

Holy Rood House welcomes
you to



Replenish

Days of refreshment

**On Thursday 28th June and
Thursday 20th September 2018**
from 9.45 for 10am – 4pm

**Come and enjoy a day at the peaceful centre of
Holy Rood House (and Thorpe House) - we
specialise in health and pastoral care.**

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

28th June – Being replenished through nature.

**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.**

**These days are run regularly throughout the
year.**



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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& The Centre for the Study of Theology and Health
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