

# Holy Rood House On-line retreats

## *Wellbeing for Low Energy - Body, Mind and Spirit*

**Tuesdays from 11am - 12.15pm**

**Part 1 on 31<sup>st</sup> October 2023**

**Part 2 on 7<sup>th</sup> November**

**Part 3 on 21<sup>st</sup> November**



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

**These events will be suitable for anyone living with low energy, chronic fatigue or Long-Covid. 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.**



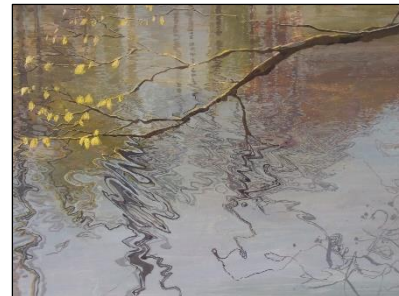
Holy Rood House is a charity with a gentle Christian ethos; we are a community that offers a space for many people at their time of need and education through the theology centre.

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 sessions and your gentle and expert guiding.'* *'I found this morning uplifting and inspiring'* *'I found the first couple of exercises very powerful and will be practising those. I get the feeling that this sort of thing is exactly what I need.'*

We are supported by donations.

**The suggested donation for each event is £15. 3x events £40**

**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**

Charity number 1099836

<https://www.facebook.com/holyroodhouse>