Movement for Wellbeing

hosted by MIND Aberystwyth.

**Movement for Wellbeing** is a new online service hosted by Mind Aberystwyth. Please complete this form and return to info@mindaberystwtyh.org.

In order to make these sessions as meaningful and effective as possible we need to gather some information about you as well as asking you to prepare for the session in advance by reading through what we need from you and then sign the attached form to acknowledge that you have done so.

This will also act as confirmation of your consent to Mind Aberystwyth retaining the details you have provided in line with our privacy policy[[1]](#footnote-1).

Should you need any additional support in completing the form or answering any of the questions please contact Mind Aberystwyth 01970 626225.

Movement for Wellbeing Participant information

|  |  |
| --- | --- |
| Your full name: |  |
| Online/screen name (if different): |  |
| Email address: |  |
| Postcode: |  |
| The name of someone you would like us to contact in an emergency name/number? | Name  |  |
| Tel Number  |  |
| Is there anything about your movement you'd like Matilda to know about?e.g. It's helpful to know if you can or cannot lie-down/sit/stand etc.  |  |
| Do you have any injuries or medical conditions you'd like Matilda to know about? |  |
| Is there anything else you feel is important to share with Matilda ahead of the session? |  |

Feel free to change and revise the above at any time in the future by contacting

Mind Aberystwyth or making Matilda aware during a session.

Please read the following basic guidance before each session.

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| --- |
| * Clear some space in your room/home so you can join in the session safely.
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| * Let any people you live with know that you are joining a session and ask for privacy if that's helpful for you.
 |
| * Have some water to hand
 |
| * Feel free to stop whenever you choose to.
 |
| * You are welcome to speak to Matilda during the session, e.g. ask her to repeat something or let her know something. You can also use the chat box privately or with the group to do this.
 |
| * Think about someone you can reach out to or speak to after or during your session, if needed
 |
| * Finally, you can contact Matilda via email at matilda.htw@gmail.com if you have any questions before or after a session
 |

|  |  |  |
| --- | --- | --- |
| Please read and indicate tick the Y/N to indicate your understanding  | Yes  | No  |
| 1. My doctor has said it is ok for me to do gentle exercise.
 |  |  |
| 1. I understand that Matilda and Mind Aberystwyth will do all they can to make the on-line platform as safe and private as they can make it but due to the nature of on-line services absolute privacy cannot be guaranteed.
 |  |  |
| 1. I understand that under no circumstances do I have permission to record any part of the sessions.
 |  |  |
| 1. I acknowledge that neither Matilda nor Mind Aberystwyth can take responsibility for me during online sessions under any circumstances.
 |  |  |
| 1. I therefore undertake full responsibility for myself whilst partaking in these sessions.
 |  |  |
| 1. I agree to Mind Aberystwyth storing the information contained in this form. It will only be used in accordance with our privacy policy to ensure the safe operation of this service.
 |  |  |

Please sign and date the form

Signature …………………………………………………. Date……………………….

1. Copy available on our website [www.mindaberystwyth.org](http://www.mindaberystwyth.org) [↑](#footnote-ref-1)