BRISTOL CORN & FEED TRADE ASSOCIATION

UNDERSTANDING COMMON MENTAL HEALTH ISSUES

WEDNESDAY 18TH AUGUST 2021
11AM - 12 NOON

A webinar designed to increase understanding and raise awareness of our mental health and what it can affect.

The terms 'mental health', 'wellbeing' and 'resilience' are commonly used but do we really understand what they mean, and what factors can influence our mental health? Each one of us is unique but it is common to feel stressed, worried, or sad about things, which are going on in our lives sometimes. Our mental health can be impacted by several factors, and these factors can change over our lifespan.

This session is a bite-size introduction to mental health and the factors, which influence it, ensuring you have the essential knowledge to start building your wellbeing toolkit.

Limited to 12 attendees in total (maximum 3 per member company)

Cost: £60 (£50.00 + VAT @ 20%)

BCFTA
T: 01275 373539 | E: events@bcfta.com | W: www.bcfta.org.uk

UNDERSTANDING COMMON MENTAL HEALTH ISSUES

Registration

CONTACT DETAILS
NAME
COMPANY
ADDRESS
TELEPHONE
EMAIL

NAMES OF ATTENDEES	CONTACT EMAIL ADDRESS
1.	
2.	
3.	

WAYS TO PAY

Cheque - Please make payable to 'Bristol Corn & Feed Trade Association Ltd'
BACS payment – Sort Code: 56-00-05 Account No: 53800877
BCFTA website https://www.bcfta.org.uk

If you require a VAT invoice please retain a copy of this form for your records
VAT Registration Number GB 138 8065 49
VAT charged at 20%

CANCELATION POLICY

Cancelling your place/s on a course
Always let us know as early as possible if it looks like you can't make the date you have booked. Cancellations made 28 clear days before the date of the course, or less, or no-shows are not entitled to a refund.

Cancelling of a course
Please be aware that modules can be cancelled because of shortage of numbers, illness or other factors. It is therefore worthwhile booking hotel rooms etc. that can be cancelled. Please note that BCFTA is not liable for additional expenses.
If BCFTA have to cancel, a full refund will be offered.

DETAILS	Cost	Number of attendees	Cost (£) Inc. VAT @ 20%
Price per person	**£60 (£50) + VAT @ 20%**		
			Total