

Booking Information

Cost: £32

(Includes morning coffee, lunch and afternoon tea)

Please book through Muriel at:
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

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



Wellness Days for NHS Staff

**The Bield at Blackruthven
supported by
NHS Scotland Spiritual Care Services**

**Wednesday, 31st August 2022
Thursday, 27th October 2022
Friday, 8th December 2022**

10.00a.m.—4.00p.m.

“By the end of the day, I felt the most relaxed I’ve been in ages!”

Previous Participant

Wellness Days for NHS staff

The last few years have been very challenging for many NHS employees. Unprecedented pressures and demands have affected energy levels and folk’s sense of wellbeing.

Heightened anxiety, stress and fatigue are common feelings, as is feeling depleted and in need of some TLC.



Why not join others from the NHS and come and spend a day at the beautiful Bield—slowing down, relaxing and unwinding?

What to expect

During the day you will be able to choose from various options, some offered individually, others in small groups. Opt in or out as you feel.



Options available (Some weather dependent)

- Gentle body work 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
- Walks and space to wander the stunning grounds, sit quietly, chat with others
- Massage – Please pre-book (extra charge paid directly to the massage therapist)
- Walking the labyrinth—with an option to symbolically lay down some of the emotions you may have been carrying
- Individual time to be listened to by a member of the Bield team
- Swimming pool, poetry trail, camp fire—even visiting the alpacas!

Facilitators

Valerie Allen along with other members of the Bield Pastoral 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 angry or anxious, I use the finger holds and breathe more slowly. It is so helpful.”

Previous Participant