



Application Form

Name (Mr/Mrs/Miss)

Address

Postcode Telephone

I would like to attend the following activity/activities
(Please tick box(es) as applicable)

Burton Town Hall	
Monday	
Poetry and Playreading	<input type="checkbox"/>
Tuesday	
Craft	<input type="checkbox"/>
Flower Arranging	<input type="checkbox"/>
Wednesday	
Craft	<input type="checkbox"/>
Friday	
Art (10.00 am)	<input type="checkbox"/>
Art (12.00 noon)	<input type="checkbox"/>
Art (2.00 pm)	<input type="checkbox"/>
Waterside Community Centre, Stapenhill	
Monday – Upholstery	<input type="checkbox"/>
Friday – Extend	<input type="checkbox"/>
Uttoxeter Heath Community Centre	
Wednesday – Extend	<input type="checkbox"/>
The Odd Fellows	
Thursday – Singing for Pleasure	<input type="checkbox"/>
Kingstone with Gratwich Village Hall	
Monday – Extend	<input type="checkbox"/> TBC
Thursday – Art	<input type="checkbox"/>

Please send your completed form with Postal Order or Cheque (address/bank card details on reverse) made payable to "East Staffordshire Borough Council" to:

Mrs J Smith,
Active East Staffs Adult Development Administrator
Service Commissioning, East Staffordshire Borough Council
The Maltsters, Wetmore Road, Burton upon Trent, Staffs DE14 1LS

Your receipt will be issued to you at your class by the tutor, when you attend.

Total Cost £ _____ Cheque/Postal Order Date _____

Are you male or female? Please tick one box only

Male..... Female.....

What is your ethnic group? Please tick one box only

White

British
 Irish
 Any other White background
(please write in)

Black or Black British

Caribbean
 African
 Any other Black background
(please write in)

Chinese or any other background

Chinese
 Roma/Gypsy
 Traveller of Irish
 Heritage

Mixed

White and Black Caribbean
 White and Black African
 White and Asian
 Any other Mixed background
(please write in)

Asian or Asian British

Indian
 Pakistani
 Bangladeshi
 Any other Asian background
(please write in)

Other Ethnic Group
(please write in)

How did you hear about the Active Adults Activity Programme

ES News/Local Press Friends/Family G.P. Surgery
Lifestyle Advisor Other (please state) _____

Unfortunately, no refunds are available

I understand that under the Data Protection Act of 1998, my information overleaf will solely be used by East Staffordshire Borough Council's Active East Staffs

Please sign below:-

Applicants Signature _____

East Staffordshire Borough Council



Activity Programme Spring 2012



The Active Adults Programme is organised by East Staffordshire Borough Council's, Service Commissioning.

The aim of the programme is to give adults the opportunity to lead a more healthy and active lifestyle by getting involved in this exciting programme of different activities. Activities normally run over three, 10- week terms (like school terms). We encourage all new members to visit and take part within the classes before joining. This gives you the chance to see if it is the right class for you.

East Staffordshire Walking for Health

East Staffordshire Borough Council, Active East Staffs works in partnership with Natural England on this project. All walks take place within the local community and are lead by trained Volunteer Walk Leaders on a weekly basis. The aim of the programme is to promote walking as a **free**, fun and effective form of exercise.

For further information please telephone:-
Joanne Smith
Active East Staffs Adult Development
Administrator on (01283) 508191 or email
on joanne.smith@eaststaffsbc.gov.uk

Price List for Active Adults (10 Wks)

East Staffordshire Residents:-

£16.50 for first activity

£16.50 for second activity

£ 3.98 for the third and any
subsequent activities

Non East Staffordshire Residents

£19.65 per activity

Due to changes in the autumn 2011
programme - Art at Kingstone and Flower
Arranging Members Only pay for 9 Weeks
East Staffs Residents – £14.85
Non East Staffs Residents – £17.69

Cheques or Postal Orders Only

New members – if joining art, craft, flower
arranging or upholstery please call 01283
508191 to find out what you will need to
take to the class.

Outline of Active Adults Programme

Art	A course where participants will have the opportunity for independent development of their artwork, with encouragement to develop and further their ideas. Demonstrations are also given on all types of different techniques by our experienced local Art tutor. Lesson plan available.
Craft	Learn new skills in handicraft work including stitchery and other media/techniques.
Extend	Incorporates movements such as stretching, balance and good posture. Starts off seated and then moves at a gentle pace whilst standing to a wide variety of music. Good fun – wear comfortable clothing/shoes
Low Impact Exercise Class	Gentle exercise class - TBC
Flower Arranging	Learn how to create your own arrangement for every occasion. Weekly demonstrations given by our two experienced tutors on traditional and contemporary arrangements of natural and artificial flowers. New members contact 01283 508191 to find out what to take with you to the first session.
Poetry & Play-reading	This group caters for all those who have a love of words and who like to keep the mind active. Topical discussion and reading catering for a wide variety of tastes.
Singing for Pleasure	Come along and join in with this enthusiastic group and their enjoyment for music and song.
Upholstery	Using modern and traditional techniques learn basic and advanced upholstery to transform your own project. New members please contact 01283 508191 to find out what equipment you will need for the class.

