(FORM CONTINUED ON NEXT PAGE)

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| **LINKS TO THRIVE: Participant Self-Referral Form****Participants are welcome to join throughout the courses regardless of course start dates.** **Please note that whilst the Links to Thrive sessions are purely for those who have been referred or self-referred onto the course, The Ageing Creatively over 55 sessions are open to the public. If you would like to attend an Ageing Creatively course, a bursary may be offered through the Links to Thrive funding.** Please return this form to **getinvolved@cornexchangenew.co.uk** |
| **Date:**  |  |
| **Your name** |  |
| **Your date of birth** |  |
| **Your main contact number** |  |
| **Your email address** |  |
| **Your home address:****(including postcode)** |  |
| **Registered GP Surgery:** |  |
| **Please comment on why you are self-referring to this project:** |
| **Do you have any medical and/or access needs you would like us to be aware of?** |  |
|  |  |
| **Name of class/course you wish to attend (please circle, you can select more than one of interest)****Links to Thrive**

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| Art for Wellbeing: Create with Clay  | West Berkshire Museum, Newbury | Mondays 10.00am – 12.00pm 12th Sept to 10th Oct 2022  | Links to Thrive |
| Craft and Care | **Pangbourne Village Hall,** **6 Station Rd, Pangbourne, Reading RG8 7AN** | **Tuesdays** **10.00am – 12.00pm****20th Sept to 6th Dec 2022** ***No class on 25th Oct 2022*** | **Links to Thrive** |
| Art for Wellbeing | **Thatcham, Alice Bye Court** | **Tuesdays** **10.00am – 12.00pm****20th Sept to 6th Dec 2022** ***No class on 25th Oct 2022*** | **Links to Thrive** |
| Creative Art Journaling | **Eight Bells****Friends Meeting House, 1 Highfield Avenue, Newbury, Berkshire, RG14 5DS** | **Fridays 10.30am – 12.00pm23 Sept –21 Oct 2022(5 weeks)4 Nov –2 Dec 2022(5 weeks)** | **Links to Thrive** |
| Singing for Recovery | **Learning Centre, Hogan Music, Winchcombe House, 123-126 Bartholomew House** | **Fridays****9.45am – 11.00am****23 Sept to 2nd Dec 2022*****No class on 28th Oct 2022*** | **Links to Thrive**  |
| Art for Wellbeing | **The Croft Hall, Hungerford RG17 0HY** | **Fridays****10.00am – 12.00pm****23 Sept to 2nd Dec 2022*****No class on 28th Oct 2022*** | **Links to Thrive**  |

**Ageing Creatively 55+ (Bursaries available for Links to Thrive referrals)**

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| Creative Arts Club | Learning Centre, Hogan Music, Winchcombe House, 123-126 Bartholomew House | Mondays11.45am – 1.15pm 19th Sept to 28th Nov 2022 *No class on 24th Oct 2022* | Ageing Creatively (55+) |
| Sing 55 | **Learning Centre, Hogan Music, Winchcombe House, 123-126 Bartholomew House** | **Tuesdays****2.00pm – 3.45pm** **20 Sept to 29 Nov 2022** ***No class on 25th Oct 2022*** | **Ageing Creatively****(55+)** |
| Stitch and Sew | **Corn Exchange, Balcony Bar** | **Thursdays****10.00am – 11.30am****22 Sept to 1st Dec 2022*****No class on 27th Oct 2022*** | **Ageing Creatively****(55+)** |

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| **Are you able to provide your own transport to and from sessions if needed?** | Yes No |
| **Will you be bringing a friend, or some one to support along with you?** | Yes No  |
| **Would you like a volunteer buddy to support you during the sessions?** | Yes No |
| **For Corn Exchange office use:** |  |
| **Other relevant notes**  |
| **No: Sessions attended:**  |  |