

Booking Information

Cost: £35

(Includes morning coffee, lunch and afternoon tea)

Please book through Muriel at:
info@bieldatblackruthven.org.uk
or
01738 583 238

After booking, please pay cost in full
(Massage can be booked through Muriel—please do this before arriving)

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

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



The Bield at Blackruthven

2023 Wellness

Days

for

NHS Staff

The Bield at Blackruthven

28th February

21st April

25th May

10th August

26th September

1st December

10.00a.m.—4.00p.m.

Cost: £35

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

Previous Participant

Wellness Days for NHS staff

The last few years have been very challenging for many NHS employees. Unprecedented pressures and demands have affected energy levels and folk’s sense of wellbeing.

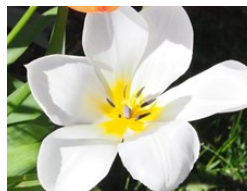
Heightened anxiety, stress and fatigue are common feelings, as is feeling depleted and in need of some TLC.



Why not join others from the NHS 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 activities, some offered individually, others in small groups. Opt in or out as seems right for you.



Options available (Some weather dependent)

- Gentle wellbeing and mindfulness practices—tai-chi, finger holds for managing emotions, tapping, etc.
- Art room—suggestions available for how to use art reflectively or freedom to do your own thing
- Free time to wander the stunning grounds, sit quietly in the walled garden or chapel, chat with others
- Massage – Needs to be pre-booked—(extra charge—paid directly to the massage therapist)
- Labyrinth walk
- Space for 1:1 support with a member of the Bield team or NHS Chaplain
- Swimming pool, poetry trail, camp fire—even visiting the alpacas!

Facilitators

Valerie Allen or Louise Younger along with other members of the Bield Team, supported by NHS Spiritual Care Chaplains (when available)



“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 more slowly. It’s so helpful.”

Previous Participant