Centre for Better Health, Bayford Mews, Bayford Street, London E8 3SF
T: 020 8985 3570 F: 020 8986 1334 E: c4bh@praservices.org.uk

C4BH Application
Stress Management Services

Name: Sex: Male ☐ Female ☐

Ethnicity Date of Birth: Marital Status

Present Address

Post Code

Home Address (if different)

Post Code

Contact Telephone Number: Home Mobile

If unemployed *PLEASE GIVE DETAILS OF ANY BENEFITS YOU RECEIVE*

Name and Address of GP

Which of our Stress Management Programmes are you interested in?

Internet ☐ Exercise ☐ SAD Lamp ☐

Do you suffer from any health problems?

Please give details of hospital admissions (if any)

Signature Date

Charges: For those in employment there is a joining fee of £5.00. Each subsequent visit is £1.00.
For those who are unemployed membership and entry is free.

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