

Holy Rood House On-line retreats

Long Covid – Exploring Healing in Body, Mind and Spirit

**Thursdays from 10 - 11.15am
with a repeat from 6 - 7.15pm**

Part 1 on 28th October 2021

Part 2 on 4th November

Part 3 on 18th November

CARE PEOPLE HEALTH Respiratory COVID Well-being
Return to work Shift patterns COVID

Long - COVID

LONG Recovery Respiratory WELL-BEING
COVID Fatigue Shift patterns Advice
Return to work Recovery Shift patterns Advice
FATIGUE WELL-BEING
Support ADVICE BEING
SUPPORT COVID SUPPORT Advice Mental health

*I've been feeling like
a dried out husk and
your exercise
showed me there is
potential in my life*

These retreats will be suitable for anyone living with the effects of Long Covid (suffering symptoms from the Covid virus after several weeks). Helen Warwick, a Creative Therapist and Chaplain, will be offering healing ways to find a life-giving path through fatigue, physical and psychological symptoms, grief, loss and change of lifestyle. Sessions will include information, creative ideas and wellbeing exercises. There will be space for your own reflections.



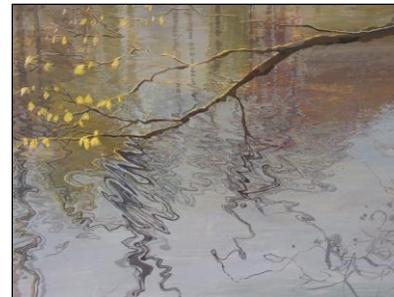
Holy Rood House is a charity with a gentle Christian ethos; we are a community that offers a space for many people at their time of need and education through the theology centre.

Helen is one of our residential chaplains who leads creative retreats and works with individuals and groups. She is a trained Occupational Therapist and Spiritual Director. Her own journey through chronic illness developed many creative ways of finding wellbeing and initiated her writing published books (Kevin Mayhew publisher). Helen has been running on-line retreats that are proving valuable and popular. Comments include *'I have so valued these sessions and your gentle and expert guiding.'* *'I found this morning uplifting and inspiring'* *'I found the first couple of exercises very powerful and will be practising those. I get the feeling that this sort of thing is exactly what I need.'*

We are supported by donations.

The suggested donation for each event is £15.

To apply please email us at enquiries@holyroodhouse.org.uk. We will email back with an acceptance and send BACS details for payment – **to be paid before the event.** Please inform if you are a gift-aider and supply your name and full address. Alternatively, do send a cheque. A few days before the retreat you will be sent an email with the Zoom link that will take you straight to the event. Do give us a ring or email if you want to find out more.



Charity number 1099836

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