



Pink Pamper Day 2022 – Invitation & Booking Forms

Please find enclosed your Registration Forms for **The Pink Pamper Day** being held at The Village Hotel on **Saturday 28th May 2022**. As always priority for places is given to those with a breast cancer diagnosis. Other members and guests can attend, subject to availability. Volunteers are welcome to check on the day for availability for treatments.

During the day you will have the opportunity to try various Buddleia Complementary Therapies and you must complete and return the enclosed Registration and Personal Medical History Form (**signed and dated please**). Please obtain verbal consent from your medical practitioner. **Without these forms fully completed and signed, you will not be able to have therapies on the day.** This is a requirement of the therapists and insurance company. **Forms to be returned by 22nd April 2022, to avoid disappointment.**

Please choose from the range of workshops and other activities detailed on the subsequent sheets. We will endeavour to provide you with your first choice from each section. Alternatively, if you prefer, you can just come along to enjoy the day, attend some workshops, or just sit and relax.

Why not enter our Decorated Bra competition? This year's theme is '**Butterflies**'. Details of the competition can be found on the additional flyer.

We do understand that booking a day like this in advance may mean that you might not be feeling well enough to be with us on that date. As places are limited, we would be very grateful if you could let us know as early as possible if you are unable to attend so that we may offer your place to someone on the waiting list.

If you have any questions about the day or any of the enclosed forms, please call the office on 01482 221368.

Your Personal Schedule will be available upon your arrival at the Village Hotel on the day. The day starts at approximately 9.00am with registration workshops/therapies commencing soon after. The day finishes around 4:30pm. If your therapies start earlier, we will let you know prior to the day.

Due to the unprecedented times of COVID-19, we ask that guests and volunteers do not attend the day if you present with any COVID symptoms or return a positive test. Upon arrival at the hotel, your temperature will be taken at the Registration Desk. Anyone with a high recording, will be asked to leave the hotel. This is to help to provide a safe and relaxing day for all guests and volunteers.

Finally, yes, **pink** is the colour to wear if you would like to! You might like to know that we have some **HER Breast Friends** T-Shirts available for sale on the day. These cost £7.50 each and are available in various sizes. Other merchandise will also be available on the day.

Yours sincerely

*Pam Trays
Chair*



The **Pink** Pamper Day Registration Form



Personal Details

Name:

Address:

Email:

Telephone Number:

Mobile Number:

Guests: *Once again we hope to be able to accommodate some carers and/or guests. These places are subject to availability and cost **£25*** to cover lunch, therapies, and some refreshments. Please note that payment must be sent with this form.*

***Name of Carer/Guest:** (if attending):

I enclose a cheque payable to **HER Breast Friends** for **£25** to cover carer/guest.

Please ensure your guest completes the **'Guest Medical Sheet'** and return it together with yours.

Buffet Lunch: *(please write below if you have any special dietary requirements) :*

Mini Taster Complementary Therapy Menu

For **BOTH** sections, please select in order of preference, i.e 1st – most preferred, 2nd, 3rd, etc.

Section 1: Beauty Therapy			Section 2: Complementary Therapy		
	You	Guest		You	Guest
Makeover			Reflexology		
Manicure			Hand/Foot Massage		
Pedicure			Back/Shoulder Massage		
Facial			Indian Head Massage		
			Reiki/Crystal Reiki		

Please note that we reserve the right to change the above without notice

YOUR CONFIDENTIAL MEDICAL HISTORY – Please complete in full:

Full Name		Date of Birth	
Full Address			
Telephone No		Email	
Emergency Contact Name & No			
Doctors Name			
Surgery Address			
Telephone No			
Medical History - Please include surgery dates – For cancers, please indicate site(s):			
Chemotherapy & dates: Radiotherapy & dates: Hickman Line or Port Fitted: (If yes, state which) Lymphoedema: (if yes, state where)			
Please answer YES or NO to each of the following, if YES please give details:			
Heart Condition Epilepsy/Seizures Skin Disorders ME/MS/Parkinson's Disease Inflammation High or Low Blood Pressure Cancer (other than noted above) Diabetes Thrombosis Circulation Problems Varicose Veins Asthma/Hay Fever Aids Hepatitis A, B or C			
Do you have or recently had any of the following, if YES please give details:			
Cuts or Bruises Recent Inoculations			
Are you pregnant?			
Do you have any allergies, if YES please give full details? <i>Please use reverse of registration forms if required.</i>			
Please list all current medication and dosage: <i>Please use reverse of registration forms if required.</i>			
COVID-19: Have you had BOTH COVID-19 vaccinations?			
Declaration <ul style="list-style-type: none">I confirm that the above details are correct and that I have requested therapies/treatments.I have obtained verbal consent from my <u>Medical Practitioner (name):</u> for the therapies/treatments I have requested.			
Signature:		Date:	
Important – please return these <u>signed</u> documents with your Registration Forms to secure your place at the Pink Pamper Day.			

