

Journey to Wellness

Training & Support Programme

Training Companion Application form

If you are thinking of bringing someone with you to the training course, please read these notes carefully before you invite them.

Some clients choose to bring someone with them on the training - a family member, friend or carer. This can be helpful if you, the client, want them with you, to support you and to understand what you are learning and the changes you will be making in your life. Other clients prefer to come alone – perhaps they see this as their own adventure, the start of their return to independence – or there is simply no-one whom they feel would be right to accompany them. Whatever you choose is fine

If you do choose to bring someone, I want to know that they will be the right person to support you, and to fit in with the training group. I want to ensure too, that they feel comfortable accompanying you. So please ask them to complete the application form below, and return it with your own application (or later is fine too). I'll look through it and then, once you have been allocated a training place, I'll arrange to talk to them too. I'll talk through their application with them and I'll answer any questions they have about their role on the training.

Journey to Wellness Companion Application form

Your information will be treated in confidence.

Section 1 : About You

Full name: _____ Name you wish to be called by: _____

Address: _____

Postcode: _____

Tel (home): _____ Tel (work): _____

Email: _____

Occupation: _____

Relationship to applicant: _____

Section 2: About the training

Have you looked at the journey-to-wellness website? YES / NO

How do you feel about (the person you are accompanying) attending the training?

Do you know someone personally who has used this or a similar approach to recover their health?
YES / NO

If yes, what is the most important thing you have learned from them?

Is there anything further you'd like to know about the training?

(Signature).....

Date:.....

Please return to : Jan Williams, 55 Beech Road, Cale Green, Stockport SK3 8HD.
Tel: 0161 429 6718 Email: jan@journey-to-wellness.co.uk www.journey-to-wellness