

WALKING FOR HEALTH



Membership application form:

First name	
Surname	
Address	
Home phone number	
Mobile phone number	
Email address	
Please indicate by which method you would prefer to receive information about the walks.	EMAIL COLLECTION AT SURGERY

We shall only use this information to contact you about the walking group and shall not divulge your information to any third parties without your consent. The majority of the walks are easy and relatively flat and are about 5 miles long. Where there are a few 'ups and downs' this will be highlighted in the walk instructions. Most people can start walking with no risk to themselves. If you have any doubt that you will not be able to complete these walks because of a health condition please seek medical advice. **However, regardless of medical advice, all walkers walk at their own risk.**

Please confirm that you have read and understood the above statement.

Signature:

Date:

Annual subscription £12.00. Please make cheque/postal order payable to 'Friends of the Datchet Health Centre'.

GIFT AID IT: Increase the value of your subscription by 28% at no extra cost to yourself. To qualify for Gift Aid you must pay enough UK income tax and/or capital gains tax to cover the amount of tax the charity will reclaim on your subscription.

I would like the Friends of the Datchet Health Centre to treat any subscription/donation I make now or in the future as Gift Aid. You can cancel this declaration at any time.

Full name (please print):

Signature:

Date:

Please return the completed form together with your cheque to Helen Dalton, Walking for Health, 45 Montagu Road, Datchet, Berkshire SL3 9DR or to the front desk at the surgery clearly marked F.A.O. Helen Dalton, Walking for Health.