Daughters of Wisdom

# Self Care for Caregivers

We create space for people. . . space to meet, space to reflect, space to talk, space simply to be. At the heart of this is hospitality rooted in the tradition and spirit of the Daughters of Wisdom. Our flame logo gives expression to these roots: the warmth of hospitality, the light of the Spirit, the spiral path to Wisdom.

# Wisdom Centre

Wisdom Centre is a Ministry of the Daughters of Wisdom, an international Congregation of Religious Women. We offer the Centre at Wisdom House to people of all faiths and none as a sanctuary of peace and tranquillity in a hectic and stressful world.




Wisdom Centre
Romsey
Hampshire
SO51 8EL
Tel: 01794 830206

email: reception@wisdomhouseromsey.co.uk

www.wisdomhouseromsey.co.uk


# Self Care for Caregivers

## Mindfulness, reflection and Creative/ Quiet Space for those busy looking after others



## Saturday 20th July 2019

10am—4pm

Tea and Coffee available from 9.30am

Suggested Offering—£30 to include refreshments, lunch and afternoon tea.







Wisdom CENTRE

## Self Care for Caregivers

Many people today have responsibility for the care of a loved one, or work in demanding caring roles, either paid or as volunteers. This day explores holistically how we might avoid the pitfalls of caring and resource ourselves sufficiently to maintain our own well-being alongside this caring role.

**Outline of Programme:**

**9.30-10.00** Arrivals and coffee

**10.00-11.00** Exploring our motivations and experiences of caring. The rewards, the struggles and the pitfalls. The 'rescuer' in the 'drama triangle' followed by a break

**11.30-12.30** Awareness of our own needs and sense of 'self'. Finding protection and sustenance for body, mind and 'soul' (however we perceive this). The paradox of 'making / taking time'.

1**2.30-1.30** Lunch

**1.30-3.30** Optional opportunities for self-care and refreshment, including: mindfulness practices, creative options, spiritual or quiet reflection, and relaxation.

**3.30-4.00** End with tea and cakes

**Hazel Hickson** is a psychotherapist, with a scientific background, whose personal experience and training has involved a journey of exploration of 'self', in a holistic sense. As a Christian, with an interest in psychotherapy from Christian, Buddhist and other faith perspectives, her own spirituality is integral to her practice.

**Wisdom Centre** is set in beautiful gardens, including a Labyrinth, which you will be able to enjoy during your day. (Large umbrellas are available if the day is wet!)

The emphasis at the Centre is on welcome and hospitality. The building itself is spacious, warm and comfortable with an airy Conference/ Meeting Room, Quiet Room, Sitting Room and a Creative Room. Each room offers something to help you relax and make the most of your time with us.

Wisdom Centre is entirely non-profit making. Our suggested offering of £30 includes materials, refreshments and lunch.*

*Please advise us of any special dietary requirements which we will do our best to accommodate. Those with severe allergies please be advised that our food is prepared in an environment where nuts and other common allergens are present.

*Note we are unable to refund payments unless more than 7 days notice of cancellation is given.







## Self Care for Caregivers

Name .....

Address .....

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Telephone .....

E-mail .....

**I would like to attend Self care for Caregivers—Saturday 20th July 2019**

Lunch is provided and is vegetarian, do you require: Gluten Free ☐ Dairy Free ☐

Other

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Please note our food is prepared in an environment which handles nuts and other common allergens.

Yes ☐ I am happy to be contacted by phone/ email about this and similar events at Wisdom Centre. Have you been to Wisdom Centre before?

Yes ☐ No ☐

I enclose a cheque, payable to Wisdom Centre for £30. We are also able to accept credit/ debit card and BACs payment on request. Please phone or email to confirm that places are available before booking.

*Please return payment and form to :*

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