

## Booking Information

**Cost: £40**

(Includes morning coffee, lunch and afternoon tea)

If on low income, please ask about a concession rate

Please book through Muriel at:  
[info@bieldatablackruthven.org.uk](mailto:info@bieldatablackruthven.org.uk)

or

**01738 583 238**

After booking, please pay cost in full  
(Massage can be booked through Muriel—please do this before arriving)

Cheques & BACS are Payable to:  
“The Bield Christian Company Ltd.”

Sort Code: 83-47-00

A/C: 00100095

Please include surname as reference.  
Card payments can be made by phone.

See web site for Cancellation Policy:  
[www.bieldatablackruthven.org.uk](http://www.bieldatablackruthven.org.uk)

### Extend your stay?

You are very welcome to stay the night before or after the programme or to come to Chapel at 9.00a.m. or 5.00p.m.

**The Bield at Blackruthven  
Tibbermore  
Perth PH1 1PY**

**Tel: 01738—583 238**



The Bield at Blackruthven

# 2024 Wellness Days for NHS Staff The Bield at Blackruthven

**26th January**

**12th March**

**17th May**

**20th August**

**18th October**

**26th November**

**10.00a.m.—4.00p.m.**

**Cost: £40**

***“A thoroughly enjoyable day to relax, rewind and recuperate.”***

Previous Participant

## **Wellness Days for NHS staff**

Why not join others from the NHS and come and spend a day at the beautiful Bield to slow down, relax and unwind?

The last few years have been challenging for many NHS employees with unprecedented pressures, stress and anxiety affecting energy levels and people’s sense of wellbeing.



This day is for those who would like to take some time out and tend to their own wellbeing.

## **What to expect**

This is a programmed day, during which you will be able to choose from different activities, some offered individually, others in small groups. Opt in or out as you want.



## **Options available** (Some weather dependent)

- Gentle wellbeing and mindfulness practices—tai-chi, finger holds for managing emotions, tapping, etc.
- Art room—suggestions available for how to use art reflectively or freedom to do your own thing
- Time to wander the grounds, sit quietly in the walled garden or chapel, chat with others
- Massage – Needs to be pre-booked—(Extra charge—paid directly to the massage therapist)
- Labyrinth walk
- Space for 1:1 support with a member of the Bield team or NHS Chaplain
- Swimming pool, poetry trail, camp fire—even visiting the alpacas!

## **Facilitators**

Valerie Allen, Kirrilee Reid or Louise Younger along with members of the Bield Team, supported by NHS Spiritual Care Chaplains (when available)



***“As soon as I arrived at the Bield I felt a weight lift from my shoulders.”***

Previous Participant

***“When I’m feeling anxious, I use the finger holds we learned and breathe more slowly. It’s so helpful.”***

Previous Participant