

## **Carers' Days 2010**

**Thursday 18 March**

**Thursday 13 May**

**Thursday 15 July**

**Thursday 16 September**

*Led by Elizabeth Shaw with Staff of the Princess Royal Trust Carers' Centre*

A series of days for those who care for others and want time and space for themselves.

Come and enjoy the beautiful setting of Emmaus House and gardens. Lunch and refreshments all provided. Days are facilitated by Emmaus House and The Princess Royal Trust Carers' Centre offering relaxation, therapies, crafts, fun and friendship.

Emmaus House has an art room, chapel and award-winning gardens at your disposal for the day.

As a religious sister in the Community of La Retraite for over twenty years, **Elizabeth Shaw** works in spiritual and personal development in clinical and pastoral settings. She is a senior registered dance-movement psychotherapist and tutor, and is qualified in massage and as an MBTI® practitioner. La Retraite was founded for retreat work in Brittany, France in 1674.

**Time:** 10.30 am – 3.45 pm

**Cost:** For information, and to book, please contact

**The Princess Royal Trust Carers' Line**

**Tel 0117 9652200**

**Email [carersl@carers-bs.org.uk](mailto:carersl@carers-bs.org.uk)**