



# ThreeLeaves

## We Do Wellbeing

Registered Charity 1160605

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 as many or few classes as you wish

<b>Mindfulness (Tuesday)</b>	Cleveleys 2.30-3.15pm	<input type="radio"/>	Blackpool 7.15-8pm	<input type="radio"/>
<b>Qigong (Tuesday)</b>	Cleveleys 3.15-4pm	<input type="radio"/>	Blackpool 8-8.45pm	<input type="radio"/>
<b>Tai Chi (Tuesday)</b>	Cleveleys 4-4.45pm	<input type="radio"/>	Blackpool 8.45-9.30pm	<input type="radio"/>
<b>Live Happy (Saturday)</b>	Cleveleys 12.30-2pm	<input type="radio"/>	(Starting Saturday 9 <sup>th</sup> Sept)	

#### Select One Start Date\*

Select a date at least 2 weeks ahead of this Friday

	Tues 18 <sup>th</sup> July 2017	<input type="radio"/>	Tues 25 <sup>th</sup> July 2017	<input type="radio"/>	
Tues 5 <sup>th</sup> Sept 2017	<input type="radio"/>	Tues 12 <sup>th</sup> Sept 2017	<input type="radio"/>	Tues 19 <sup>th</sup> Sept 2017	<input type="radio"/>
Tues 26 <sup>th</sup> Sept 2017	<input type="radio"/>	Tues 3 <sup>rd</sup> Oct 2017	<input type="radio"/>	Tues 10 <sup>th</sup> Oct 2017	<input type="radio"/>

#### Select Your Workshops

Put a "1" for your first option an "2" for second option

<b>Nutrition For Health</b>	Workshop in Fleetwood	1 – 3pm Mon 24 <sup>th</sup> July 2017	<input type="radio"/>
<b>My Oak Tree</b>	Workshop in Fleetwood	1 – 3pm Mon 25 <sup>th</sup> Sept 2017	<input type="radio"/>
<b>Get Fit</b>	Workshop in Fleetwood	11am – 1.30pm Tues 26 <sup>th</sup> Sept 2017	<input type="radio"/>
<b>Mindful Mandalas</b>	Workshop in Fleetwood	1 – 3pm Mon 23 <sup>rd</sup> Oct 2017	<input type="radio"/>
<b>Get Fit</b>	Workshop in Fleetwood	11am – 1.30pm Tues 31 <sup>st</sup> Oct 2017	<input type="radio"/>
<b>Origami</b>	Workshop in Fleetwood	1 – 3pm Mon 27 <sup>th</sup> Nov 2017	<input type="radio"/>
<b>Get Fit</b>	Workshop in Fleetwood	11am – 1.30pm Tues 28 <sup>th</sup> Nov 2017	<input type="radio"/>

### Volunteer Programme

Run your own workshop	Fleetwood 11am – 1.30pm Tues 3 <sup>rd</sup> Oct 2017	<input type="radio"/>
Skills for Volunteering course	Fleetwood 9am – 12pm Mon 4 <sup>th</sup> Sept 2017	<input type="radio"/>
Volunteer for ThreeLeaves	Fund Raising	<input type="radio"/>
	Promotion	<input type="radio"/>
	Co-Facilitator	<input type="radio"/>
Volunteer for Home Start	Home Visitor	<input type="radio"/>
	Group Play	<input type="radio"/>
	Charity Shop	<input type="radio"/>

### Employment Programme

Start your own Social Enterprise business	<input type="radio"/>
Go Self-Employed (you must live in Blackpool)	<input type="radio"/>
Over 50 and want to look at getting into work	<input type="radio"/>

Please turn over

Please note fields with a \* are mandatory, we cannot enrol you without this information

Where you Live\*      Blackpool       Fylde       Wyre

Full Name\*

Mobile\*

Email\*

Address\*

City\*       Postcode\*

Emergency Contact\*

Phone\*

Age Range\*    17-25     26-35     36-45     46-55     56-65     65+

Circumstances\*    Work Full Time     Work Part Time     PIP/ESA/DLA

JSA/Income Support     Pension/Tax Credits

Gender\*    Male     Female     Have a health condition\* Yes     No

If 'Yes' please let us know

GP Name\*

Surgery Name\*

Address\*

City\*       Postcode\*

**Your Wellbeing\*** put an 'X' over the relevant answer

1 = None Of The Time | 3 = Some of the time | 5 = All of the time

I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I'm able to make up my own mind about things	1	2	3	4	5

- 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.
- Your contact details will be shared with partners who are providing the Volunteering and Employment Programmes if you have selected these options.
- 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
- Your personal data is held in accordance with the Data Protection Act 1998
- Our full terms and conditions for our programmes are available on our website [www.threeleaves.org](http://www.threeleaves.org)

Please sign and date below to indicate you understand and agree to these terms.

Signature\*

Date\* DD / MM / YYYY