

Survivors of Bereavement by Suicide

Launde Abbey - Gloucester Annual Retreat

Friday 23rd to Sunday 25th October 2020

The beautiful Leicestershire countryside which surrounds Launde Abbey Retreat Centre is deeply restful. Our retreat is an opportunity to meet others who have also been bereaved by suicide, remember those we have lost, take time to relax, take a step back from the stress or chores of life, and enjoy the food.

You can now book places for the October Retreat; open to any adult who has been bereaved by suicide. Optional activities are likely to include a discussion group, a guided group walk in the local countryside, writing and/or arts workshop, and a service in the chapel (designed by us for our needs). We hope to have some visiting 'therapists', offering reiki or Indian head massage, available for additional payment.

Please let us know (by email) if you are planning to book/have booked, so we can keep an eye on numbers. We can then send you a detailed timetable of the planned weekend, in due course;

gloucester.retreat@uksobs.org

The cost for the weekend is £182.00 per person for dinner, bed and breakfast for 2 nights, with an option to stay over until Monday morning at extra cost. Please book your place/make payment directly with Launde Abbey: 01572 717 254 (Ian Andrews) or email: info@launde.org.uk

Please see the following link for more information about the venue: www.laundeabbey.org.uk

With warm regards

Jola Malin

Gloucester Retreat Team

