



# **NEW** three day retreat for parents bereaved by suicide, addiction or substance use

**Woodbrooke, Birmingham**

**Monday 11<sup>th</sup> – Wednesday 13<sup>th</sup> July 2016**



**This Compassionate Friends retreat is especially for those parents bereaved by addiction, substance use or whose child took their own life.**

## **About the retreat**

An opportunity to come and meet with others who understand the pain of the loss of a beloved son or daughter, and to immerse yourself in the comfort and warmth of a dedicated team of bereaved parent supporters.

The retreat will be a mixture of discussions and activities which you are free to participate in as much, or as little, as you wish. Most of all, this is an opportunity to spend a few days away with people who truly understand what it means to be a parent bereaved in these particularly difficult ways.

## About the venue

Woodbrooke Quaker Study Centre, the Grade II listed former family home of the chocolate maker, George Cadbury, is located within easy reach of Birmingham city centre. Set in 10 acres of organically managed gardens and woodlands, including a lake and a walled garden, this unique and historic house offers a relaxed and welcoming environment, with a wonderful sense of peace and tranquillity. With comfortable bedrooms, a bright and airy modern lounge and terrace overlooking the garden, plus freshly prepared organic meals, the venue offers a delightful space in which to relax in the company of others who truly understand.



*Although this retreat will be held in a Quaker centre, please note that it is not a religious event. The Compassionate Friends has no religious affiliation, and we welcome parents from all faith backgrounds and none.*

Please also note Woodbrooke is an alcohol-free building. Alcohol is not permitted in any of the public areas. Smoking is permitted in the allocated smoking area in the grounds.

You can find directions to Woodbrooke here:

<http://www.woodbrooke.org.uk/pages/directions>.

Woodbrooke is approx. 5 miles south of Birmingham city centre. If travelling by train, travel to Birmingham New Street station, and either take a taxi *or* 61 or 63 bus direct to the door of Woodbrooke, *or* one of the regular trains to Selly Oak station (10 minute train journey). We will arrange lifts from Selly Oak station to Woodbrooke.

For more information about the retreat venue  
visit the website at [www.woodbrooke.org.uk](http://www.woodbrooke.org.uk).

The venue address is 1046 Bristol Road, Birmingham B29 6LJ.

## How can you book?

The cost is £235 per person and this includes full board from Monday afternoon tea through to Wednesday after lunch. The booking form is on page 4 of this booklet. **Places are limited, so please book early.**

**If you are a donating (supporting) member of The Compassionate Friends the cost is £205 per person.**

(If you are not a donating member, you can join TCF by **calling us on 0345 120 3785** (9.30 am – 4.15 pm) to pay your membership and receive the discounted members' price on this retreat.

Full payment is required at time of booking. (If this causes you a problem, please get in touch and we will try hard to be flexible).

## Bursary Fund

There will be some bursaries available to fund part of the costs of the weekend to those experiencing financial hardship. If you would be interested in applying for one of these, please ask us for a bursary application form on 0345 120 3785 or [info@tcf.org.uk](mailto:info@tcf.org.uk). Closing date for bursary applications is 16<sup>th</sup> May 2016.

Conversely, if you feel able to **contribute towards our bursary fund**, thereby enabling others with limited financial means to attend the retreat, please add your contribution to the Fund to your payment. Our warmest thanks for enabling our charity to support others.

## Feeling unsure?

If you are wondering whether this retreat is for you, are feeling unsure about any aspect, or would like to talk through anything about the retreat, please do feel free to contact Gina Claye on 01844 345 387 or Susan Carroll on 07748986631 (if no answer please leave a message and Susan or Gina will get back to you).

This weekend is primarily for bereaved parents. However, adult siblings would be welcome to attend if accompanying a parent (and willing to share a room) but please note there will not be a separate sibling programme.

# TO BOOK

## Retreat for parents bereaved by suicide, addiction or substance use

11<sup>th</sup> - 13<sup>th</sup> July 2016 \* Woodbrooke, Birmingham

Complete the booking form **BELOW** and post it to us at:

**The Compassionate Friends, 14 New King Street, Deptford, London SE8 3HS**

Or, email to [info@tcf.org.uk](mailto:info@tcf.org.uk)

Or, call us on 0345 120 3785 to make your booking and payment by debit card.

Person 1: Name \_\_\_\_\_

Person 2: Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Dietary requirements \_\_\_\_\_

Disability requirements \_\_\_\_\_

Your child's name \_\_\_\_\_ Date of death \_\_\_\_\_

Age at death \_\_\_\_\_ Cause of death \_\_\_\_\_

Please tick and indicate as appropriate:

I am a [donating member of TCF](#) and enclose my payment for single/double/twin bedroom at **£205 per person: TOTAL enclosed £** \_\_\_\_\_

I am a [not a donating member of TCF](#) and enclose my payment for single/double/twin bedroom at **£235 per person: TOTAL enclosed £** \_\_\_\_\_ \*

I would like to contribute towards the [Bursary Fund](#) for this retreat and include an additional donation of £ \_\_\_\_\_.

\*Please **CALL US on 0345 120 3785** to join [The Compassionate Friends](#) as a donating member (minimum of £30 per year) and then book this retreat at the membership price of £205 per person.

*NB - There are a limited number of bedrooms with a shared bathroom – if you are interested in one of these at a reduced price (£180 for donating members, £210 for non-members) please call us.*

Please **send booking form with FULL PAYMENT** (cheque made payable to The Compassionate Friends or debit card details) to: **The Compassionate Friends, 14 New King Street, Deptford London SE8 3HS** [info@tcf.org.uk](mailto:info@tcf.org.uk)