

**Holy Rood House, Thirsk,
welcomes you to
A Relaxing Wellbeing Day
Thursday 18th July 2024
from 9.45 for 10am – 3pm**



Come and enjoy a day at the peaceful centre of Holy Rood House (and Juliet House) - we specialise in health and pastoral care. A refreshing day for all, especially for people with low energy - with creative ideas and restful spaces. Helen Warwick, a creative therapist and chaplain, will be offering wellbeing ways of exploring our energy and current journey in life. Holy Rood House has lovely facilities including sensory gardens, spacious art room, library and comfy lounges. The day will include lunch and hot drinks.

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. Comments from guests include '*...the house has 'held' me, the garden has cheered me and the art room has freed me from worries & responsibilities.*' '*I came tired, I leave refreshed and renewed by hope.*'

Suggested donation for the day - **£40**

**Holy Rood House & Juliet House
Centre for Health and Pastoral Care
& The Centre for the Study of Theology and Health
10 Sowerby Road
Thirsk
YO7 1HX**

Do explore our website <http://www.holyroodhouse.org.uk/> or give us a ring **01845 522580**
registered charity: 1099836 enquiries@holyroodhouse.org.uk

Birds come, fly and sing to me
when I have lost my song.
Trees come, wave a branch to me when I feel alone.
Flowers come, pour your scent my way
when I have lost my senses;
and I will tiptoe carefully through my valleys
into a new tomorrow.