

PAYMENT DETAILS

Registration for this event is £5 per participant and helps to cover some of the costs for the day. Registration forms should be sent direct to Highland Hospice at the address below. Once registered a personalised fundraising sponsorship form will be sent to each participant. Participants may prefer to fundraise on-line, details on how to create your own fundraising page will also be sent with the sponsor form.

Please choose one of the following payment options:

I have enclosed a cheque for £5 made payable to Highland Hospice

I will pay £5 by card
(please fill card details below)

Tick one

Mastercard

Visa

Switch

Card Number:

Security code:

Start Date: Expiry Date:

Issue Number:

Name on card:

Signature:

please return the completed slip to

Dance on for life
Highland Hospice, Ness House, 1 Bishops
Road, Inverness, IV3 5SB

SC011227

www.highlandhospice.org/Danceonforlife

e. events@highlandhospice.org.uk

f. 01463 227913

design by dynam, inverness



Festival of Dance in aid of Highland Hospice

Location / Inverness Leisure Centre

Date / Sunday 7th March 2010

Times / 10.00am – 8.00pm

www.highlandhospice.org/Danceonforlife



(logo designed by Julie Falconer, aged 10, Kingussie Primary School)

'DANCE FROM YOUR HEART AND YOUR FEET WILL FOLLOW'

'Dance on for Life' is an annual fundraising event designed to raise much needed funds to help terminally ill patients. The Festival of Dance is for everyone, any age, throughout the Highlands. You don't have to be involved in dance to take part. You just need to register and then turn up on the day and shake your booty!

PROGRAMME

- 10.00am – 11.00am (Dinkies dance with mums & dads, age 2 – 6)
- 11.00am – 3.00pm (Open Dance, anyone or group/any style of dance, age 7 – 100)
- 3.00pm – 4.00pm (Showcase performances from you, or your group)
- 4.00pm – 5.00pm (Silent Disco)
- 5.00pm – 8.00pm (Social dance sessions)

- How do I get involved** – You must pre-register by completing the attached registration form. The registration fee is £5. Please return your completed registration form, together with the registration fee to – Fundraising, Highland Hospice (address on the back). You can also download a registration form from our website. www.highlandhospice.org/Danceonforlife.
- On the day** – Feel free to participate for as long as you like throughout the day, and for those dancing right through there will be nominated break times. You will be given the necessary instructions on the day.
- What should I wear** – Please wear appropriate casual comfortable garments such as joggers, leotards, leggings, t-shirts, bare feet, trainers or dance shoes.
- More info** – The Festival of Dance will be led by London Choreographer Brian Elrick assisted by TFX Scotland qualified instructors who will put you through your paces in a series of different dance styles. Session details between 5pm and 8pm (dictated by interest) will be specified on the website nearer the event. However if you are a qualified teacher then you too can lead a session (please make contact to indicate interest)

Spectators welcome

Fresh water will be available throughout

Red Cross will be in attendance

'Dance on for Life' promotes healthy activity and is designed to be a fun day of exercise for all the family, and is brought to you by Highland Hospice with support from Pure Wyllie Events, TFX Scotland and Dynam Design & Marketing.

For further information and updates please visit the website:

www.highlandhospice.org/Danceonforlife

HIGHLAND HOSPICE

Highland Hospice is acknowledged as the centre of specialist palliative care expertise in the region, caring for hundreds of terminally ill patients Highland wide each year through an In-Patient Unit, a Day Hospice and Outreach Services. All care is provided free of charge to patients, and their families who benefit. Highland Hospice is often fondly referred to as a haven of comfort and security by many. www.highlandhospice.org

REGISTRATION FORM

Participant's Information:

Full Name:

Address:

Postcode.....

Tel..... Age

Please state preferred dance styles

Please specify if you suffer from any medical condition e.g. breathing difficulties, allergies or a disability

Parent's/Guardian's Information:

(in support of any participant aged 16 and under)

Full Name:

Address:

Postcode.....

(if different from above)

Telephone Number:.....

(Must be main contact for event on 14 November, 2009)



Highland
Hospice

