

ENROLMENT FORM - AUTUMN 2018 Please return with your payment

Activity	Venue	Day & Time	Available Dates (Please tick ✓ to confirm your choice)	Cost
Gentle Yoga	Moordown Community Centre	Mondays 1.30 - 3pm	<input type="checkbox"/> 13/08/18 - 01/10/18 - (6 classes) (no class on 27/08/18, 3/09/18)	£40 per 6 Week Course
			<input type="checkbox"/> 08/10/18 - 12/11/18 (6 Week Course)	£40 per 6 Week Course
		Fridays 10 -11.30am	<input type="checkbox"/> 17/08/18 - 12/10/18 (5 classes) (no class on 24/08, 31/08, 07/09, 5/10)	£33.34 per 5 Week Course
			<input type="checkbox"/> 19/10/18 - 16/11/18 (5 Week Course)	£33.34 per 5 Week Course
Computers for Beginners (Bring your own device)	Kinson Library	Wednesdays 10am - 12pm	<input type="checkbox"/> 05/09/18 - 10/10/18 (6 Week Course)	£40 per 6 week course
Pub Club (B'mouth residents only for travel)		Tuesday	<input type="checkbox"/> Tue 28/08/18 Walnut Tree Farm Dining & Carvery	Transport £12
		Thursday	<input type="checkbox"/> Thu 30/08/18 (DAY TRIP) Compton Acres Gardens, Poole	Transport £9
		Tuesday	<input type="checkbox"/> Tue 04/09/18 Forest Inn, Ashurst	Transport £12
		Thursday	<input type="checkbox"/> Thu 06/09/18 Red Shoot, Linwood	Transport £9
		Tuesday	<input type="checkbox"/> Tue 11/09/18 Durlston Country Park	Transport £12
		Thursday	<input type="checkbox"/> Thu 13/09/18 The Smugglers Inn, Milford on Sea	Transport £9
		Tuesday	<input type="checkbox"/> Tue 18/09/18 Alice Lyle, Ringwood	Transport £9
		Thursday	<input type="checkbox"/> Thu 20/09/18 The Amberwood Inn, Walkford	Transport £9

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Pub Club (B'mouth residents only for travel)		Tuesday	<input type="checkbox"/> Tue 25/09/18 The Ship Inn, Fordingbridge	Transport £9
		Thursday	<input type="checkbox"/> Thu 27/09/18 The Fighting Cocks, Godshill	Transport £9
		Tuesday	<input type="checkbox"/> Tue 02/10/18 The House Martin, New Milton	Transport £9
		Thursday	<input type="checkbox"/> Thu 04/10/18 The Charlton Inn, Charlton Marshall	Transport £9
		Tuesday	<input type="checkbox"/> Tue 9/10/18 The Stocks Inn, Furzehill	Transport £9
		Thursday	<input type="checkbox"/> Thu 11/10/18 The Crown Stirrup, Clay Hill	Transport £9
		Tuesday	<input type="checkbox"/> Tues 16/10/18 The Fishermans Haunt, Winkton	Transport £9
		Thursday	<input type="checkbox"/> Thu 18/10/18 The White Hart, Lymington	Transport £9
		Tuesday	<input type="checkbox"/> Tue 23/10/18 The Horton Inn, Horton	Transport £9
		Thursday	<input type="checkbox"/> Thu 25/10/18 (DAY TRIP) The Priests House Museum, Wimborne	Transport £9
		Tuesday	<input type="checkbox"/> Tue 30/10/18 The Ship Inn, Wool	Transport £9
		Thursday	<input type="checkbox"/> Thu 01/11/18 The Bat & Ball, Breamore	Transport £9
		Tuesday	<input type="checkbox"/> Tue 06/11/18 The White Horse Inn, Stourpaine	Transport £12
		Thursday	<input type="checkbox"/> Thu 08/11/18 Tyrells Ford, Avon	Transport £9
		Tuesday	<input type="checkbox"/> Tue 13/11/18 The Fish Inn, Ringwood	Transport £9
Thursday	<input type="checkbox"/> Thu 15/11/18 The Red Lion, Boldre	Transport £9		

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Walking Group Energetic 2018	Various	Tuesdays (Fortnightly)	<input type="checkbox"/> Tue 11/9/18 Bourne Valley Way	£10 Energetic Walking group 2018 Annual Membership
			<input type="checkbox"/> Tue 25/09/18 Boscombe Gardens & Promenade	
			<input type="checkbox"/> Tue 09/10/18 Shore road-Alum Chine	
			<input type="checkbox"/> Tue 23/10/18 TBA	
			<input type="checkbox"/> Tue 13/11/18 Alum Chine & B'mouth Gardens	
			<input type="checkbox"/> Tue 27/11/18 TBA	
			<input type="checkbox"/> Tue 11/12/18 Christmas Lunch at Toby Carvery and optional short walk	
			<input type="checkbox"/> EWG 2018 Membership £10	
FINAL TOTAL £				

Please note Course Fees are non refundable and non transferable.

Your Details			
Title:	First Name:		Surname:
Address:			
Postcode:			
Home Telephone:			Mobile:
Email:			
Method of Payment: Cash <input type="checkbox"/> Cheque <input type="checkbox"/>			
<i>Please make cheques payable to 'Age UK Bournemouth'</i>			
<u>General Data Protection Regulations Act 2018 (GDPR 2018)</u>			
Age UK Bournemouth is committed to protecting your privacy and will process your personal data in accordance with GDPR 2018. Your details will be kept safe and secure and only used by us or those that work with us and will not be shared.			
Do we have Permission to store your information: Yes <input type="checkbox"/> No <input type="checkbox"/>			
Communication Preferences:		Email	<input type="checkbox"/>
		Post	<input type="checkbox"/>
		Telephone	<input type="checkbox"/>
Permission to send you information regarding Age UK Bournemouth Services including our newsletter Yes <input type="checkbox"/> No <input type="checkbox"/>			
Signature: _____			
Date: _____			
<i>For office use only:</i>			
Payment Received <input type="checkbox"/>		Amount: £	Initials:

Medical / Next of Kin Form

Please answer these questions in case of medical emergency. You are not obliged to provide medical information, however if you have a condition you think we should know about please provide the information below.

Your Details	Next Of Kin Details
Title:	Title:
Name:	Name:
Surname:	Surname:
Address:	Address:
Postcode:	Postcode:
Home Telephone:	Home Telephone:
Mobile:	Mobile:
Email:	Email:
Date of Birth	Relationship to you:

Please give details of any medical condition:	_____

Please give details of any medication you are taking:	_____

Do you use a wheelchair, walking aid or need any other assistance:	_____

Have you any other additional health information that may be relevant:	_____

For some activities a further assessment form may be required.

I understand that I participate in activities at my own risk.

Signature: _____ Date: _____

Please return your Enrolment & Medical Forms together with your payment to:
Age UK Bournemouth, 700 Wimborne Road, Bournemouth, BH9 2EG

This information will be shared with the facilitator(s) of your chosen course/activity; this is for Health & Safety purposes.

SAFE TO EXERCISE?

Please answer these questions in order that you may exercise safely.
All information will be treated with confidentiality.

Name: _____

Please circle the most appropriate answer:

Have you had any recent injury, surgery or medical condition? YES NO

Do you have difficulties with sight or hearing? YES NO

Do you suffer from any heart problems? YES NO

Have you spoken with your doctor about exercise prior to enrolling? YES NO

Do you suffer from diabetes, breathing problems, osteoporosis, depression, arthritis or any other condition requiring special care? YES NO

If yes please give details:

What regular exercise do you take?

Signature: _____ Date: _____

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