

**10-week Mindfulness Course – September 2024 Courses - Application Form**

I would like to book for the following course (select one only):

Zoom course: 4th September to 6th November **10.30am to 12.00 noon** - Please tick: [ ]

Zoom course: 4th September to 6th November **6.00 to 7.30pm** - Please tick: [ ]

First Name:Click or tap here to enter text. Last Name: Click or tap here to enter text.

Address: Click or tap here to enter text.

Mobile: Click or tap here to enter text. Email Address: Click or tap here to enter text.

Date of Birth: Click or tap here to enter text.

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| --- |
| **Ethnicity: Which of the following best describes you (please tick?)** |
| White |
| English/Scottish/Welsh/Northern Irish/UK [ ]  Irish ☐ Gypsy or Irish Traveller [ ] Any other White background [ ]  |
| Mixed / Multiple Ethnic Groups |
| Mixed Ethnic Background [ ]  |
| Asian / Asian UK |
| Asian UK [ ]  Indian [ ]  Pakistani [ ]  Bangladeshi [ ] Chinese [ ] Any other Asian background ☐ |
| Black / African / Caribbean / Black UK |
| African [ ]  Caribbean [ ]  Black UK [ ]  Any other Black / African / Caribbean [ ]  |
| Other ethnic group |
| Arab [ ]  Other (please specify):Click or tap here to enter text.  |

Gender: Female [ ]  Male [ ]  Non-binary [ ]  Other [ ]

Do you consider yourself to have a disability?

Yes [ ]  No [ ]  Prefer not to say [ ]

How did you hear about us? Click or tap here to enter text.

If you have any special requirements, please provide information:

Click or tap here to enter text.

**Zoom course only**:

We provide tech support and can help you to use the Zoom App.

To be able to participate fully in this course you will need access to

* a reliable Internet connection
* a computer/laptop or smart phone or tablet to access Zoom and the online learning platform
* a private space

Please delete as appropriate:

I would like to book a tech support session - Please tick: [ ]

I’m OK with Zoom - Please tick: [ ]

Spaces on the course are in high demand. To make sure that those people who will gain most benefit can secure a place, we ask that you confirm below that you have read and can commit to the Trainee Agreement.

**Trainee Agreement**

**Attendance, Cancellation & Participation:**

The course consists of a 90-minute Zoom mindfulness training session each week or 2-hour sessions for the in-person courses. Regular attendance and commitment to completing the course is essential. If you are more than 10 minutes late you will not be able to access the class that week. You will be required to give notice by phone or email if you cannot attend a session. We advise that you do not cancel more than 2 sessions, as you will not benefit fully from the course.

Please inform us if you think that you are unable to commit to attending regularly - you may wish to enrol for another course date that is more suitable.

Participants are expected to have their video and name on during the Zoom sessions.

**Punctuality:**

Please be on time - sessions start at 10.30am and 6.00pm prompt for the Zoom courses.

**Home Practice & Community:**

You will be invited and encouraged to participate in 20-minute mindfulness exercises, hosted on the online learning platform, every week between sessions. Ideally you should aim to do a short meditation each day. You will be provided log-in details to the online learning platform at the start of the course. The Course also has a WhatsApp group, participation in this group is not mandatory.

**Reporting & Feedback:**

So that we can measure the impact of the course on people’s lives you will be required to complete two questionnaires at the start of the course and three at the end of course.

**Confidentiality**

To make this experience as safe and supportive as possible please can you keep confidential the things that group members say and not record any of the Zoom sessions. It is important that each member of the group commits to adopting an attitude that is polite, respectful, supportive of each other and non-judgemental.

**I confirm that I can commit to the Trainee Agreement. Please tick the box:** [ ]

**Name:** Click or tap here to enter text.

**Please return the Application Form and Trainee Agreement by email to** **stressproject@hng.org.uk**

**Privacy Statement**

Holloway Neighbourhood Group is GDPR compliant. Our full privacy statement can be found at www.stressproject.org.uk/privacy

The Stress Project

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