

# Three Quarter Time

Referral, Collaboration & Piano Room Hire Enquiry Form

Lifestyle Education for Australians Over 50 · Groove to a different beat · Sunshine Coast, QLD

Complete this form and email it to [petra@threequartertime.com.au](mailto:petra@threequartertime.com.au), or call/SMS 0490 957 265. Petra will respond within 2 business days. Tick all relevant sections below.

## SECTION A — Type of Enquiry (tick all that apply)

- GP / Allied Health Client Referral       Piano Room Hire       Collaboration / Seminar Partnership

## SECTION B — Your Details

Full name

Organisation / Practice name

Job title / Role

Phone

Email address

Preferred contact method

- Email    Phone    SMS

## SECTION C — GP / Allied Health Client Referral

Complete this section if referring a patient or client. Surname is not required — privacy is respected.

Client first name

Approximate age

General health considerations (optional)

Primary reason for referral

- Social isolation / loneliness    Low mood / anxiety    Mild cognitive concerns  
 Retirement adjustment    Grief / life transition    General lifestyle wellbeing  
 Chronic condition management    Other — describe below

**Recommended Three Quarter Time offering(s)**

- Piano Tuition (\$40 / 30 min 1:1)
- Your Life in Song (\$120 / 90 min 1:1)
- Music as Medicine (\$20 / 60 min group)
- PAC Singers (\$20 / session)
- Piano Room Seminar (\$35 / session)
- Not sure — please advise

**Additional notes for Petra (mobility, hearing, access needs, urgency)**

---

**SECTION D — Piano Room Hire Enquiry**

*The Piano Room is a beautifully curated seminar and music space available Monday to Friday on the Sunshine Coast.*

**Hire option**

- 1 Hour Hire (\$80)
- Half Day — 4 hrs (\$200)
- Full Day — 8 hrs (\$360)

*1 hr: on the hour, Mon–Fri | Half day: 9am–1pm, Mon–Fri | Full day: 9:30am–5:30pm, Wednesdays only*

**Preferred date(s) — please list 2–3 options in order of preference**

**Preferred start time**

**Expected number of attendees**

**Purpose of hire**

- Workshop / seminar
- Rehearsal
- Recording session
- Private lesson / tutoring
- Community event
- Other — describe below

**Will you need use of the piano?**

- Yes
- No
- Unsure

**Special requirements (AV/tech, seating layout, access needs, catering)**

---

**SECTION E — Collaboration / Seminar Partnership**

*Three Quarter Time welcomes partnerships with GPs, PHNs, allied health providers, community organisations and event coordinators.*

**Organisation name and type**

**Type of collaboration proposed**

- Co-hosted seminar / workshop       Social prescribing program       Community event
- Corporate wellness session       Aged care facility program       Other

**Proposed topic or focus area (e.g. Music & Brain Health, Your Life in Song, lifestyle education)**

**Target audience**

- Over 50s general community       GP / PHN clients       Aged care residents
- Allied health professionals       Corporate / pre-retiree groups       Other

**Preferred format**

- Face-to-face       Online / webinar       Hybrid

**Preferred dates / timeframe**

**Expected number of participants**

**Budget considerations (if applicable)**

**Additional information or questions for Petra**

**SECTION F — Declaration & Signature**

By submitting this form I confirm the information provided is accurate and I consent to Three Quarter Time contacting me regarding this enquiry. Any patient or client information is shared solely for the purpose of facilitating appropriate referral and will be handled in accordance with Australian Privacy Principles.

**Signature**

**Date**

Return completed form to  
**[petra@threequartertime.com.au](mailto:petra@threequartertime.com.au)**  
or call / SMS 0490 957 265  
*threequartertime.com.au · Sunshine Coast, Queensland*