

## Booking Information

**Cost: £32**

(Includes morning coffee, lunch and afternoon tea)

Retreat Bursaries for NHS staff at:

[www.promotingretreats.org/bursary-fund](http://www.promotingretreats.org/bursary-fund)

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

**01738 583 238**

After booking, please pay cost in full  
(Massage can also be booked through Muriel)

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.bieldatblackruthven.org.uk](http://www.bieldatblackruthven.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**



**Scottish Charity SC 027462**



## Wellness Days

for

## NHS Staff

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

**Thursday, 25th November 2021**

**Friday, 4th February 2022**

**Thursday, 28th April 2022**

**Friday, 27th May 2022**

**10.00a.m.—4.30p.m.**

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

Previous Participant

## **Wellness Days for NHS staff**

COVID 19 and the pandemic have left many staff experiencing unprecedented pressures and demands that are affecting their energy or wellbeing.

You may be feeling a greater sense of stress, fatigue, anxiety or loss.

You may be feeling depleted and in need of some TLC.

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



## **What to expect**

During the day you will be able to choose from various options, some offered individually, others in small groups with social distancing, always respecting any COVID restrictions.



## **Options available**

- 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 space to do your own thing; mandala making.
- Walking the labyrinth—with an option to symbolically lay down some of the emotions you may have been carrying.
- Massage – please pre-book (extra charge paid directly to the massage therapist).
- Individual time to be listened to by a member of the Bield team.
- Space to wander the stunning grounds, sit quietly, chat with others.
- Camp fire, meditation—even feeding or walking the alpacas!

## **Facilitators**

Valerie Allen along with other members of the Bield Pastoral Team, supported by NHS Spiritual Care Chaplains.



***“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. It is so helpful.”***

Previous Participant