**IN-CONTROL PROGRAMME - 2023**

*Please complete this form and email it to*[*info@morehorizons.org.uk*](mailto:info@morehorizons.org.uk)

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| --- | --- | --- | --- |
| **Name:** |  | **Address with Postcode:** |  |
| **Gender:** |  | **Occupation:** |  |
| **Age:** |  | **Parent/Carer**  *Please state* |  |
| **Ethnicity:**  *[Please tick]* | White / White Other / Black / Asian / Mixed / Other – *Please specify* | **Disability**: Y/N |  |
| **Email:** |  | **Tel/mobile:** |  |
| **Dates &**  **Time:** | **4th and 18th October 2023**  **11am to 3pm** | **Where did you hear about us:** |  |
| **Dietary requirement: Please tick**  *Vegetarian / Non-vegetarian / Vegan / Gluten free*  ***Please state any food allergies and intolerances: No*** | | | |
| **Health and wellbeing details:**  *Please state whether you have any long-term conditions such as diabetes, hypertension, heart disease, arthritis, asthma or any other lung disease; any other.* | | | |
| **Any Supporting Information:**  *Please state your motivation to join the INCONROL PROGRAMME – E.g. general wellbeing, get motivated, nutritional guidance, mental wellbeing or all of these.* | | | |