

To reserve a place on any of the courses or activities below please tick the box next to the course or activity you wish to attend, complete your details below and return this form by post to:

FREEPOST: N-COMPASS NORTHWEST or call us on **0345 688 7113**.

**Places must
be booked by
1st May 2019.**

Where places are limited, allocation will be done on a first come first served basis.

My details

Name

Telephone number

Address

..... Postcode

**FREE Group Cognitive Behavioural
Therapy Courses**

To register your interest in attending a course you must complete a registration form. To request a registration form please ask a Carers Support Worker at one of our Coffee & Chats, email **cadmin@ncompassnorthwest.co.uk** or call **0345 688 7113** and an available Carers Support Worker will be happy to complete a form with you.

FREE Courses Available

n-compass Head Office,
1 Edward V11 Quay, Navigation Way,
Preston PR2 2YF

- Art for Wellbeing
Monday 13th May,
1pm to 3.30pm
- Health and Nutrition Workshop
Wednesday 12th June,
10.30am to 12.30pm

FREE  Time Credit Activities

- Blackpool Tower Dungeon
16th May 2019 12.45pm
- Clitheroe Castle
11th June 2019 1pm
- Tea Time Golf
10th July 2019 10am

Spring Walks

- Mere Sands Wood 20th June 2019 1pm
- Marton Mere 25th June 2019 10am
- Williamson Park 27th June 2019 10am
- Avenham Park 27th June 2019 1pm
- Wyre Country Park 5th July 2019 10am
- Promenade Morecambe 8th July 2019 1pm
- Yarrow Valley Park 9th July 2019 10am
- Cuerden Valley 16th July 1pm

