED FOR PAYMENT

PLEASE ENSURE THAT YOU SIGN CONSENT

Activity Name	Day and Time	Please tick	Venue	Cost (Monthly unless stated)
Gentle Yoga	Friday 3 rd May 10am – 11:30am		Moordown Community Centre	£28 for 4 sessions
	Friday 10 th May 10am – 11:30am			
	Monday 13 th May 1:30pm – 3pm			
	Friday 17 th May 10am – 11:30am			
	Monday 20 th May 1:30pm – 3pm			
	Friday 24 th May 10am – 11:30am			
	Friday 31 st May 10am – 11:30am			
Chair Yoga	Wednesday 1 st May 1:15pm – 2:15pm		Canford Cliffs Village Hall	£28 for 4 sessions
	Wednesday 1 st May 2:45pm – 3:45pm			
	Wednesday 8 th May 1:15pm – 2:15pm			
	Wednesday 8 th May 2:45pm – 3:45pm			
	Wednesday 15 th May 1:15pm – 2:15pm			
	Wednesday 15 th May 2:45pm – 3:45pm			
	Wednesday 29 th May 1:15pm – 2:15pm			
	Wednesday 29 th May 2:45pm – 3:45pm			
Gentle Walking Group	Thursday 9 th May 11am – 12pm		Bournemouth Gardens (Bournemouth Square by the Obscura Cafe) BH2 6ED	£15 annual
Energetic Walking Group	Tuesday – dates TBC		Various locations and times – details upon booking	£15 annual
Pub Clubs	Thursday 2 nd May AM-PM		The Bridge House Hotel, Longham	(Transport only) £12 (per trip)
	Tuesday 7 th May AM - PM		The Barley Mow Pub, Wimborne	
	Thursday 9 th May AM - PM		The Churchill Arms, Fordingbridge	
	Tuesday 14 th May AM - PM		Holmes for Gardens, Wareham	
	Thursday 16 th May AM-PM		The Charlton Inn, Blandford	
	Tuesday 21 st May AM-PM		The Fisherman's Haunt, Winkton	
	Thursday 23 rd May AM-PM		Sandbanks & Harbour Cruise/Poole Quay lunch	
	Tuesday 28 th May AM-PM		The Dorset Soldier, Corfe Mullen	
	Thursday 30 th May AM-PM		The Commodore Hotel, Southbourne	
Meet and Eat Club	Tuesday 7 th May 11am – 2:30pm		Braeside Village Hall, St Leonards and St Ives	£70 (Includes transport)
	Tuesday 14 th May 11am – 2:30pm			
	Tuesday 21 st May 11am – 2:30pm			
	Tuesday 28 th May 11am – 2:30pm			

Memory Club	Monday 13 th May 10am – 12pm		Longfleet Baptist Church, Poole	£14
	Monday 20 th May 10am – 12pm			
	Tuesday 7 th May 9:45am - 11:45am		Canford Cliffs Village Hall	
	Tuesday 14 th May 9:45am - 11:45am			£28
	Tuesday 21 st May 9:45am - 11:45am			
	Tuesday 28 th May 9:45am - 11:45am			
	Tuesday 7 th May 10am – 12pm		Twynham Church, Christchurch	
	Tuesday 14 th May 10am – 12pm			£28
	Tuesday 21 st May 10am – 12pm			
	Tuesday 28 th May 10am – 12pm			
	Tuesday 7 th May 1:30pm – 3:30pm		St Catherine's Church Hall, Wimborne	
	Tuesday 14 th May 1:30pm – 3:30pm			£28
	Tuesday 21 st May 1:30pm – 3:30pm			
	Tuesday 28 th May 1:30pm – 3:30pm			
	Wednesday 8 th May 10am – 12pm		The Centre, Barnes Road, Ferndown	
	Wednesday 15 th May 10am – 12pm			£28
	Wednesday 22 nd May 10am – 12pm			
	Wednesday 29 th May 10am – 12pm			
	Friday 3 rd May 10am – 12pm		Trinity United Reformed Church, Charminster	
	Friday 10 th May 10am – 12pm			£35
Friday 17 th May 10am – 12pm				
Friday 24 th May 10am – 12pm				
Friday 31 st May 10am – 12pm				
Opening 6 th June 2024		Southbourne		

Would you also be interested in any of the following? Please tick applicable.

East Dorset activities Strength and Balance classes Shopping trips

Course Information

Course/ outings costs need to be paid a month in advance.

Please note that the fees for our pubs clubs does not include your meal, this is to be purchased separately.

Please ensure that you enrol in good time, as places are on a first come, first served basis. Course/ outing fees are to be paid a month in advance, they are non-refundable and non-transferable. In exceptional circumstances fees may be refunded.

It is your responsibility to phone and book onto our classes/ outings, we can assist you to book on courses/ outings and assist you to pay fees over the phone. Please contact our offices on 01202 530530.

Please do not arrive at our venues unless you have booked and paid for classes. Please do not turn up at classes/outings with payments as class facilitators are not able to take payments.

