

**In which area would you like to take part? Tick all that apply**

Rhyl     
  Prestatyn     
  Llangollen     
  Corwen     
  Denbigh

**Which activity would you like to take part in? Tick all that apply**

Practical conservation     
  Exercise     
  Arts and crafts     
  Other

**About you**

First name <input style="width: 400px;" type="text"/>	Postcode <input style="width: 150px;" type="text"/>
Contact number <input style="width: 400px;" type="text"/>	E-mail <input style="width: 400px;" type="text"/>
Emergency contact name <input style="width: 400px;" type="text"/>	Emergency contact number <input style="width: 150px;" type="text"/>

**Age**   
 11-18   
 19-25   
 26-55   
 56-65   
 66+   
 Prefer not to say

**Gender**   
 Male   
 Female   
 Prefer not to say

**Your health**

If you have any physical or mental health conditions, if you are taking any medication, or have received advice from a doctor or consultant about taking part in physical activity, please note them here or speak to the activity leader.

**Becoming active is very safe for most people. However, some people should check with their doctor before they start becoming physically active.**

As well as to keep you safe while taking part in the project, your information will be used anonymously for evaluating the project and will support future funding applications to continue running similar projects and events.

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**Are you registered disabled?**   
 Yes   
 No

**Declaration**

- I understand that I should disclose to the activity leader any health conditions or medication needs and that I may need to seek medical advice before taking part in activities.
- I understand that I participate at my own risk and I should respect the guidance of the activity leader.
- I agree to tell the activity leaders if there are any changes to my health.
- I understand that the health information disclosed will be used in the evaluation of the project, which will support future funding applications to continue running similar projects and events.

Signature <input style="width: 400px;" type="text"/>	Date <input style="width: 150px;" type="text"/>
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## Privacy statement

Your personal data will be used by Denbighshire County Council for the specific purposes of monitoring and evaluation of the **Nature for Health** project.

Denbighshire County Council will share this data with project partners to support monitoring and evaluation.

If you feel that Denbighshire County Council have mishandled your personal data at any time you can make a complaint to the Information Commissioners Office by visiting their website or by calling their helpline on **0303 123 1113**.

For further information about how Denbighshire County Council processes personal data and your rights please see our privacy notice on our website: <https://www.denbighshire.gov.uk/en/resident/legal/privacy.aspx>

I am happy for my details to be shared  Please do not share my details

I am happy for a member of the project team to contact me for further feedback or to take part in a case study.

If you would like to be added to the Volunteer Programme mailing list, please provide your mailing address