

Women's Weekend at Hilfield, Dorset

Friday 29th to Sunday 31st March



What's this weekend about?

On this weekend there will be space for up to 16 women who are exploring their path in life. We may be at a point of personal change, we may be grappling with issues in the wider world, we may simply want a space where we can step back, chill out, get some perspective, or just relax and recharge our batteries. The aim is, we are there to support each other. Not judging, changing or advising each other, but encouraging each other's uniqueness.

The weekend is designed to provide a gentle, kindly space – not ruling out supportive challenge if it's asked for. Very likely we will each have skills, and we may offer to share them. In practical terms, we will need to share the cooking and the chores. You are asked to avoid alcohol or any non-prescribed drugs during the weekend.

The shape of the weekend is up to us. We will create our own timetable and activities, making use of the skills and interests we bring with us, and the rich facilities and surroundings of Hilfield itself.

About the venue

Hilfield is a Friary within the Society of St Francis, which follows the example of Francis of Assisi. A community of Franciscan brothers and lay people live at the Friary and offer space for retreats and sympathetic (not exclusively Christian) events.

Hilfield seeks to promote justice and reconciliation, and is deeply committed to sustainable and responsible use of resources. This is reflected in their energy use, their transport, food production, and the tending of their land.

The Friary is arranged around a main courtyard where the chapel, library, offices and reception can be found. Away from the courtyard are a number of houses, a large art room and the Pustinia, a small and quiet wooden building suitable for prayer or meditation. During the Women's Weekend we will have exclusive use of two detached houses and the Pustinia, and shared use of the art room.

There are extensive landscaped grounds, and the Friary is adjoined by public woodlands with wide views over the Dorset countryside.



Accommodation



The accommodation is simple but comfortable, with 10 single rooms, 2 twin, 1 double, and shared bathrooms. Linen and towels are provided. Each house has its own sitting room and kitchen. We will cook and eat together in the larger of our two houses. The sitting room of the larger house, with a welcoming wood-burner, is our main group space.

Cost and booking

The cost for two nights' accommodation and food for all meals from Friday supper until Sunday lunch is £69 per person for single rooms, £65 per person for shared rooms, if paid by midday on 4th March, or £79 and £75 if paid after. Bookings will close on Thursday 14th March. To book please fill in the form overleaf, send to Sally Cooke on salcooke1@gmail.com and, when your place is confirmed, pay Sally by bank transfer to a/c no. 00569183, sort code 30-92-69.

Who's coming?

This invitation is going out to women co-counsellors, voice dialogue practitioners and women in peer support groups.

Travel

Hilfield's address is The Friary, Hilfield, Dorchester, Dorset DT2 7BE. The nearest stations are at Dorchester or Yeovil. Lifts can be arranged from either. Arrival at Hilfield is from 5 pm on Friday and departure is at 2 pm on Sunday. Supper will be at 6.30 on Friday, with an opening gathering at 8 pm.

What to bring

Warm clothing, walking shoes or boots and waterproofs, a torch, favourite games, poems / readings, or musical instruments, any materials you need for activities you'd like to offer. Any extra foods, snacks or drinks you might need. Personal toiletries, medication etc.

Questions

You are very welcome to contact Sally on salcooke1@gmail.com or 01305 267758 or 07794 432 297 if you have any questions.

Looking forward to sharing the weekend with you!

WOMEN'S WEEKEND, HILFIELD, MARCH 2019 BOOKING FORM

Your contact details

Name
Address

Email
Tel & mobile

How you are connected to this event

Are you a CCI co-counsellor / Voice Dialogue practitioner / peer support group member ?

Accommodation preference

Do you prefer single room / twin / double
If you'll be sharing a room, who is your preferred sharer (if any?)
Any access or mobility problems? please describe

Food preferences

Do you prefer vegetarian / vegan
Any other dietary needs? (we will try our best but might need to ask you to bring some of your own supplies if we can't meet your needs)

Travel

Do you plan to come by car / train / other
(please say what)

Would you like / can you offer a lift? If so,
where from?

If offering a lift, for how many people?

Contact list Can we include all / some / none of your details on a shared contact list ?
(the list will be confidential among participants in this event)
If 'some' please say which.

Payment

Which price are you paying?
Early twin / double (before 4 March) £65
Early single (before 4 March) £69
Standard twin / double (after 4 March) £75
Standard single (after 4 March) £79

Please pay by bank transfer, with your name as the reference, to Sally Cooke, Lloyds Bank, sort code 30-92-69, account number 00569183

Anything else you'd like us to know?

Date _____

Signed _____



The Pustinia (meditation / prayer space)