

EXTEND EXERCISE TRAINING LTD CPD DAYS 2019 AND BOOKING FORM

Below are the CPD days which have been confirmed so far in 2019. Please note that this list is still in progress and we hope to add other dates in different locations during the year. There is also an option to undertake CPD by Distance Learning. Please contact Head Office for details.

Please indicate below the CPD day you would like to attend by ticking in the first column, complete the booking form, which you will find at the end of the list of CPD days, and return it to Head Office.

	DATE	VENUE	LEADER	SUBJECT
	Sat 16 th March	EDINBURGH	Rhona Gordon	tbc
	Sat 30 th March	NORWICH (Heartsease Methodist Church Hall, Norwich, Norfolk)	Pam Redwood	Spanish Flamenco
	Sat 13 th April	SALISBURY (Harnham Memorial Hall, Watersmeet Road, Harnham, Salisbury SP2 8JH)	Chris Burt	Posture
	Sat 11 th May	TOTTON, nr Southampton (Tottonians Rugby Club, Water Lane, Totton, SO40 3ZX)	Louise Llewellyn	tbc
	Sat 18 th May	EASTBOURNE (St Anthony's Centre, 557a Seaside, Eastbourne, BN23 6NH)	Crissie Osborne	Breathing
	Sat 18 th May	LICHFIELD (Methodist Centre (Church), Lichfield, Backcester Lane, Lichfield, Staffs, WS13 6JH)	Helen Ainger and Marilyn Feathers	Alcohol Addiction in Later Life
	Sat 15 th June	WORCESTERSHIRE (Colwall Village Hall, (Mill Lane, Colwall, Malvern, Worcs, WR13 6EQ)	Janine Rickus	Total Hip Replacement/ Total Knee Replacement
	Sat 22 nd June	CASTLEFORD (Five Towns Christian Fellowship, Beancroft Street, Half Acres, WF10 5RR)	Amanda Rogerson	Therabands
	Sat 29 th June	CALCUTT (Calcutt Village Hall, Nr Knaresborough, North Yorks)	Carol Rowson and Sally Davies	Parkinson's and the benefits of exercise
	Sat 13 th July	NEWTON ABBOT (The Courtenay Centre, Kingsteignton Rd, Newton Abbot TQ12 2QA)	Chris Burt	Apparatus Workshop, Music and Personal Performance for Teaching and Knowing Class Participants
	Sat 27 th July	ABERARTH (Aberarth Village Hall, SA46 0LN, West Wales)	Ruth Bishop	Stroke
	Sat 3 rd August	WARWICK (Snitterfield Village Hall, Bearley Road, Stratford Upon Avon CV37 0JH)	Janine Rickus	Falls (injury) Prevention
	Sat 7 th September	TOTTENHAM 33 Holcombe Road, Tottenham (Train – Main line – Victoria)	Fay Laflin	Parkinson's and the benefits of exercise
	Sat 14 th September	RAINHILL	Angela Greensmith and Penny Kirk	PD Warrior presentation (dynamic exercise programme for people with

		(St. Anne's Millenium Centre, View Road, Rainhill, Prescot. L35 0LE)		early stage Parkinson's or Neurological Disease)
	Sat 5 th October	SHREWSBURY (Mereside Community Centre, Springfield, Shrewsbury, Shropshire, SY2 6LH)	Wendy Southorn	New Routines
	Sat 5 th October	REIGATE (Woodhatch Centre, Reigate, RH2 7LS)	Linda Cope and Elizabeth Wright	Using Equipment/ Apparatus
	Sat 12 th October	HALESOWEN (Hurst Green Methodist Church, Narrow Lane, Halesowen, B62 9PE)	Wendy Southorn	New Routines
	Sat 19 th October	ABERGAVENNY	Ruth Bishop	Stroke
	October (tbc)	SOUTH SCOTLAND	Christine Sutherland	tbc
	Sat 9 th November	PEACEHAVEN	Alison Terry-Salter	Strokes
	Sat 16 th November	NORTH LONDON (Age UK Barnet, Ann Owens Centre, Oak Lane, London, N2 8LT)	Lesley Ann Chowen, Debora Cura and Wendy Nutman	"Stand up to Falls" and "Stay Nourished"

CPD BOOKING FORM 2019

Name..... Tel No.....

Address.....

Email address.....

Affiliation No: REPS No (if applicable):

Venue of CPD Day you wish to book

Signature..... Date.....

Please return this form either by email to admin@extend.org.uk if paying electronically or send with your payment to EXTEND EXERCISE, 2 Place Farm, Wheathampstead, Herts, AL4 8SB if paying by cheque.

- I have made an internet banking payment of **£42** to **Account Number 00013478** sort code **40-52-40** quoting my name and CPD
- I enclose a cheque for **£42.00** payable to **Extend**
(please delete as applicable)

Please bring a lesson plan with your own music/equipment to the CPD day and be prepared to teach it to the rest of the group. Part of the day will be allocated to this "sharing of ideas".