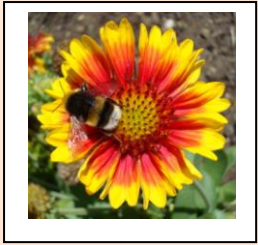


Holy Rood House welcomes  
you to



*Replenish*

**A day of refreshment for carers  
and people living on their own**

**On Thursday September 28th  
2017**

**from 9.45 for 10am – 4pm**

Come and enjoy a day at the peaceful centre of Holy Rood House – a place that specialises in health and pastoral care. We understand how difficult it can be to be a carer or living on your own and we have experienced staff to listen and provide support. 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 and home-cooked food. 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 **£30 - £35**.

To book the day please ring us on 01845 522580 or email us at [enquiries@holyroodhouse.org.uk](mailto: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  
Centre for Health and Pastoral Care  
& The Centre for the Study of Theology and Health  
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