



The
Compassionate
Friends

Weekend retreat for parents bereaved by suicide, addiction or substance use

Woodbrooke, Birmingham

Friday 23rd – Sunday 25th June 2017



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

About the weekend

This is the second year of this retreat, and a unique opportunity to come and meet with others who understand the pain of the loss of a beloved son or daughter. Here you can immerse yourself in the comfort and warmth of a dedicated team of bereaved parent supporters.

The weekend 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.

What others said about the 2016 Retreat

"It has certainly helped me on my journey of grief. It is so healing to meet with other bereaved parents. We can walk the walk together and be with others who truly understand and care".

"You offered an experience which allowed me the peace, space and environment to share my particular agony with other bereaved parents who I know will become new friends".

"It was a special time, and I have left with memories of safety, warmth and security".

"It was fantastic to be with so many parents all in the same boat, who, no matter what was said, were never shocked, embarrassed or judgmental. I felt able to talk about my son freely and indeed talked about him more in those three days than I have since he died, five years ago.... Thank you for a wonderful few days. I feel stronger and more hopeful".

"An inspiring retreat which helped to give us all strength at the various stages of grief, shock and trauma we find ourselves".

"Amidst our shared deep sorrow, there were many illuminating thoughtful conversations, and many funny times, there were glimpses of life and hope..."



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.

You can find directions to Woodbrooke here: <http://www.woodbrooke.org.uk/pages/directions.html>

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.

How can you book?

The cost is £240 per person and this includes full board from Friday afternoon tea through to Sunday lunch. The booking form is on page 4 of this booklet or book easily **ONLINE at www.tcf.org.uk/EVENTS**. **Places are limited, so please book early.**

If you are a donating (supporting) member of The Compassionate Friends the cost is £210 per person.

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. Closing date for bursary applications is **12th May 2017**.

Also, 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** Brooks 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.

Please 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.

TO BOOK

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Book ONLINE at www.tcf.org.uk – go to EVENTS.

Or, 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

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 _____

Is this child your only child? YES/NO

Please tick and indicate as appropriate:

I am a **donating member of TCF** and enclose my payment for single/double/twin bedroom at **£210 per person: TOTAL enclosed £** _____

I am a **not a donating member of TCF** and enclose my payment for single/double/twin bedroom at **£240 per person: TOTAL enclosed** (includes one year donating membership of TCF) **£** _____

I would like to contribute towards the **Bursary Fund** for this retreat and include an additional donation of **£** _____.

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.