

**EXTEND EXERCISE TRAINING LTD
CPD DAYS 2020 AND BOOKING FORM**

Below are the CPD days which have been confirmed so far in 2020. 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
Postponed (was Sat 4 th April)	LINLITHGOW (Low Port Centre, 1 Blackness Rd, Linlithgow, EH49 7HZ)	Christine Sutherland	Dance for Parkinson's Disease
Sat 4 th April	TOTTON, Nr Southampton (Trinity Church, Hazel Farm Road, West Totton, SO40 8WU)	Louise Llewellyn	Necks and Shoulders - TBC
Sat 18 th April	SALISBURY (Harnham Memorial Hall, Watersmeet Road, Harnham, Salisbury, SP2 8JH)	Pam Whitlock and Chris Burt	tbc
Postponed until July (was Sat 18 th April)	NORWICH (Heartsease Methodist Church Hall, Norwich, Norfolk)	Pam Redwood	Neck and Shoulders
Sat 18 th April (9.30am start)	RHOOSE (Rhoose Community Hall, Stewart Road, Rhoose Vale of Glamorgan, CF62 3EZ)	Shirley Dodd-Clark	Tai Chi
Sat 9 th May	LICHFIELD (Methodist Centre (Church), Lichfield, Backcester Lane, Lichfield, Staffs, WS13 6JH)	Helen Ainger and Marilyn Feathers	Rheumatic Disorders; No Respect for Age
Sat 13 th June	EASTBOURNE (St Anthony's Centre, 557a Seaside, Eastbourne, BN23 6NH)	Crissie Osborne	Feet
Sat 13 th June	CASTLEFORD (Five Towns Christian Fellowship, Beancroft Street, Half Acres, WF10 5RR)	Amanda Rogerson	IPF and other lung problems
Sat 4 th July	CALCUTT (Calcutt Village Hall, Nr Knaresborough, North Yorks)	Carol Rowson and Sally Davies	tbc
Sat 18 th July	NEWTON ABBOT (The Courtenay Centre, Kingsteignton Rd, Newton Abbot TQ12 2QA)	Chris Burt	tbc
Sat 25 th July	ABERARTH (Aberarth Village Hall, SA46 0LN, West Wales)	Ruth Bishop	tbc
Sat 12 th September	RAINHILL (St. Anne's Millennium Centre, View Road, Rainhill, Prescot. L35 OLE)	Christine Sutherland	tbc

Sat 3 rd October	SHREWSBURY (Mereside Community Centre, Springfield, Shrewsbury, Shropshire, SY2 6LH)	Wendy Southorn	tbc
Sat 17 th October	HALESOWEN (Hurst Green Methodist Church, Narrow Lane, Halesowen, B62 9PE)	Wendy Southorn	tbc
Sat 17 th October	ABERGAVENNY (Holy Trinity Church Hall, Baker St, Abergavenny, NP7 5BH)	Ruth Bishop	tbc
Sat 7 th November	PEACEHAVEN	Alison Terry-Salter	tbc
Sat 5 th September tbc	REIGATE (Woodhatch Centre, Reigate, RH2 7LS)	Linda Cope and Elizabeth Wright	tbc
tbc	NORTH LONDON (Age UK Barnet, Ann Owens Centre, Oak Lane, London, N2 8LT)	Lesley Ann Chowen, Deborah Cura and Wendy Nutman	tbc

CPD BOOKING FORM 2020

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”.