

# ANAM CARA

## Booking Form

I would like to take part in the following workshop(s)/retreat(s)

Title of event	Date	Total Fee

I enclose/pay the full amount of: £ \_\_\_\_\_ (*cheques made payable to Anam Cara*)

I enclose/pay the non-refundable deposit of £50 (*unless stated otherwise in brochure*)

I have made a bank transfer of £ \_\_\_\_\_ (*reference: your **name & workshop initials***)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ POSTCODE \_\_\_\_\_

TELEPHONE/MOBILE \_\_\_\_\_

E-MAIL \_\_\_\_\_

EMERGENCY CONTACT (next of kin/family or friend) \_\_\_\_\_

EMERGENCY CONTACT NUMBER \_\_\_\_\_

### **For workshops/retreats starting in the morning:**

I will arrive 2-6pm the day before (£25 B&B)  I will arrive the morning of the event

### **For workshops/retreats starting in the evening (ARRIVAL 2-6PM):**

Please indicate your estimated time of arrival \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

For Data Protection we now need to ask your permission to keep your details on our database. Please note you must tick YES to receive our brochure/newsletter.

May we keep your information on our database?    yes     no

Would you like to sign up for our newsletter?    yes     no

Would you prefer our brochure emailed to you?    yes     no

*(We never pass details on to third parties.)*

## Dietary Requirements

**All meals provided are vegetarian.** Due to the additional food costs and preparation required for restricted diets, we are only able to cater for this when due to **medical conditions or food allergies**. Therefore, please only tick the appropriate dietary requirement box/es on the booking form if this applies.

Vegan    Wheat free    Gluten free    Sugar free    Other (*please specify*)

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## Medical Requirements

Due to the varied nature and content of our workshops/retreats it is essential that you let us know about any current medical conditions, medications or mental health issues that may affect your participation.

**Please specify below**

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**If there are no relevant medical issues then please tick below**

I have no medical/physical/mental health conditions that may affect my participation.

*All information will be treated in confidence.*

We will email a confirmation letter with additional information after we have processed your booking form. If you have any further questions please contact us on **01463-711702** or email **welcome@anamcara.org**.

**Please return this completed booking form with relevant payment to:  
ANAM CARA, 18 Upper Leachkin, Inverness, IV3 8PN.**

Booking is also available online at **www.anamcara.org**.