

# MEMBERSHIP FORM

Please complete (in full) and return this form to your teacher along with a cheque for the annual subscription (your teacher will advise you of the fee due). Please make cheques payable to EMDP Ltd.

Gender - Male  Female

Title.....

Forename.....

Surname.....

Email address.....

Address.....

Postcode.....

Telephone Number.....

Date of Birth / /

Full Teachers Name.....

Medau Region.....

Medau Local Association.....

Ethnicity		Religion		Disability	
White British	<input type="checkbox"/>	Pakistani	<input type="checkbox"/>	None	<input type="checkbox"/>
White Irish	<input type="checkbox"/>	Bangladeshi	<input type="checkbox"/>	Buddhism	<input type="checkbox"/>
White Other	<input type="checkbox"/>	Asian Other	<input type="checkbox"/>	Christianity	<input type="checkbox"/>
White Caribbean	<input type="checkbox"/>	Black Caribbean	<input type="checkbox"/>	Hinduism	<input type="checkbox"/>
White African	<input type="checkbox"/>	Black African	<input type="checkbox"/>	Islam	<input type="checkbox"/>
White & Asian	<input type="checkbox"/>	Black Other	<input type="checkbox"/>	Judaism	<input type="checkbox"/>
Mixed Other	<input type="checkbox"/>	Chinese	<input type="checkbox"/>	Sikhism	<input type="checkbox"/>
Indian	<input type="checkbox"/>	Other	<input type="checkbox"/>	Other	<input type="checkbox"/>

**How did you hear about this class?**

Poster  Flyer  Postcard  Website  Word of Mouth  Event  Other

The data supplied above will be used to process your Medau membership and for us to send all relevant membership information.

I understand that by becoming a member, my data will be protected by EMDP under the guidance of the Data Protection Act 1998. That EMDP may use my personal information to provide me with important information about the product or service that I am using, including important updates and notifications. Additionally, with my permission, they may send me information about other products and services, and/or share information with EMDP partners so they may send me information about their products and services.

If you would like to receive additional communications from EMDP, Medau or partner organisations please tick the box.

Signed ..... Date.....

“ I have been a member of the Medau for 30 years and enjoy the social side of Medau Activities and the priority booking ensures I have first choice and I am never disappointed. ”

“ Being a member of Medau has given me huge rewards, I attend classes regularly and I know that I am getting great value for money. ”

“ I love my Medau Class, it is my time and I enjoy the feeling of energy and vitality that it gives me. Being a member reassures me that I am part of a developing and original organisation. ”



**Medau Membership don't delay join today!**

**To start receiving all the benefits Medau can offer, complete the form and return to Medau.**



E-mail: [medau@emdp.org](mailto:medau@emdp.org)  
 Phone: 01403 266000  
 Website: [www.medau.org.uk](http://www.medau.org.uk)



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## Welcome to Medau

We trust you are enjoying your experience of the Medau way to a healthier lifestyle.

The movements you take part in are extremely beneficial to your personal wellbeing. Over time they will develop, improve or enhance your strength, stretch, stamina, and suppleness, as well as your posture, balance, co-ordination and rhythmic awareness.

We hope you feel your individual needs are addressed. Classes should be as physically challenging as you want them to be and fun to do. Your Medau teacher uses a wide variety of music, rhythm and changes of pace and dynamics to stimulate both mind and body, helping you to feel refreshed and revitalised.

By taking part in your Medau class it is good to know that you are helping yourself to keep healthy.

Medau has been successfully taught to a wide variety of people for over 60 years, so you can rest assured that you are in safe hands.



## Practical advice for coming along to class

To get the most from your class please, consider the following:

- clothes – the key is to be comfortable, wear loose clothing in layers, so you can remove them as you warm up and put back on as you cool down.
- footwear – we encourage the use of bare feet as it enhances the effects of exercise. However if there is some reason why bare feet are not suitable for you, please ask your teacher about suitable footwear. Please don't wear stockings or socks on their own as this could cause you to slip.
- drinking – it is vital to keep hydrated while exercising, so please ensure you bring some water with you.
- eating – to keep your energy levels up please ensure that you have eaten something light before coming along to class. Avoid heavy meals for at least 2 hours prior to class. Please don't chew gum while you are exercising as you risk choking.
- jewellery – it is potentially hazardous to wear jewellery whilst exercising, so please remove before class.

## Your Teacher & Standards

With sound advice from your teacher you will learn to listen to your body, work at your own pace and be alert to any signs of over exertion. Your teacher is there to help you get the most benefit from your class. The classes are set in non competitive and social environments, so if there is anything you are unsure of please ask your teacher:

The Medau Society operate high standards of training and each registered teacher:

- has attended a nationally recognised Teacher Training Course, supported by Sport England and the Exercise, Movement and Dance Partnership. Our Teacher Training Course is accredited by the Register of Exercise Professionals, the recognised National Standard for the Health & Fitness Industry, at Level 3 (Advanced Instructor).
- is trained to take classes of mixed abilities, using observation to coach the individual in a group environment, and suggest alternative movements where necessary.
- will be expected to attend on-going training.
- has public liability insurance.

## Joining Medau

At the heart of your success with Medau Movement will be the warm and friendly atmosphere of our classes and the support of your caring teacher. Whatever your reasons for exercising you can be sure to have:

- confidence in your teacher.
- movement that is suited to you.
- results from your class.
- a friendly sociable atmosphere.
- personal attention that will ensure you attain your goals.

The Medau Society is the national governing body of Medau Movement. It organises Teacher Training and in-service training, as well as recreational courses and events for participants.

The Medau Society operates a membership scheme for all participants attending classes, the fee entitles you to a member's pack, regularly updated with resources to advise on healthy lifestyles not just in the class but at home or work too.

There are additional benefits to being a member:

- regular newsletters and communications.
- opportunities to participate in team displays.
- priority access to Medau Movement & EMDP events and courses.
- discount entry to Medau Movement & EMDP events and courses.
- participation in Medau classes across the UK, or classes of other EMDP partner organisations (TFL, KFA) subject to availability.
- opportunities to train to become a Medau Teacher.