

## **BALP FAQs**

### **Do I need to book to attend a BALP session?**

Before taking part in a BALP session, it will be necessary to complete the referral form.

If you would like to be sent a referral form in the post please contact us on 0117 352 1173 or email [balp@bristol.gov.uk](mailto:balp@bristol.gov.uk).

Once completed this will need to be posted to:

Bristol Active Life Project (MO/Col33)  
FREEPOST BS4341  
PO BOX 595  
BRISTOL  
BS99 2BR

Once received, we will contact you to confirm you are able to access the sessions and when you can commence.

### **If I am unable to attend a session, who should I contact?**

If for any reason you are unable to attend a session, please contact us on 0117 352 1173 or email [balp@bristol.gov.uk](mailto:balp@bristol.gov.uk)

### **What should I wear on a BALP session?**

You should wear clothing appropriate to the activity. As sessions will typically be quite active, loose comfortable clothing is advisable with soft, flat bottomed footwear. It's also advisable to bring a hand towel and water in a suitable container.

### **I will need support to take part in activity, can I bring someone along to assist?**

If support is required from a carer, family member, friend etc, they are more than welcome to come along and help. Before doing so, please advise us on 0117 352 1173 or email [balp@bristol.gov.uk](mailto:balp@bristol.gov.uk)

### **I have a health problem. Are these sessions for me?**

Yes they are. People take part in physical activity with a variety of health conditions. We ask that you check with your GP before attending to ensure the activity is safe for you.

### **I have special needs. Will BALP sessions cater for me?**

We endeavour to make sessions accessible to all. Please contact us on 0117 352 1173 to discuss your individual requirements.

**Can I have support to get me to the BALP session?**

We are unable to provide support for individuals to get from their residence to the activity, although we will try to sign post you to another organisation who could assist.