



FIT VILLAGES

Would you like to be more active locally?

The newly named Coddenham Centre is committed to offering a programme to support the health and well-being of the village and surrounding areas. As well as offering a Nordic Walking taster on January 27th, 11:15am, Fit Villages are working with The Coddenham Centre charity to find out what activities the community would like to see. Some examples could be; Chair Based Exercise, Circuit Training or Carpet Bowls.

Why get involved?

- Get active locally and try something new
- Meet up with friends and others in the community
- All ages and abilities welcome
- Enjoy refreshments and a chat after the class

How can you get involved?

Just fill in the form overleaf and return it to us **before 31/01/2020** using the prepaid envelope supplied.

Alternatively complete the Survey online

<https://www.activesuffolk.org/forms/view/coddenham>

Any questions please contact; **Chris Lawson**
chris.lawson@activesuffolk.org 07748181434

Or go to www.thecoddenhamcentre.co.uk





FIT VILLAGES

1. Name:

2. Contact Number:

3. Email Address:

4. Activities you are interested in:

5. Preferred time of day (please select): Morning Afternoon Evening

6. Preferred day(s) of the week (please select): Monday Tuesday Wednesday
 Thursday Friday Saturday Sunday

7. Are there any other (non-physical) activities that would be of interest? e.g. Gardening Club, Knitting, Coffee Morning, Cooking course

I consent for my data and information to be collected and stored for the purpose of being contacted and to process my interest into the Fit Villages project.

Your data will be stored for up to 12 months and will be anonymised thereafter. Your data will not be shared with a third party. You can request that your information is deleted at any time.

Data will be processed and held securely and in accordance with the General Data Protection Regulation and the Data Protection Act 2018 (and any updates).

Further information about data protection can be found on the Active Suffolk website www.activesuffolk.org/terms-and-conditions.

Signed

Please return this completed form **before 31/01/2020**

Thank You