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**Enrolment form Winter 2018** - Please return with your payment

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| **Day and time** | **Dates** | **cost** | **please tick** |
| Mondays 1.20-3pm | 19/11/18- 07/01/19 (6 classes, **no classes on 24/12/18 or 31/12/18**) | £40 per 6 week course |  |
|  | 14/01/19-18/02/19 (6 Week Course) | £40 per 6 week course |  |
| Fridays 10-11.30am | 23/11/18-/04/01/19 (6 classes, **no class on 28/01/18**) | £40 per 6 week course |  |
|  | 11/01/19-15/02/19 (6 Week Course) | £40 per 6 week course |  |

**Yoga** Moordown Community Centre, Coronation Avenue, Bournemouth BH9 1TW.

**Christmas Craft Workshop** Moordown Community Centre, Coronation Avenue, BH9 1TW.

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| **Date** |  | **time** | **cost** | **please tick** |
| Thurs 6th Dec |  | 2-4pm | £5 |  |

**Energetic Walking Group**

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| **Dates** | **cost** | **please tick** |
| Various please see program letter | £12 annual fee for 2019 |  |

**Pub Club**

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| **Date** | **Location** | **Transport cost** | **please tick** |
| **Tues 20/11** | **Haskins Garden Centre and Hobby Craft** | **£9** |  |
| Thurs 22/11 | Drucillas Inn, Horton | £9 |  |
| Tues 27/11 | Carpenters Arms, Bransgore | £9 |  |
| Thurs 29/11 | Chequers Inn, Lytchett, Matravers | £9 |  |
| **Tues 4/12** | **Winchester Cathedral Day Trip** | **£12** |  |
| Thurs 6/12 | Barley Mow, Wimborne | £9 |  |
| Tues 11/12 | Botany Bay Inne, Blandford | £9 |  |
| **Date** | **Location** | **Transport Cost** | **please tick** |
| Tues 18/12 | Halfway Inn, Wareham | £9 |  |
| Thurs 20/12 | The Dorset Soldier, Corfe Mullen | £9 |  |
| Thurs 3/1 | Horns Inn, Ferndown | £9 |  |
| Tues 8/1 | Fox and Hounds, Wimborne | £9 |  |
| **Thurs 10/1** | **Langton Arms, Blandford - Free Skittles** | **£9** |  |
| Tues 15/1 | The Monmouth Ash, Verwood | £9 |  |
| Thurs 17/1 | The New Inn, Church Knowle | £9 |  |
| Tues 22/1 | The Olive Branch, Wimborne | £9 |  |
| Thurs 24/1 | The Saxon Inn, Child Okeford | £9 |  |
| Tues 29/1 | The Silent Woman Inn, Coldharbour | £9 |  |
| Thurs 31/1 | The Thimble Inn, Piddlehinton | £12 |  |
| Tues 5/2 | The Woodpecker, Spetisbury | £9 |  |
| Thurs 7/2 | Severn Stars, Moreton | £9 |  |
| Tues 12/2 | The Anchor Inn, Shapwick | £9 |  |
| Thurs 14/2 | The Woolpack Inn, Sopley | £9 |  |
| Tues 19/2 | The Black Bear Inn, Wool | £9 |  |
| Thurs 21/2 | The Old Inn, Holt | £9 |  |

**Please note course fees are non refundable and non transferable FINAL TOTAL: £**\_\_\_\_\_

**Please fill in your details:**

|  |  |  |
| --- | --- | --- |
| Title: | First Name: | Surname: |
| Address: | | |
|  | | |
| Postcode: |  | |
| Home phone |  | Mobile: |
| Method of  payment | Cash  Cheque | Please make cheques payable to ‘**Age UK Bournemouth’** send to 700 Wimborne Road, Bournemouth, Dorset BH9 2EG |
| Signature: Date:  **CONFIDENTIALITY AND USE OF INFORMATION** | | |
| First Name: Surname: | | |
| 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 Age UK Bournemouth or its employees and will not be shared | | |
| Do we have your CONSENT to store your information Yes No | | |
| Our timetables, enrolment forms and confirmation letters are sent by post, however if we need to contact you further are you happy for us to contact you by:  **Email:**  Yes No **Phone:** Yes No **Post**: Yes No | | |
| Would you like to receive information about the following?  Services offered by Age UK Bournemouth: Yes No  Age UK Bournemouth Newsletter: Yes No  Information from our Trading team Yes No  (products and services) | | |
| Signature: Date: | | |

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| **SAFE TO EXERCISE?** |
| Please answer these questions in order that you may exercise safely. All information will be treated with confidentiality. |
| First Name: Surname: |
| 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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| **Medical / NOK Form**  **Completion of the medical information is optional, the data will be shared with the medical / emergency services if any accidents / emergencies occur. All information will be treated and stored confidentially.**  **Do you consent to sharing medical information? Yes No** |

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| **Your Details** | **Next Of Kin Details** |
| Title: | Title: |
| First Name: | First 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: | |
| GP's Contact Details  Name: Surgery: | |
| Address: | |
| Postcode: | |
| Do you use a wheelchair, walking aid or need any other assistance (please give details):  Wheelchair Rollator Walking aid  Walking stick Other, please specify | |
| 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 form, Medical forms and payment (cheques made payable to ‘Age UK Bournemouth’) to Age UK Bournemouth, 700 Wimborne Road, Bournemouth, BH9 2EG