



Sandwell Primary Care Trust
Kingston House
438 High Street
West Bromwich
B70 9LD

Licence No.
MID 30863

Registration Card

Sandwell **NHS**
Primary Care Trust

walk 2! beijing
10m

improve your health

Registration Card

Sandwell **NHS**
Primary Care Trust

walk 2! beijing
10m

lose pounds and earn £££s
with a few simple steps

Registration Card

walk 2: beijing to London

Walk to Beijing is an exciting new service run by
Sandwell Primary Care Trust

Do you want to look after your health by being more active and making healthy lifestyle choices? We are here to help.

Why not take part and see how you get on!

Have you taken part before?

If you have already taken part in Walk 2: Beijing to London you will now have the chance to have another go! It will need to be 9 months after you had your previous second assessment. This time round you can also earn a 'BONUS REWARD'* of £15 for long term improvement!

Just tick the 'I have taken part before' box on the 'sign up here form'.

Do you work/study or have a GP in Sandwell?

If Yes, you can also take part. You need to be age 16 or over, and:

**be a Sandwell resident
or
have a Sandwell GP
or
work or study in Sandwell**

Sign up here or call
0800 011 4656

How Does It Work?

At your appointment a Health Assessor will take your;

1. **Blood pressure**
2. **Height & Weight**
3. **Waist Measurement**
4. **Wellbeing question answers**

And give you;

1. **a step counter**
2. **a card to record your steps**
3. **Healthy Lifestyle Advice**

At your second assessment 3 months later we will take the measurements again. You will be rewarded with up to £40.00 worth of Gift Vouchers depending on the level of improvement you make.

We send you;

1. **Your vouchers**
2. **A letter detailing your personal achievements and how many miles you have walked***

* subject to receipt of your step card

*Rewards may vary and are contingent on health improvement. "Improvement" is defined as a 2% change, in a positive direction, on health measures. Rewards vary from £20 to £40 for first time participants, and between £5 to £55 for repeat participants.

Sign Up Here!

If you would like to take part in



please complete your details below:

PLEASE USE BLOCK CAPITALS

Full Name: _____

Surname: _____

Address: _____

_____ Post Code: _____

Contact Numbers:

Daytime No: _____ Mobile: _____

Number is needed in case appointments need to be re-arranged at short notice

Please Tick

I live in Sandwell I have a Sandwell GP

I work in Sandwell study in Sandwell (please tick)

Address of either GP, Workplace or College

_____ Post Code: _____

If English is not spoken, please specify first language and select a venue below where there is an interpreter. (for Asian languages)

Please Tick your preferred appointment Venue

<input type="checkbox"/>	Oldbury Sainsbury's Sava Centre	Saturdays	10:00 - 16:00
<input type="checkbox"/>	The Wesley Centre Wednesbury	Mondays	09:00 - 16:30
<input type="checkbox"/>	Thimble Mill Library Smethwick	Mondays	09:30 - 18:00
<input type="checkbox"/>	YMCA West Bromwich	Mondays	13:00 - 18:30
<input type="checkbox"/>	Smethwick Library (I)	Tuesday	10:30 - 13:00
<input type="checkbox"/>	Oldbury Sainsbury's Sava Centre	Wednesday	12:00 - 20:30
<input type="checkbox"/>	Smethwick Library	Wednesday	13:00 - 16:30
<input type="checkbox"/>	Friar Park Millennium Centre	Wednesday	12:00 - 19:30
<input type="checkbox"/>	Tipton Sports Academy	Thursday	12:00 - 18:30
<input type="checkbox"/>	West Bromwich Central Library	Friday	10:00 - 18:00
<input type="checkbox"/>	The Lighthouse Project Blackheath (I)	Friday	09:30 - 16:00

(I) = Interpreter available

I would prefer an appointment between ____ am / pm and ____ am / pm.
Please leave blank if you have no preferences.