## **Three**Leaves We Do Wellbeing

## **Funded By**





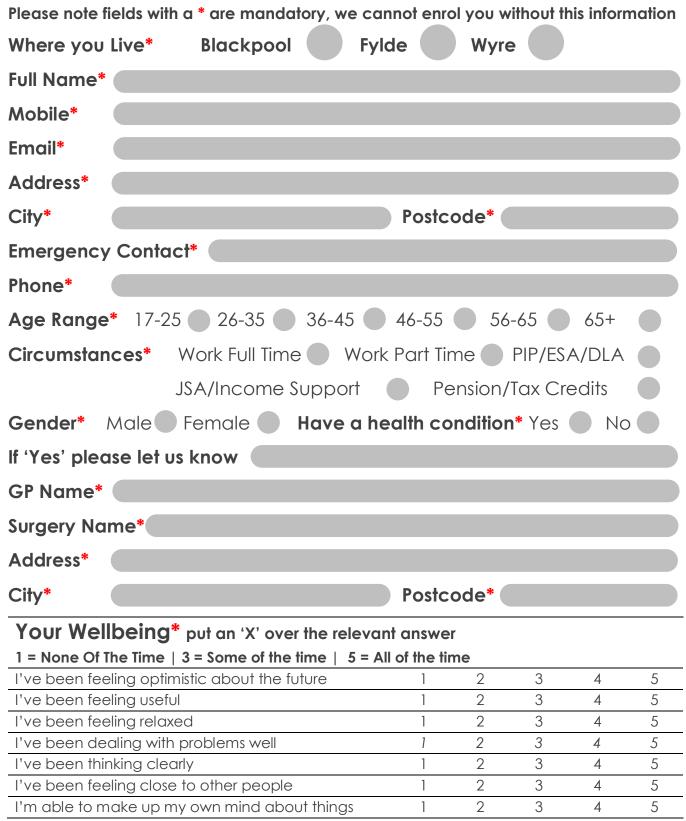
We want to help you reach your goals and make a positive change in your life. Below we have three programmes you can enrol on. If you would like more information about these programmes please visit our website.

## www.threeleaves.org

- 1. Please complete written areas in **BLOCK CAPITALS**
- 2. Please note fields with a \* are mandatory, we cannot enrol you without this information
- 3. Send your completed form to: ThreeLeaves, 85 Sankey St, Warrington, WA1 1SR
- 4. Once we have enrolled you onto your chosen supports you will receive 2 emails and

for classes and workshops you will also receive a confirmation txt message					
Wellbeing Programme Joining the wellbeing programme is mandatory					
Select Your Classes*	Select	elect as many or few classes as you wish			
Mindfulness (Tuesday	/) Cleve	leys 2.30-3.15p	om 💮	Blackpool 7.15-8pm	
Qigong (Tuesday)	Cleve	Cleveleys 3.15-4pm		Blackpool 8-8.45pm	
Tai Chi (Tuesday)	Cleve	Cleveleys 4-4.45pm		Blackpool 8.45-9.30pm	1
Live Happy (Saturday	y) Cleve	) Cleveleys 12.30-2pm		(Starting Saturday 9 <sup>th</sup> Sept)	
Select One Start Date* Select a date at least 2 weeks ahead of this F					
	Tues 1	8th July 2017		Tues 25 <sup>th</sup> July 2017	
Tues 5 <sup>th</sup> Sept 2017	Tues 1	2 <sup>th</sup> Sept 2017		Tues 19 <sup>th</sup> Sept 2017	
Tues 26 <sup>th</sup> Sept 2017	Tues 3	ord Oct 2017		Tues 10 <sup>th</sup> Oct 2017	
Select Your Workshops Put a "1" for your first option an "2" for second option					
Nutrition For Health	•	in Fleetwood	•	Mon 24 <sup>th</sup> July 2017	
My Oak Tree	•	in Fleetwood	1 – 3pm Mon 25 <sup>th</sup> Sept 2017		
Get Fit	•	in Fleetwood	11am – 1.30pm Tues 26 <sup>th</sup> Sept 2017		
Mindful Mandalas	Workshop in Fleetwood		1 – 3pm Mon 23 <sup>rd</sup> Oct 2017		
Get Fit	Workshop in Fleetwood		11am – 1.30pm Tues 31st Oct 2017 1 – 3pm Mon 27th Nov 2017		
Origami	•	in Fleetwood	'		
Get Fit	•	in Fleetwood	11am – 1	.30pm Tues 28 <sup>th</sup> Nov 201	/
Volunteer Programme					
Run your own workshop				pm Tues 3 <sup>rd</sup> Oct 2017	
Skills for Volunteering			Mon 4 <sup>th</sup> Sept 2017		
Volunteer for ThreeLeaves		Fund Raising		otion Co-Facilitate	
Volunteer for Home Start		Home Visitor	Grou	p Play Charity Shop	)
<b>Employment Pro</b>	gramme	•			
Start your own Social Enterprise business					
Go Self-Employed (you must live in Blackpool)					
Over 50 and want to	look at gett				

## Please turn over



<sup>•</sup> To keep your place on the Wellbeing Programme you must attend every session. Should you fail to attend without informing us your place will be opened up for someone on our waiting list.

<sup>•</sup> Your contact details will be shared with partners who are providing the Volunteering and Employment Programmes if you have selected these options.

<sup>•</sup> If you have indicated you have a health condition we are required to inform your GP, signing this declaration you are giving us consent to do this

<sup>•</sup> Your personal data is held in accordance with the Data Protection Act 1998

<sup>•</sup> Our full terms and conditions for our programmes are available on our website www.threeleaves.org Please sign and date below to indicate you understand and agree to these terms.