Unfortunately, our pub clubs are not suitable for those that use walking aids (except walking sticks).

Please complete the medical consent form attached.

Please fill in your details:

Title:	First Name:	Surname:
Address:		
Postcode:		
Email address:		
Home phone		Mobile:
Method of payment	<input type="checkbox"/> Cash <input type="checkbox"/> Card <input type="checkbox"/> Cheque	Please make cheques payable to ' Age UK Bournemouth, Poole and East Dorset ' send to 700 Wimborne Road, Bournemouth, Dorset BH9 2EG
How would you like your confirmation sent? email <input type="checkbox"/> post <input type="checkbox"/>		
SIGNATURE:		
DATE:		

Consent

- 1) I give my consent for my personal information to be recorded & stored on relevant Age UK Bournemouth, Poole, and East Dorset databases.

Yes No

- 2) I give my consent for Age UK Bournemouth, Poole, and East Dorset to share my personal information with (please tick the appropriate boxes):

- Other voluntary organisations
 NHS and other health organisations
 Adult Social Care
 Mental Health Services

Staff / volunteers/ tutors working for and on behalf of Age UK Bournemouth, Poole and East Dorset

Yes No

- 3) In the case of an emergency, I give consent for Age UK Bournemouth, Poole, and East Dorset to share any medical information they hold with relevant medical professionals

Yes No

Your personal information will only be used for the purposes for which it is intended. Consent can be withdrawn at any time

Signed

Dated

Health & Wellbeing Medical Questionnaire

Activity Name:

Section 1 – Personal Details

Name:	Date of Birth:	
Address:		
Home Phone:	Mobile Phone:	Email:

Section 2 – Emergency Contact Details

Name of Contact:	Relationship:
Home Phone:	Mobile Phone:

Section 3 – Doctors details

Name:	Tel No:
Address:	

Section 4 – General Health Information

<p>1. Regular physical activity refers to being moderately active for at least 30 minutes on most days preferably all days of the week. Moderate intensity activity increases your heart rate but does not necessarily make you puff, it includes activities such as walking, golf and gentle swimming. Please list how much activity you currently complete in a typical week:</p>			
2. Have you participated in exercise in the past?	Yes		No
3. Have you ever participated in any strength training	Yes		No
4. Has your doctor ever said you have a heart condition that should only do exercise recommended by them or a medical professional?	Yes		No
5. Do you feel pain in your chest when you do physical activity?	Yes		No
6. Do you have any problems with balance or dizziness?	Yes		No
7. Have you had any recent illnesses?	Yes		No
8. Do you have any joint or bone problems that could be made worse by a change in physical activity?	Yes		No
9. Do you feel any pain when you exercise that is not mentioned above?	Yes		No

Section 4 – General Health Information – Continued

12. Do you have or had any of the following?							
Asthma	Yes		No	Osteoporosis	Yes		No
breathlessness	Yes		No	Knee Problems	Yes		No
Diabetes	Yes		No	Foot Problems	Yes		No

Allergies	Yes		No		Muscle Problems	Yes		No	
Arthritis	Yes		No		Cancer	Yes		No	
Anaemia	Yes		No		Heart Attack	Yes		No	
Back Problems	Yes		No		Neck Problems	Yes		No	
Hip Problems	Yes		No		Stroke	Yes		No	

13. If you have answered YES to anything on Questions 4-12 please give more details of the condition below, how it might impact your ability to exercise.

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14. Do you take any Prescribed Medication? Please list below

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15. Is your GP or medical professional aware of your participation in exercise classes? Yes No

16. Please give any details of any exercises that should be avoided as recommended by a medical professional

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17. Are there any exercises that you struggle to carry out and should be considered by the instructor

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18. Do you use any Mobility Aids, if YES Please inform us below Yes No

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19. Do you have any Cognitive Issues: Please give details	
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Personal Consent

- The Activity will be supervised.
- I will attend the activity entirely at my own risk and exercise due care to ensure my personal safety and that of others.
- Age UK BPED takes no responsibility for the loss of any personal property.
- I declare that I have no medical or physical condition that may be made worse by participation in the activity or precludes me from participating in the activity. (If so, please detail on the medical Questionnaire)
- I consent to Age UK BPED securely storing my personal data for internal use to enable my participation in this activity. Please contact us for our GDPR Policy.
- I consent and authorise Age UK BPED to take photographs video, film, or audiotapes, that capture my name, voice and or image and use them for promotional or educational/training purposes.
- I will conduct myself in a safe and responsible manner for the duration of my participation in the activity.
- If it is deemed that you no longer meet the required criteria it is in our right to remove you from the activity in order to keep you and others safe.
- I will follow any reasonable direction or advice affecting my safety that is given to me by the session leader.
- I accept all risks associated with the activity for myself and heirs, executors and assignees, and release the organisation from all claims, actions, suits, and demands from loss or injury to me or my dependants arising from my participation in this activity.

Name		Date:	
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Signed:
