

# Holy Rood House On-line retreats

## *Long Covid – Exploring Healing in Body, Mind and Spirit*

**Tuesdays from 10 - 11.15am  
with a repeat from 6 - 7.15pm  
Part 1 on 27th April 2021  
Part 2 on 11th May  
Part 3 on 25th May**

*I've been feeling like  
a dried out husk and  
your exercise  
showed me there is  
potential in my life*

CARE PEOPLE HEALTH  
Respiratory  
Return to work  
Shift patterns  
COVID  
FATIGUE  
Well-being

**Long - COVID**

LONG COVID  
Recovery  
Shift patterns  
Return to work  
FATIGUE  
WELL-BEING  
SUPPORT  
Respiratory  
WELL-BEING  
Fatigue  
Respiratory  
Mental health

**These retreats will be suitable for anyone living with the effects of Long Covid (suffering symptoms from the Covid virus after several weeks). Helen Warwick, a Creative Therapist and Chaplain, will be offering healing ways to find a life-giving path through fatigue, physical and psychological symptoms, grief, loss and change of lifestyle. Sessions will include information, creative ideas and wellbeing exercises. There will be space for your own reflections.**



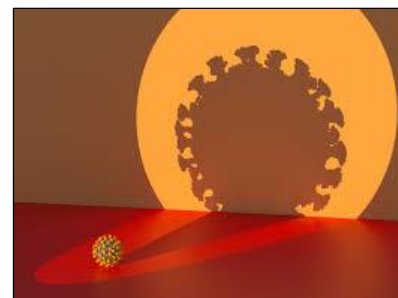
Holy Rood House is a charity with a gentle Christian ethos; we are a community that offers a space for many people at their time of need and education through the theology centre.

Helen is one of our residential chaplains who leads creative retreats and works with individuals and groups. She is a trained Occupational Therapist and Spiritual Director. Her own journey through chronic illness developed many creative ways of finding wellbeing and initiated her writing published books (Kevin Mayhew publisher). Helen has been running on-line retreats that are proving valuable and popular. Comments include *'I have so valued these evening sessions and your gentle and expert guiding.'* *These zoom sessions have been a real gift – a way to create a bit of inner space for myself' 'I found this morning uplifting and inspiring'*

We are supported by donations.

**The suggested donation for each event is £15.**

**To apply please email us at [enquiries@holyroodhouse.org.uk](mailto:enquiries@holyroodhouse.org.uk). We will email back with an acceptance and send BACS details for payment – to be paid before the event. Please inform if you are a gift-aider and supply your name and full address. Alternatively, do send a cheque. A few days before the retreat you will be sent an email with the Zoom link that will take you straight to the event. Do give us a ring or email if you want to find out more.**



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

[www.holyroodhouse.org.uk](http://www.holyroodhouse.org.uk)

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