East Staffordshire Borough Council's Active Adults Activity Programme - Class Details

Day	Activity	Time	Venue	Tutor
Monday	Upholstery – Limited Places Available	9.30 am – 11.30 am	Waterside Community Centre	Lindy Rodgers
Monday (Kingstone) Awaiting confirmation of start date	Low Impact Exercise Class (Awaiting confirmation)	10.00 am – 11.00 am (Awaiting confirmation)	Kingstone with Gratwich Village Hall	TBC
Monday	Poetry and Playreading	2.00 pm – 4.00 pm	Town Hall Blantyre Room or Trent Bar	Catherine Roth
Tuesday	Craft	10.00 am to 12.00 pm	Town Hall – room may vary	Gill Bird and Heather Lowe
Tuesday	Flower Arranging	1.45 pm – 3.45 pm	Town Hall – room may vary	Elsie Hood Anne Heyward
Wednesday	Craft	9.45 am – 11.45 am	Town Hall – room may vary	Gill Bird
Thursday	Art	7.00 pm to 9.00 pm	Kingstone & Gratwich Village Hall	Laura Giles
Wednesday (Uttoxeter)	Extend	10.30 am to 11,30 am	Uttoxeter Heath Community Centre	Maureen Neave
Thursday	Singing for Pleasure	2.00 pm – 3.00 pm	The Odd Fellows	Arthur Tipper
Friday	Art	10.00 am – 12.00 pm	Town Hall, Lingen Room	Laura Giles
Friday (Waterside)	Extend	11.00 am to 12.00 pm	Waterside Community Centre	Maureen Neave
Friday	Art	12.00 noon – 2.00 pm	Town Hall Lingen Room	Laura Giles
Friday	Art	2.00 pm – 4.00 pm	Town Hall, Lingen Room	Laura Giles

Waterside Community Centre, Heath Road, Stapenhill, Burton upon Trent
 The Odd Fellows, Unity Hall, All Saints Road, Burton upon Trent, Staffs DE14 3LS
 Uttoxeter Heath Community Centre, Uttoxeter
 Kingstone with Gratwich Village Hall, Blythe Bridge Bank, Kingstone, Staffs ST14 8QN

This programme may be subject to change at short notice – due to bad weather etc

Spring Term 2012 – Town Hall and Waterside



Town Hall, Burton upon Trent

Poetry and Playreading - (Monday) 2.00 pm – 4.00 pm

January	February	March
16 th , 23 rd , 30 th	6 th , 20 th , 27 th	5 th , 12 th , 19 th , 26 th

Craft – (Tuesday) 10.00 am – 12.00 pm

January	February	March
17 th , 24 th , 31 st	7 th , 14 th , 21 st , 28 th	6 th , 20 th , 27 th

Flower Arranging - (Tuesday) 1.45 pm – 3.45 pm

January	February	March
17 th , 24 th , 31 st	7 th , 14 th , 21 st , 28 th	6 th , 20 th , 27 th

Craft - (Wednesday) 9.45 am – 11.45 am

January	February	March
11 th , 18 th , 25 th	1 st , 8 th , 22 nd , 29 th	7 th , 21 st , 28 th

Art

(Friday) 10.00 am – 12.00 pm or 2.00 pm to 4.00 pm

(Introduction) 12.00 pm – 2.00 pm

January	February	March
13 th , 20 th , 27 th	10 th , 17 th , 24 th	2 nd , 9 th , 23 rd , 30 th

Please note: Car parking available at the front of the Town Hall for 2 hours only. Permit holders only to use the car park at the rear of the building – permits available from Class Tutor on a weekly basis.

Waterside Community Centre,
Heath Road, Stapenhill, Burton upon Trent

Upholstery

(Monday) 9.30 am – 11.30 am

January	February	March
16 th , 23 rd , 30 th	6 th , 20 th , 27 th	5 th , 12 th , 19 th , 26 th

This programme may be subject to change at short notice

Spring Term 2012 – Various Venues

Waterside Community Centre (Continued)

Heath Road, Stapenhill, Burton upon Trent

Extend

(Friday) 11.00 am to 12.00 pm

January	February	March
20 th , 27 th	3 rd , 10 th , 24 th	2 nd , 9 th , 16 th , 23 rd , 30 th

The Odd Fellows, Unity Hall, All Saints Road, Burton upon Trent

Singing for Pleasure

(Thursday) 2.00 pm – 3.00 pm

January	February	March
19 th	2 nd , 9 th , 16 th , 23 rd	1 st , 8 th , 15 th , 22 nd , 29 th

Uttoxeter Heath Community Centre, Uttoxeter

Extend

(Wednesday) 10.30 am to 11.30 am

January	February	March
18 th , 25 th	1 st , 8 th , 22 nd , 29 th	7 th , 14 th , 21 st , 28 th

Kingstone with Gratwich Village Hall, Kingstone

Low Impact Exercise Class

Start date below to be confirmed - please contact office on (01283 508191)

(Monday) 10.00 am – 11.00 am

January	February	March
16 th , 23 rd , 30 th	6 th , 20 th , 27 th	5 th , 12 th , 19 th , 26 th

Art

(Thursday) 7.00 pm – 9.00 pm

January	February	March
19 th , 26 th	2 nd , 9 th , 23 rd	1 st , 8 th , 15 th , 22 nd , 29 th

New Members please note when joining art, craft, flower arranging or upholstery, please telephone 01283 508191 or email joanne.smith@eaststaffsbc.gov.uk to find out what equipment etc you will need to take to the class

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