

**For Vitalyz only, not to be filled in –**

Form to be dated when received & kept on file:

Date full payment received:

An Introduction to Basic Seated Exercise in a social care setting (Level 1)

6 hrs tuition with trainer + 4 hrs home study to be completed & returned to Vitalyz for verification.

Suitable for: Health and social care employees, residential & nursing teams, HCSWs, volunteer workers, sheltered housing teams & exercise professionals wishing to work/already working in the care sector.

This introductory course aims to: Demonstrate and provide an understanding of, basic seated physical activities, Explain how to deliver gentle seated exercises in learners own environment, Demonstrate how to encourage participation in sessions, Encourage the evaluation and assessment of activities, for care plans etc, Explore opportunities to include physical activities into daily life, Enable the delivery of unique person-centred care to less able persons, Motivate learners to expand their activity programmes and Promote independence and well being!

Training Venue:**Training Date:****Timetable:** Arrive 9am for 9.30 start– 12.45 (Lunch break) 1.30 – 4.45 (approx)Please PRINT your name VERY carefully as this will appear on the NOCN certificate and *revised* certificates cost £15.00

Please PRINT your full postal address carefully - your confirmation receipt and certificate will be sent here.

Your Tel. No -

Your E-mail –

Your REPs m/ship No.

Your COT m/ship No.

Please return payment and completed booking form to:

Vitalyz Ltd.
37 Preston Road
Portsmouth
Hampshire
P02 7JT

Amount Enclosed = £**Terms & Conditions for Vitalyz open courses**

- Places are confirmed when full payment and completed booking form are received by Vitalyz.
- Written confirmation posted to the customer within 7 days, accompanied by the invoice.
- Payment is to be made by cheque to Vitalyz Ltd.

Cancellations by Vitalyz Ltd

- It is the intention of Vitalyz that training shall take place on the agreed date, at the agreed venue.
- In the unlikely event that Vitalyz cannot attend a booking, a full refund will be offered.

Cancellations by the customer

- Once payment has been made, there is no refund unless it is the fault of Vitalyz.

Payment indicates these Terms & Conditions have been read, fully understood and agreed to.