

**Bill Brookman Foundation - Summer Residency of Health, Healing and the Arts
18th - 23rd August 2013 (Provis.)
Nanpantan Hall, Nanpantan, Loughborough**

2011 Participant Pack

Children's Day - Monday, Dance Day - Tuesday, Relaxation Day - Wednesday

*Information about programming and other matters can be found at
http://www.billbrookman.co.uk/foundation/events/summer_residency.html*

Directions:

Nanpantan Hall, Nanpantan Road, Nanpantan, Loughborough, Leicestershire LE11 3YF. On Google maps the pointer is too close to the cross-roads: from Loughborough drive SW along Nanpantan Road (known locally as Forest Road) through Nanpantan over the cross-roads and look for the drive on the left marked "Nanpantan Hall" (this straight drive is clearly shown on Google) after the small church.

Sunday 18th:

Arrive from 2.00pm onwards, rooms will be allocated and you will have chance to settle in and hopefully explore the grounds. Alan Young, our host, may give us a brief welcome talk before the evening meal at 6.30pm.

Rooms:

Are shared and we will all be responsible for keeping them clean and tidy.

There will be plenty of opportunity to have space / time to yourself for quiet relaxation (reading, drawing or just sitting and enjoying the splendid views).

Activities (may include):

Mind, body and spirit: circle dancing, meditation, massage, talks etc.

Art and crafts: wand making, lantern painting, recycled clothing, working with wool etc.

Cooking: biscuits, cakes and bread making plus a chocolate workshop (yum yum!).

Music: we make music together; you are welcome to bring an instrument.

Outside: enjoying the grounds, stilt walking & circus skills, sculpture using found materials, maybe tree climbing!

PLEASE NOTE:- The programme may vary!

Meals:

All meals are vegetarian and prepared by us, we will take it in turns to help, prepare food, cook, lay the table, clear away, wash up and clean and tidy the kitchen. We will have three main meals, breakfast, lunch and dinner, with afternoon 'tea'.

Evenings:

Could consist of games, stories, singing etc. *Please note: there is no television!*

PLEASE BRING:

Clothes: floaty ones for dancing, old ones for art/ outside activities, night clothes, waterproofs, shoes/ wellies etc.

Bedding: A sheet, duvet cover and pillow cases. *Please note: duvet and pillow are provided.*

Personal items: towels, toiletries, jewellery, books, games etc.

Mobile phone: you may bring your mobile phone with you, but as the residency is a retreat from the hurly burly of everyday life we would prefer if it was switched off for most of the day. We would prefer no phone calls after 8.00pm.

Friday 23rd:

We all help clean and tidy the house at the end of the residency, which ends after lunch between 1.30pm and 2.00pm.

Fees, Residential: (special hardship rates can be discussed)

Adults: £24 per night, £120 for five nights

Adult helpers (adults who undertake certain responsibilities can qualify for a discount): £15 per night, £75 for five nights

Students/ children: £12 per night, £60 for five nights

Fees, Non-Residential:

Adults: £10 per day, includes meal

Students/ children: £7 per day, includes meal

NOTE: Please make money payable to The Bill Brookman Foundation, 38 Alan Moss Road, Loughborough LE11 5LX

Contact Details:

Christine – Mob: 07749 230471, Email: Christine.parsons1@ntlworld.com

Janet – Mob: 07894 665456, Email: wearpurple2003@yahoo.co.uk

Bill Brookman – Tel: 01509 236175, Mob: 07792 655670, Email: bill@billbrookman.co.uk