THE GOOD GRIEF PROJECT

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MANIFOLD FARM 29th – 31ST MARCH 2019

**REGISTRATION FORM**

*We are pleased to invite you to join us at MANIFOLD FARM Nr Belper in Derbyshire for an ACTIVE GRIEF WEEKEND in March 2019. Prices start from £250 per person (double occupancy) and include accommodation, full board, attendance to all sessions and more. Below you will be asked to state how much you can afford and whether you would like to apply for a bursary or sponsored place. Please complete this form and return to us with your payment. If you are applying for a bursary we will be in touch.*

**ABOUT YOU :**

Your Name

Address (inc Postcode)

Email

Phone number

Your occupation

(optional)

**Name of 2nd Attendee**

Address

Email

Phone number

Occupation(optional)

**ABOUT YOUR CHILD/ren :**

Name/s of your child/ren

Date/s of death: Age/s at death:

Cause/s of Death

Your relation to your child/ren:

Is this/are these your only child/ren? YES/NO

We will be using these details to complete your identity tag as follows:

**ACTIVE GRIEF WEEKEND**

Manifold Farm March 2019

**YOUR NAME**

**Remembering**

**YOUR CHILDS NAME**

**THE GOOD GRIEF PROJECT**

**ABOUT THE WEEKEND**

*The weekend is about encouraging an active as well as creative approach to grief. We want you to be inspired to find new ways of expressing your grief. There will be three workshops for you to take part in – photography, creative writing and physical activity. All these sessions will include elements of mindfulness. There is no requirement for any previous experience in any of these disciplines.*

**For the PHOTOGRAPHY WORKSHOP:**

Please let us know which type of camera you will be using:

|  |  |  |
| --- | --- | --- |
| **MOBILE PHONE :** | **COMPACT :** | **Digital SLR :** |

**For the PHYSICAL ACTIVITY WORKSHOP:**

Please offer a rough indication of your fitness levels (mark with X one box only)

|  |  |
| --- | --- |
| **1 – Very low** (example - I can become out of breath from walking / climbing stairs) |  |
| **2 – Below average** |  |
| **3 – Moderate** (example - I can withstand running or other cardio vascular exercise for more than 10 – 20 minutes) |  |
| **4 – Higher than average** |  |
| **5 – Very high** (example - I complete fitness based activity regularly and at a high intensity) |  |

Please offer a rough indication of how much exercise you currently do (mark with X one box only)

|  |  |
| --- | --- |
| **1 – 0 to 20 minutes per week** |  |
| **2 – 20 minutes to 1 hour per week** |  |
| **3 – 1 hour to 3 hours per week** |  |
| **4 – 3 hours – 5 hours per week** |  |
| **5 – 5 hours or more per week** |  |

Please list the types of exercise you currently do.

**BOOKING**

Manifold Farm offers flexibility of twins and double beds. The fee for the weekend is £250 per person for double occupancy or £300 per person for single occupancy.

Please indicate your preference :

**Twin/Double** No ……… (£250 per person) – **Single** No …….. (£300 per person)

Do you have any special dietary requirements?

Do you have any mobility requirements?

Our welcome packs will include a list of all attendees – are you happy to have your email address included **YES/NO**

Can you afford the full cost of the weekend? **YES/ NO**

How much can you afford? **£**

Would you like to apply for a bursary ? **YES/NO**

If YES please tell us why

**I/we would like to apply for a bursary to attend the ACTIVE GRIEF WEEKEND because …**

We will be contacting you about this.

**PAYMENT**

Please complete the form below.

|  |  |  |
| --- | --- | --- |
|  | **No** | **Total** |
| **Number of Places** @£250 pp (double occupancy) |  | £ |
| **Number of Places** @£300 pp (single occupancy) |  | £ |
| **Number of Places** with Bursary |  |

We want our Active Grief programme to be available to all. Will you help us offer an assisted place to a bereaved parent or sibling on limited income by making a donation to the bursary scheme?

|  |  |
| --- | --- |
| Yes I’d like to contribute to the bursary scheme with the following amount: | **£** |
| Please add this to your payment **Total due** | **£** |

**WHAT TO DO NOW**

If you have completed the form digitally – please SAVE AS adding your name like this - AGWREGMarch(your name).docx and return as an attachment to the following email – [info@thegoodgriefproject.co.uk](mailto:info@thegoodgriefproject.co.uk)

If you have printed and completed the form in long hand – please either scan and return as above or mail to: Active Grief Weekends

THE GOOD GRIEF PROJECT

1 Cotswold Place, Chalford Hill,

Stroud, Glos GL6 8EJ.

If you are applying for a bursary there is no need to pay anything now. We will be in touch about this. Otherwise please send the full amount either by BACS transfer to:

**HSBC Bank – The Good Grief Project – Sort Code 40 22 09 – Account No 72567008**

*(As the reference please put* **AGW3***)*

or mailing a cheque made payable to The Good Grief Project to the above address.

We can only accept your booking once full payment is received at which time we will send you an acknowledgment.

**Cancellations**

If you want tocancel your booking please let us know by 29th February 2019 and we will refund your payment, less a £25 admin fee. After this date, we are sorry but our charity is unable to offer any refunds.

[**For more about THE GOOD GRIEF PROJECT please click here**](https://thegoodgriefproject.co.uk/)