**A Retreat to Refresh and Revitalise! For Medical and Health Professionals**

Tired? Drained? Or perhaps you recognise the importance of ‘putting fuel into your own tank’. How about a retreat for a weekend?

Retired GP Derek Chase and his Paediatrician wife Sandy Calvert have run a not-for-profit retreat for some years now, <https://ratfordretreatcentre.co.uk/about>

<https://ratfordretreatcentre.co.uk/retreats-for-health-professionals> tells us more about what to expect - The NHS is a tough environment - and health professionals are often finding it difficult to survive let alone thrive. Many have left, others struggle with the lack of support, a few thrive. The covid crisis has magnified these issues. This weekend course provides an environment for relaxation, for revitalising and for exploring with colleagues how you can move forward and build on your personal and professional life. Come and feel nourished not only with great food but also by the stunning environment and a safe space for talking and sharing. The weekend is run by [Derek and Sandy](https://ratfordretreatcentre.co.uk/about-us), one a generalist with experience in stress management and mindfulness, the other a specialist; both have a wealth of experience in the NHS including senior management and education positions in addition to a lifelong commitment to high quality care.

And when is the next one? Friday 24th – Sunday 26th September. Where? Just outside Calne in Wiltshire <https://ratfordretreatcentre.co.uk/location-1>

A weekend that focusses on renewal and refreshment might sound like a luxury – but could be a useful way to put fuel into your own tank

Go Well!

Andrew Tresidder 21.8.21