

# Move for Mind 2011

## Terms and Conditions of Entry

Participants under the age of 16 must be accompanied by a parent or guardian who will take full responsibility for them

The closing date for entries is 6th May 2011

Registrations will not be allowed on the day

Once registered you will receive written confirmation of your place along with a sponsorship form and full details of the event

If you are unable to take part please let Sandwell Mind know as soon as possible

The consumption of alcohol prior to the event and during the event is prohibited

Sandwell Mind reserves the right to cancel or postpone the walk where this becomes necessary due to circumstances beyond our control

On signing up for Sandwell Mind's Move for Mind event you do so at your own risk. Sandwell Mind will not except liability for any injury to a person as a result of participation in the event

Sandwell Mind will also not accept responsibility for loss or damage to participants or third parties property

Please send all sponsor money raised to Sandwell Mind no later than 6th June

*Move for Mind...*

*For Better Mental Health*

[www.sandwellmind.org.uk](http://www.sandwellmind.org.uk)

Registered Charity No. 1096473



# Run

# Walk

or Jog

# 5k

**Join us in Sandwell Valley to celebrate Mind Week 2011, promote awareness of mental health and raise money for Sandwell Mind.**

**SATURDAY 21ST MAY 10:30am**

**Celebrating Mind Week 2011**



[www.sandwellmind.org.uk](http://www.sandwellmind.org.uk)



**Run**

**Walk**

or

**Jog**



For better mental health

## Move for Mind .....

Sandwell Mind is a registered charity and a company limited by guarantee. We were established in 1973 and are affiliated to National Mind, one of the leading mental health charities in England and Wales.

Sandwell Mind works across Sandwell to promote and support better mental health.

Sandwell Mind are holding a  
5k Run, Walk or Jog on

**Saturday 21st May** to celebrate Mind Week 2011 and raise awareness and money for our organisation

Entry for the walk is free and we hope participants will raise as much money as possible for Sandwell Mind by gaining sponsorship for the event

In return for participating everyone who completes the course will have free entry into Sandwell Valley Park Farm and a goody bag

The money raised will help us to continue to provide our services and reduce the stigma of mental health.

To join in, complete and return the entry form. For more information call 0121 543 3930 or email [info@sandwellmind.org.uk](mailto:info@sandwellmind.org.uk)

*Move for Mind 2011*

## Move for Mind Entry Form

First name: .....

Surname: .....

Address: .....

Post code: .....

Contact number: .....

Email address: .....

Do you plan to **Run .....** **Walk .....** **Jog .....**

I agree to the terms and conditions listed overleaf.

Signed: .....

Date: .....

Parent/Guardian signature if under 16: .....

**Please send or bring your completed form (one per entrant) to:**

Training in Mind 3rd Floor Bradfield House, Popes Lane, Oldbury,  
West Midlands B69 4PA

**Closing date for completed forms: Friday 6th May**

*Move for Mind 2011*