

# Hythe Youth Club & The Handy Trust

**Thursday 22<sup>nd</sup> January 2009  
7pm – 9pm**

**Self-defence session with Sensei Subash Oliver &  
Grand Master Terry Sells at Hythe Youth Club.**

This session will enable those who participate to learn how to defend themselves if the need ever arises. Participants will also meet others from the community who will talk about health and keeping yourself safe in the community.

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Please complete this slip and return it to me before the session;

Name of participant .....

Has the participant any health risks that we need to know about?  
(If they have please let me know what they are)

.....

.....  
Is it ok if we take a photo to put in the local paper? Yes / No

Signature of person with parental responsibility to sign below.

Signature .....

Emergency phone number in case we need to contact you.

.....  
If you need to contact me about this event call me on 07718147032 or email me on [candy.huxham@btconnect.com](mailto:candy.huxham@btconnect.com)

*Thanking you. Candy Huxham Youth & Community Worker*