

R5 - Read, Retreat, Rest, Relax, Recuperate

1st – 6th February 2026

Please read in conjunction with all other info in your welcome pack

Sunday		5pm	Community prayers
From 3pm	Arrivals	6.30pm	Fat Pigeon bar open
6.30pm	Fat Pigeon bar open	7pm	Supper
7pm	Supper		
Monday to Thursday		Friday	
8am	Community prayers (Weds Eucharist)	8am	Community prayers
8.30	Breakfast	8.30am	Breakfast
12.30pm	Lunch	10am	Last departures
4pm	Tea		

Covid protections: please read the separate info sheet

... and yes we still have the no clergy shop talk House Rules too 😊

Where things happen

All meals plus afternoon tea (with cake) in the Pound House Dining Room
Please help yourselves to refreshments in the Long Barn guest kitchen or Pound House dining rooms drinks area at any other time

The **Fat Pigeon** is Sheldon's licensed bar in the Great Barn Loose Box

Community Prayers in the upstairs Chapel of Mary, Martha and Lazarus
Please wear a face mask if you join us for Community prayers

Artist in residence – Charmaine Host will be in the Art Shed 9.30am – 12noon each day with ideas and encouragement – see overleaf

An invitation to the Art Shed.

Would you like to try your hand at a little art making but not sure where to start? Why not join me in the Art Shed for some practical help and encouragement.

I will be in the Art Shed every morning with the following daily programme starting with a demonstration at 9.30am. Or just come along and do your own thing.



Messy Monday – a simple introduction to abstract mark making This is the most fun – you'll be surprised at what you can produce.



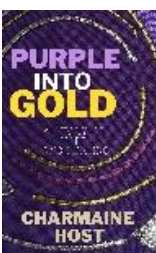
Tactile Tuesday – using texture and collage



Quiet Wednesday - Simply Scribble or Sew as we keep this as a reflective quiet space together



Thoughtful Thursday – An introduction to Art Journaling



And finally : if you would like to learn more about my own 'late in life' art journey – my book is available at reception or from Amazon. I look forward to meeting you – Charmaine Host – Artist in Residence