

October 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. PLEASE CHECK BOTH SIDES OF PAPER.

Activity Name	Day and Time	Please tick	Venue	Cost (Monthly unless stated)
Pub Clubs	Tuesday 1st October AM-PM		The Wheatsheaf Inn, New Milton	Please note this is carvery only Senior carvery £8.50 including pudding Regular carvery £10.95 Plus £12 for transport
	Thursday 3rd October AM - PM		The Somerford Beefeater, Christchurch	Regular mains from £13.99 Supersized savings mains/ smaller appetites £7.99 Plus £12 for transport
	Tuesday 8th October AM – PM		Miller & Carter Steakhouse, Poole	Fixed price lunch - 2 courses £16.75 Plus £12 for transport
	Thursday 10th October AM - PM		The Claypipe Inn, Holton Heath	Regular mains from £9.49 2 main courses from £12.75 Plus £12 for transport
	Tuesday 15th October AM-PM		The Barley Mow Pub, Wimborne	Regular mains from £13.50 Smaller Appetites from £9.50 Plus £12 for transport
	Thursday 17th October AM-PM		The Needles Eye Cafe, Milford on Sea	Regular mains from £11.00 Lighter options from £7.20 Plus £12 for transport
	Tuesday 22nd October AM-PM		The Seven Stars Pub, Wool	Regular mains from £14.95 Lighter options from £10.50 Plus £12 for transport
	Thursday 24th October AM-PM		The Charlton Inn Pub, Blandford	Regular mains from £10.95 Smaller Appetites from £7.50 Plus £12 for transport
	Tuesday 29th October AM-PM		The Dorset Soldier Pub, Corfe Mullen	Mains from £12.95 Lighter Bites from £8.00 Plus £12 for transport
	Thursday 31st October AM-PM		The Cross Keys Inn, Holt	Regular mains from £14.50 Lighter options available - please check with the venue Wraps £7.50 Plus £12 for transport
Combined Gentle Yoga & Chair Yoga*	Monday 7 th October 1:30pm – 3pm		Moordown Community Centre	£28 for 4 sessions
	Monday 14 th October 1:30pm – 3pm			
	Monday 21 st October 1:30pm – 3pm			
	Monday 28 th October 1:30pm – 3pm			

Energetic Walking Group	Two Tuesdays – dates TBC, further info upon booking		Various locations – confirmed upon booking	£15 annual
Meet and Eat Club	Tuesday 1 st October 11am – 2:30pm		Braeside Village Hall, St Leonards and St Ives	£87.50 (includes transport)
	Tuesday 8 th October 11am – 2:30pm			
	Tuesday 15 th October 11am – 2:30pm			
	Tuesday 22 nd October 11am – 2:30pm			
	Tuesday 29 th October 11am – 2:30pm			
Chair Yoga	Wednesday 2 nd October 1:15pm-2:15pm		Canford Cliffs Village Hall	£35 for 5 sessions
	Wednesday 2 nd October 2:45pm – 3:45pm			
	Wednesday 9 th October 1:15pm-2:15pm			
	Wednesday 9 th October 2:45pm – 3:45pm			
	Wednesday 16 th October 1:15pm-2:15pm			
	Wednesday 16 th October 2:45pm – 3:45pm			
	Wednesday 23 rd October 1:15pm-2:15pm			
	Wednesday 23 rd October 2:45pm – 3:45pm			
	Wednesday 30 th October 1:15pm-2:15pm			
	Wednesday 30 th October 2:45pm – 3:45pm			
Gentle Yoga	Friday 4 th October 10am – 11:30am		Moordown Community Centre	£28 for 4 sessions
	Friday 11 th October 10am – 11:30am			
	Friday 18 th October 10am – 11:30am			
	Friday 25 th October 10am – 11:30am			
Memory Club	Tuesday 1 st October 9:45am – 11:45am		Canford Cliffs	£35 for 5 sessions
	Tuesday 8 th October 9:45am – 11:45am			
	Tuesday 15 th October 9:45am – 11:45am			
	Tuesday 22 nd October 9:45am – 11:45am			
	Tuesday 29 th October 9:45am – 11:45am			

****Chair Yoga allows you to perform yoga poses while seated or using a chair for balance. Chair-based yoga offers the same benefits as traditional yoga, like boosting strength, flexibility, and mental well-being.***

Memory Club (cont.)	Tuesday 1 st October 10am - 12pm			
	Tuesday 8 th October 10am-12pm			
	Tuesday 15 th October 10am -12pm		Charminster	£35 for 5 sessions
	Tuesday 22 nd October 10am -12pm			
	Tuesday 29 th October 10am -12pm			
	Tuesday 1 st October 1:30pm – 3:30pm			
	Tuesday 8 th October 1:30pm – 3:30pm			
	Tuesday 15 th October 1:30pm – 3:30pm		Wimborne	£35 for 5 sessions
	Tuesday 22 nd October 1:30pm – 3:30pm			
	Tuesday 29 th October 1:30pm – 3:30pm			
	Wednesday 2 nd October 10am – 12pm			
	Wednesday 9 th October 10am – 12pm			
	Wednesday 16 th October 10am – 12pm		Ferndown	£35 for 5 sessions
	Wednesday 23 rd October 10am – 12pm			
	Wednesday 30 th October 10am – 12pm			
	Thursday 3 rd October 1:30pm – 3:30pm			
	Thursday 10 th October 1:30pm – 3:30pm			
	Thursday 17 th October 1:30pm – 3:30pm		Southbourne	£35 for 5 sessions
	Thursday 24 th October 1:30pm – 3:30pm			
	Thursday 31 st October 1:30pm – 3:30pm			
	Monday 7 th October 10am – 12pm			
	Monday 14 th October 10am – 12pm			
	Monday 21 st October 10am – 12pm		Poole	£28 for 4 sessions
	Monday 28 th October 10am – 12pm			
	Monday 7 th October 10am – 12pm			
	Monday 14 th October 10am – 12pm			
	Monday 21 st October 10am – 12pm		Christchurch	£28 for 4 sessions
	Monday 28 th October 10am – 12pm			

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

- East Dorset activities Strength and Balance classes Shopping trips

Where did you hear about us? Please tick all applicable

- Social media Poster Guide to Services brochure Website
- Word of mouth Around Guides Ferndown The Bournemouth Directory
- Other, please state:

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:
Date:

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

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:			
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	

10. 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	

11. If you have answered YES to anything on Questions 4-10 please give more details of the condition below, how it might impact your ability to exercise.

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

13. Is your GP or medical professional aware of your participation in exercise classes?	Yes		No	
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14. Please give any details of any exercises that should be avoided as recommended by a medical professional

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

16. Do you use any Mobility Aids, if YES Please inform us below	Yes		No	
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17. 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 understand that:
 - My images will be held in accordance with the General Data Protection Regulation and the Data Protection Act 2018;

- My image will be held for up to 10 years, for promotional purposes online, unless I withdraw my consent;
- I can withdraw my consent at any time by emailing enquiries@ageukbped.org.uk
- 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:	
Signed:			