The sessions all start promptly at the allocated time, **if you arrive late you will not be allowed to undertake the session** and your manager will need to rebook you on another date.

**Session Times**

**11:00-13:00**

**Please mark 1st, 2nd and 3rd choice of date/s**

|  |  |  |  |
| --- | --- | --- | --- |
| 10th January (Aintree) |  | 4th July (AH) |  |
| 14th January (Royal) |  | 11th July (RH) |  |
| 7th  February (Aintree) |  | 5th  August (AH) |  |
| 14th February (Royal) |  | 15th August (RH) |  |
| 7th March (Aintree) |  | 5th September (AH) |  |
| 14th March (Royal) |  | 16th September (RH) |  |
| 4th April (AH) |  | 17th October (AH) |  |
| 11TH April (RH) |  | 28th October (RH) |  |
| 3rd  May (AH) |  | 7th November (AH) |  |
| 16th May (RH) |  | 25th November (RH) |  |
| 13th June (AH) |  | 5th December (AH) |  |
| 24th June (RH) |  | 16th December (RH) |  |

**PLEASE NOTE THAT THESE TABLES MUST BE FILLED IN COMPLETELY BEFORE YOU WILL BE BOOKED ONTO THE COURSE**

|  |  |
| --- | --- |
| Name (As on ESR) |  |
| Band + Job Role |  |
| Ward/Department |  |
| Site |  |
| Managers Name |  |
| Email Address |  |
| Mobile Number |  |
| Preferred Time (If Applicable) |  |