

Transformation Project Booking Form

Your Name:

Your Address:

Telephone

Fax:

Mobile:

Email:

Please tick the box(es) to choose your session(s).

Using the Internet

Over 50s Club	Wednesdays	27 th January and 3 rd February	11am – 12pm	<input type="checkbox"/>
Special Needs Group	Wednesdays	3 rd , 10 th February	7pm – 8pm	<input type="checkbox"/>
Hard of Hearing AD	Mondays	22 nd February and 1 st , 8 th March	11.00am – 12 pm	<input type="checkbox"/>
Hard of Hearing Lobro	Thursdays	11 th , 25 th February	11am – 12pm (Loughborough)	<input type="checkbox"/>

Fitness

Open to All	Tuesdays	2 nd , 9 th , 16 th , 23 rd Feb and 2 nd , 9 th March	7pm – 8pm	<input type="checkbox"/>
Over 50s Club	Wednesdays	17 th , 24 th Feb and 3 rd 10 th March	times tbc	<input type="checkbox"/>
Special Needs Group	Wednesdays	3 rd , 10 th , 17 th , 24 th March	7pm – 8pm	<input type="checkbox"/>

Health & Wellbeing (Sessions are open to everyone)

Nutrition, Cooking & Healthy Options	Wednesday	17 th	February	7pm – 9pm	<input type="checkbox"/>
Personal Hygiene	Wednesdays	24 th	February	7pm – 9pm	<input type="checkbox"/>
Relaxation Time	Wednesdays	3 rd	March	7pm – 9pm	<input type="checkbox"/>
Me Time	Wednesdays	10 th	March	7pm – 9pm	<input type="checkbox"/>
Coping with Daily Stresses	Wednesdays	17 th	March	7pm – 9pm	<input type="checkbox"/>

Managing Your Money (Sessions are open to everyone)

Managing Weekly/Monthly budget	Wednesday	3 rd	March	7pm – 9pm	<input type="checkbox"/>
Understanding Credit	Wednesday	10 th	March	7pm – 9pm	<input type="checkbox"/>
Planning for Retirement	Wednesday	17 th	March	7pm – 9pm	<input type="checkbox"/>
Managing Money in Retirement	Wednesday	24 th	March	7pm – 9pm	<input type="checkbox"/>
Investing Money	Wednesday	31 st	March	7pm – 9pm	<input type="checkbox"/>

Age Concern Information Sessions	timetable to be arranged	<input type="checkbox"/>
Acting Skills	timetable to be arranged	<input type="checkbox"/>
Deaf History Project	timetable to be arranged	<input type="checkbox"/>
Beauty Makeover	timetable to be arranged	<input type="checkbox"/>

Please return this booking form to:

Stuart Harrison

Action Deafness

135 Welford Road

Leicester LE2 6BE

Or hand it in to reception.