

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**

Places must be booked by 2nd November 2018.

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

- An introduction to Mindfulness, Wednesday 14th November
- Confidence Building, Wednesday 21st November
- An introduction to Applique, Monday 3rd December
- Managing your Monday, Wednesday 9th January

FREE Spice Time Credit Activities

- Forgotten Memories, Marine Hall, Fleetwood on Friday 9th November
- Lancaster Maritime Museum, St Georges Quay Lancaster on Tuesday 20th November
- Madame Tussauds, The Promenade, Blackpool on Thursday 6th December
- Lancaster Castle, Castle Parade, Lancaster on Thursday 17th January

Christmas Themed Activities

- Christmas tree workshop, St. Catherine's Hospice, Lostock Hall, Tuesday 6th November
- Christmas tree workshop, Dobbies Garden Centre, Preston, Thursday 6th December
- Carers Christmas party, Bartle Hall Hotel, Bartle on Wednesday 28th November



