

We are a registered charity wholly supported by donations from guests, visitors, friends, financial partners, local organisations and some grant making trusts.

These donations make your stay here possible as without them we would not be able to continue to run the House. In order for us to be able to offer hospitality to others we ask that you may also consider making a donation towards the costs of maintaining the House for the future.

We understand that giving these amounts may not always be possible for some people and we would be happy to discuss individual circumstances.

If you are a tax payer and can sign a Gift Aid form this will greatly enhance the value of your gift at no extra expense to yourself.

I (full name)

of (address)

confirm that I am a UK tax payer and I pay income, or capital gains tax, at least equal to the amount of tax to be reclaimed, and that it is my wish to make this and all future donations under the Gift Aid Scheme.

Signature

Amount of gift £

Date

**Holy Rood House & Thorpe House
Centre for Health and Pastoral Care
& The Centre for the Study of Theology and Health
10 Sowerby Road
Thirsk
North Yorkshire
YO7 1HX
01845 522580**

**enquiries@holyroodhouse.org.uk
www.holyroodhouse.org.uk**

HOLY ROOD HOUSE RETREAT

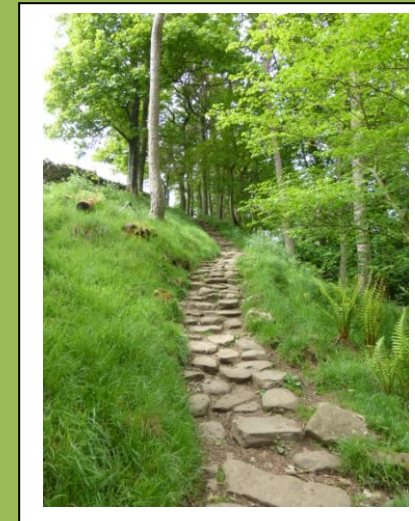
FINDING A LIFE-GIVING PATH THROUGH CHRONIC ILLNESS

from

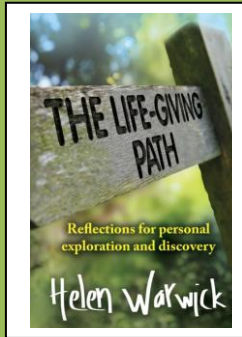
**Friday 14th October to Sunday 16th
October 2016**

*With opportunity to stay from the 13th-17th
October (or longer) for further retreat space*

Led by **Helen Warwick** and members of the
Holy Rood community



This informal retreat for those people with chronic illness and their carers, will be a mixture of short talks and optional creative space looking at our continuing healing journey. There will be opportunity for exploring the person you are and your needs. There will be short times of worship and plenty of time for rest and relaxation. Trained listeners and complimentary therapists will be available throughout the retreat. Numbers will be limited to 15 to give plenty of opportunity for space in the house.



The community will make sure there are plenty of spaces for people to enjoy quiet times in the house. All we offer is optional. This is YOUR time. We know how tiring travelling can be, so it may suit you to arrive on the Thursday and have a rest before the retreat commences. You are also welcome to stay on for a night to prepare again for travel. These two extra nights will be offered at a discount rate, to help you to get the best out of your retreat.

Holy Rood House, Centre for Health and Pastoral Care, has 17 bedrooms, an art centre and creative gardens with a labyrinth and animals to enjoy, offering home-cooked food and catering for dietary requirements. Please note that there are stairs to most bedrooms.

Helen Warwick writes... *I am a residential member of Holy Rood House and on the chaplaincy team. I am a Spiritual Director and writer with training in Occupational Therapy and Counselling (including Person-Centred Art Therapy). My past experience of chronic illness has developed many creative ways of finding healing and wholeness. My passion is to help others connect to more life-giving ways, which is expressed through my latest book 'The Life-Giving Path; Reflections for Personal Exploration and Discovery'. My published books can be viewed on Kevin Mayhew's website.*



For more information please contact us in the office through email or phone, whichever is easiest for you. Come and enjoy this lovely home and feel part of the community.



BOOKING FORM

Suggested Donation

from 4pm Fri—after lunch Sunday £160 & £170 en-suite *

For those sharing a room there is £10 each reduction

Please send this form together with a £60 non-returnable deposit to:

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

Name:.....

.....

Address

.....

.....

Telephone:.....

Email.....

We will arrange to meet a train or coach if necessary;

Time of arrival: Thirsk Station at..... Coach at

En-suite if available Δ Share twin with en-suite & view of hills Δ

Double en-suite Δ

Please indicate if stairs are a difficulty for you.

SPECIAL DIET Do you have a special diet or other information we need to help make your stay comfortable?

How did you hear about Holy Rood House?.....

Have you been to Holy Rood before?.....

*A small bursary may be available

If you would like a receipt please send a stamped addressed envelope