

Holy Rood House welcomes
you to



Replenish

Days of refreshment

**On Thursday 15th February 2018
and Thursday 26th April 2018
from 9.45 for 10am – 4pm**

Come and enjoy a day at the peaceful centre of Holy Rood House (and Thorpe House) – a place that specialises in health and pastoral care.

Each day will have a gentle theme and is for anyone wanting more refreshment in life.

15th February – Exploring a balance in life

26th April - Exploring creatively

Chur Sun (one of our counsellors) and Helen (one of our chaplains) will run the day.

There will be space for sharing with others in a confidential setting and time to relax. Holy Rood has lovely facilities including a big garden, art room and library. The day will include lunch and hot drinks and will finish with tea and cake.



Holy Rood House is a charity with a gentle Christian ethos; we are a community that offers a space for many people at their time of need.

Comments from guests include *'I came tired, I leave refreshed and renewed by hope.'* *'...the house has 'held' me, the garden has cheered me and the art room has freed me from worries & responsibilities. Good food & the love of so many people here has given me a sense of wellbeing...'*

We are a charity wholly supported by donations. The suggested donation for the day is **£35 - £40**.

To book the day please ring us on 01845 522580 or email us at enquiries@holyroodhouse.org.uk. It is helpful for us to know dietary requirements and if you are a UK tax payer so we can claim gift aid on your donation.

Do explore our website <http://www.holyroodhouse.org.uk/> or give us a ring to find out more about the day.

**Holy Rood House & Thorpe House
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