

The Encephalitis Society

Retreat Weekend 20-22 June 2008



Do you need to get away from it all? Do you want a weekend free of TV, phones, work, and want to detox both mind and body? Then our Relaxing Retreat weekend is for you.-

On 20th to 22nd June 2008 The Encephalitis Society is again organising a special weekend away (Friday to Sunday), in the magnificent location of Buckland Hall nestled in the mountains of the Brecon Beacons National Park, Wales.

The weekend is for anyone affected by encephalitis (directly or indirectly) and will include workshops, presentations, and therapies involved in dealing with life's difficulties, treating yourself and having some fun too. All the workshops are optional. If you just want to come and wander the magnificent 60 acres of gardens, parkland and lakes then that's fine too.

Your relaxing weekend will be supplemented with a seductive menu of vegetarian food to help cleanse your system. The food is a gastronomic delight using local and organic produce.

After a refreshing sleep in the comfortable en suite bedrooms you can rise for an early morning walk along the river or mountain paths, or have a long lie in. Later in the day you can join us for the workshops and fantastic food if you wish. Breaks can be spent wandering around the gardens, the renowned arboretum and the ornamental lake. Later as the sun sets behind the Brecon Beacons, it bathes the veranda with a warm glow. Inside the log fires blaze, whilst you sit with a drink and the chat continues for some into the small hours.

PRELIMINARY PROGRAMME

(the programme will be consolidated and confirmed nearer the time).

Friday, 20th June 2008

- 4pm Arrivals begin at the Retreat
Unpack and Relax
- 6pm Welcome & Dinner
Opportunity to stroll around the gardens, woodland and Lakes, socialise in the Grand Lounge or rest in your room

Saturday, 21st June 2008

- 8.00 – 9.00am Breakfast
- 9.30am “Discovering & Recovering” Motivational Workshop with Andy McCann
- 10.30am Mid morning coffee
- 11.00 – 12noon Motivational Workshop with Andy McCann continues
- 1pm Lunch
- 2pm Personal Time
- 6pm Dinner and the Evening's Entertainment

Sunday, 22nd June 2008

- 9am Breakfast
- 10.00am Group Photo
- 10.15am “Tall Tales and Short Stories” Workshop with Rosemary McLeish
- 12.30pm Final Thoughts and Lunch
- 2pm Departures

We also intend to have a therapist on site during the day with whom you can make appointments for treatment. This is included in the cost and we will confirm the nature of the therapy nearer the time.

The weekend is for those aged 16 or over and unfortunately we are unable to offer any care or personal support.

Please note that if you tick the box requesting complimentary transport from Abergavenny Rail Station then you MUST let us know if you no longer require this. If you do not then it means we have a staff member waiting for people who are not arriving – this can cause a great deal of concern.

Retreat 2008 BOOKING FORM

Name:.....

Address:.....

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Postcode:.....

Telephone Number:.....Email:.....

Names of Adults attending:

1:.....2:.....

3:.....4:.....

Please specify any special diets, disability or other special requirements:

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The retreat is a 25 minute taxi ride from Abergavenny train station and costs in the region of £20/25 by taxi, **however**, if you are travelling by public transport and require complimentary transport (included in the price) from Abergavenny to the Retreat location please tick and complete:

You will need to arrange your transport so you arrive at Abergavenny Rail Station between 3 and 5pm on the Friday afternoon.

Number of transport places required:

If you are travelling in your own transport and are willing to offer a seat in your car to someone who may be travelling from your region, please tick here

I am enclosing a cheque for £.....(total amount).

**The cost is £100 per person, or £80 per person (unwaged).
and includes accommodation, workshops, meals, refreshments and any pre-arranged travel from Abergavenny train station for those coming by public transport.
If paying in instalments would be helpful please contact Ava Easton to organise.**

EARLY BOOKING IS ESSENTIAL. Places are limited and will be issued on a first come, first served basis.

Please note the cost of the weekend is non-refundable in the event of cancellation unless we are able to re-sell your place.

Please make cheques payable to: The Encephalitis Society

A receipt will be sent with a confirmed programme, details of the venue and a map nearer the time.

If you have any queries about the weekend, please contact Rachel at the National Office on 01653 692583 or email Ava on ava@encephalitis.info

Booking Forms must be returned with payment by 31st January 2008 to:

Ava Easton, Encephalitis Society, 7b Saville Street, Malton, North Yorkshire, YO17 7LL.