**Mental Fitness Programme (PQ)**

**Expression of interest form**

Please complete the following sections and return this form to [info@gpmplus.co.uk](mailto:info@gpmplus.co.uk) by 28 February 2024. Spaces are limited and will be confirmed on a first come first served basis, with priority given to those who are able to attend all pod sessions for either pod A or B or C

|  |  |
| --- | --- |
| **Name** |  |
| **Phone number** |  |
| **Email address** |  |
| **Practice name and address** |  |
| **Role** |  |

Availability to attend pod meetings (please confirm all that apply as this will help us to identify the most appropriate pod for you)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Pod A | Yes/No | Pod B | Yes/No | Pod C | Yes/No |
| Intro | Tue 19 March, 7pm | | | | |  |
| Week 1 | Mon 8 April, 6pm |  | Mon 8 April, 7.30pm |  | Tue 9 April, 7pm |  |
| Week 2 | Mon 15 April, 6pm |  | Mon 15 April, 7.30pm |  | Tue 16 April, 7pm |  |
| Week 3 | Mon 22 April, 6pm |  | Mon 22 April, 7.30pm |  | Tue 23 April, 7pm |  |
| Week 4 | Mon 29 April, 6pm |  | Mon 29 April, 7.30pm |  | Tue 30 April, 7pm |  |
| Week 5 | Mon 6 May, 6pm |  | Mon 6 May, 7.30pm |  | Tue 7 May, 7pm |  |
| Week 6 | Mon 13 May, 6pm |  | Mon 13 May, 7.30pm |  | Tue 14 May, 7pm |  |
| Week 7 | Mon 20 May, 6pm |  | Mon 20 May, 7.30pm |  | Tue 21 May, 7pm |  |

Programme places will be confirmed by 5 March. If you do not receive a place, we will place you on the waiting list for future programmes.