

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 3-6pm the day before I will arrive the morning of the event
(£35 for B&B or £40 includes a simple self-service supper)

For workshops/retreats starting in the evening (ARRIVAL 3-6PM):

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.

May we keep your information on our database? yes no

We will email you a copy of our quarterly newsletter and yearly brochure of events. If you do not wish to receive these, please tick here.

(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 Dairy free

Other (*please specify*)

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

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.