

What's on offer?

A safe space for you to come and spend a few hours or a few days and be cared for.

You might come for coffee and a chat, or find a quiet space in a corner of the house or large garden to rest and have time to yourself.

You might feel more adventurous and join other folk in our art room where you can discover your own creativity.

During the week the chapel provides a quiet and prayerful space.

You may want to really pamper yourself and have a massage (anything from hands/feet to neck and shoulders or full body)

We will be happy to discuss with you what your personal needs are and help you make the most of your time.

If you feel you would benefit from a more formal support you might want to find out about our Professional Counselling Service.



What is Holy Rood House?

Holy Rood House is a Therapeutic Centre with Residential as well as Day Visit facilities.

The Centre for Health & Pastoral Care offers a holistic approach to health and well-being and was established in 1993.

We have practitioners who are trained in Arts Therapies and believe the use of creative arts is an important aspect in health and well-being.

Body therapies and spiritual accompaniment are also available.

Regular and on-going training is given to maintain the highest standards possible. All practitioners are required to receive regular, independent supervision.

Getting in touch

For general enquiries about Holy Rood House and to book a visit and for group bookings

Phone: 01845 522580

Email: enquiries@holyroodhouse.org.uk

Website: www.holyroodhouse.org.uk

Reg Charity No. 1099836

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Holy Rood House Centre for Health and Pastoral Care



Caring for carers

Information for Carers

Holy Rood House
10 Sowerby Road,
Thirsk
North Yorkshire
YO7 1HX

Carers Being Cared For – For a Change!

However strong we may feel – or kid ourselves we feel – in the end it gets to us! Caring is exhausting! Caring is exhausting emotionally as well as physically, and has major effects on our mental and spiritual health. In order to keep going – even to survive we daren't let our defences down, lest we fall to pieces, and going along on automatic pilot becomes the state of play.

Well – sometime, we do actually need to give ourselves permission to call a halt – to have a breather – to gather ourselves – to rest, reflect and make decisions. We may actually need to CRASH! I suppose it's the crashing which we may feel afraid of and we'll need to know it's safe enough to do so.

There are many areas of our lives which are affected when we feel ourselves 'carers'. It may be that we've known no other way of being, for caring is part and parcel of human living, and where would we be without it, but somehow acknowledging ourselves as 'carers' leads us into an identity, and we can sometimes find that this identity becomes all we know, to the point of losing 'ourselves'.

This perhaps is where we can get into a tangle, and stress, low self-esteem and waning of confidence becomes the order of the day as we respond to demands from others and from expectations we have of ourselves.

Taking the opportunity of respite care creates a new space within with which to begin a rekindling of our own inner spirit, acknowledging our many losses, and above all, to be, empowering us to look to the future with new hope and insight, clarity of mind and vision for new beginnings.



Who is the service for?

Carers are ordinary people – you and I – and we are often enriched by the experience although we can feel vulnerable and alone, even if we're surrounded by other people.

We may need support and a place to call our own, where we are cared for. An ordinary place will do, as long as we're accepted for who we are, listened to and actually heard – and where we can catch up on much needed sleep. Perhaps Holy Rood House could be that place - ordinary yet extraordinary, for here we are able to feel our way forward and find ourselves again.

I enjoy working at Holy Rood House, and find myself enriched by many guests who teach me how important it is to be a carer and who make sure I am cared for too.

Elizabeth Baxter,
Executive Director
Holy Rood House

***'Thank you for making my visit such a warm
friendly and deeply caring experience'***

How much will it cost?

You are asked to give a donation within your means. We do have suggested amounts depending on whether you are waged or unwaged. We may also be able to advise you about grants.