

“Time for You”

for
Carers and Supporters



Harry Edwards Healing Sanctuary “Time for You” is especially for Carers and Supporters.

We know that if you are caring for or supporting another, then taking time-out, no matter how brief, will provide you with the necessary breathing space for ‘yourself’ and to recharge. Such time allows you to re-focus your mind and energy.

We would be delighted to welcome you to experience a complete break, whether for a few hours or a whole day, in a relaxing and peaceful environment within an area of natural outstanding beauty deep in the Surrey Hills.

“Time for You” can offer :

- a complete break from caring
- a Healing experience
- the chance to focus on yourself & your personal wellbeing
- a break from the feeling of isolation that many Carers & Supporters experience
- time to relax, enjoy the countryside and just enjoy ‘you’ time
- an opportunity to spend time with friends – new & old
- an opportunity to experience natural therapies
- an environment to support your own inner peace and tranquillity

Why not contact us and see how you can benefit from “Time for You”.
We look forward to hearing from you.

Tel: 01483 202054 Email: info@burrowslea.org.uk
Website <http://www.sanctuary-burrowslea.org.uk>

— HARRY EDWARDS —
healingsanctuary

The Harry Edwards Healing Sanctuary is a Registered Charity (No. 1098712) and all donations are welcome.

“Time for You”

support group for
Carers and Supporters



11am to 1pm
First Monday & last Friday of
each month commencing
Monday 7th February 2011
at
Harry Edwards Healing Sanctuary

If you are caring for or supporting someone, then taking time-out, no matter how brief, will provide you with the necessary breathing space for yourself. Please contact us to see how you could benefit from “Time for You.” We look forward to hearing from you.

There is no charge for attendance, but donations are always appreciated

— HARRY EDWARDS —
healingsanctuary

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