Additional notes:

GUEST CONFIDENTIAL MEDICAL HISTORY – Please complete in full:

Full Name		Date of Birth	
Full Address			
Telephone No		Email	
Emergency Contact Name & No			
Doctors Name			
Surgery Address			
Telephone No			
Medical History - Please include surgery dates – For cancers, please indicate site(s): Chemotherapy & dates: Radiotherapy & dates: Hickman Line or Port Fitted: (If yes, state which) Lymphoedema: (if yes, state where)			
Please answer YES or NO to each of the following, if YES please give details: Heart Condition Epilepsy/Seizures Skin Disorders ME/MS/Parkinson's Disease Inflammation High or Low Blood Pressure Cancer (other than noted above) Diabetes Thrombosis Circulation Problems Varicose Veins Asthma/Hay Fever Aids Hepatitis A, B or C			
Do you have or recently had any of the following, if YES please give details: Cuts or Bruises Recent Inoculations			
Are you pregnant?			
Do you have any allergies, if YES please give full details? <i>Please use reverse of registration forms if required.</i>			
Please list all current medication and dosage: <i>Please use reverse of registration forms if required.</i>			
COVID-19: Have you had BOTH COVID-19 vaccinations?			
Declaration <ul style="list-style-type: none"> I confirm that the above details are correct and that I have requested therapies/treatments. I have obtained verbal consent from my <u>Medical Practitioner (name):</u> for the therapies/treatments I have requested. 			
Signature:		Date:	
<i>Important –please return these <u>signed</u> documents with your Registration Forms to secure your place at the Pink Pamper Day.</i>			

Additional Guest notes:

Workshop Menu

Please select in order of preference (1 being the most preferred):

Name(s):	You	Guest
Teddys T'ai Chi Teddy gives an introduction, to the benefits of T'ai Chi. Gentle exercises will be taught to suit the capabilities of the individual in a relaxed and comfortable atmosphere. <i>Loose clothing is required.</i>		
Laughter is the Best Medicine Andy Train joins us to explore the use of humour in life to help lift your mood and make you feel better.		
Singing for fun Gary Marsden will guide you through a fun filled workshop of singing and laughter. No experience necessary for you to fully enjoy this uplifting workshop.		
The World of Chocolate – Talk & Tasting Claire Bingham of Butterflies Chocolates takes you through a 'tasting journey with chocolate', explaining where chocolate is grown and how chocolate is made, including the many factors which affect the end flavours. There are various props to look at such as cocoa pod, beans, nibs, and shells, whilst learning how to professionally taste chocolate using all your senses, with lots of samples of chocolates to taste!		
Eastern Cooking with Kam Kam demonstrates the aromatic wonders of Eastern cooking, by whipping up some delicious dishes. Watch, then try cooking (and tasting!) the dishes for yourself.		
Henna Tattoos with Kam Kam reveals the beauty of plant based henna tattoos, using audience hands (please note if you'd rather not have a henna tattoo, then just come and watch). These tattoos are not permanent.		
Chakra Healing Attunement Lynnette Hart introduces Chakra healing Attunement. The Chakra Attunements help to open the chakras, balance, and harmonize, freeing them from blockages. Through a group session, using tuning forks to enhance the healing process, whilst providing an insight and information on the 12 Chakra System, including what each does, and which Archangels are attuned to each chakra.		
De-stress Stretch & Relaxation Sandra Thompson offers a seated gentle stretch and relaxation workshop in a relaxed and comfortable atmosphere.		
Belly Dance & Latin Fusion Sandra Thompson of Sahara Dance gives a fun and easy to follow dance session, mixing various styles, with the aim of getting you moving and smiling! No experience required.		
Natural Product Making Make your own natural cosmetic products including a Lip Balm and a White Clay Mask.		
Poolside Spa Activities Swim, Whirlpool, Sauna, and Steam Room to be enjoyed at any time throughout the day. Please use the vouchers provided in your registration pack, given at the beginning of the day.		

Please note that we reserve the right to change the above without notice.

There will be several stall attractions for you to enjoy, including a Tombola, Raffle, Books, Bras, Jewellery, Cosmetics, Craft Stall, Chocolates and Charity Merchandise.

Volunteer: Please offer us an hour of your time to help us on our stalls so that we too can share the opportunity to enjoy a bit of pampering on our special day with you.

Photographs: Please note that official photographs may be taken at the event and may be used by **HER Breast Friends** for marketing purposes. If you have any objections to your photograph being used, please inform the office in advance and the photographer on the day.

Disclaimer: I hereby declare that I will not hold Hull & East Riding Breast Friends or any of its volunteers responsible for any injury or loss resulting from my participation in The Pink Pamper Day and that I have requested the above therapies and activities.

Due to the popularity of The **Pink** Pamper Day your prompt reply is essential to avoid disappointment. Please return this Registration Form with your Personal Medical History by **22nd April 2022** to: **HER Breast Friends, Pod 6, The Octagon, Walker Street, Hull HU3 2RA**. Any queries regarding your attendance at this event please call the office on **01482 221368**.

Signature:

Date: