

Are you **THRIVING** or just **SURVIVING**?

Is it time to press the reset button?

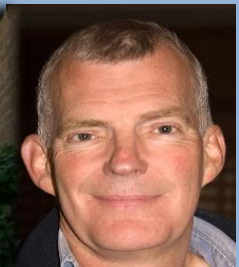
Then come for a weekend at the

RATFORD RETREAT CENTRE

a non-profit Centre run by doctors for doctors



Join **Sandy**



and **Derek**



(along with **Bramble!**)

for a weekend in Wiltshire in beautiful surroundings

Highly experienced doctors with a lifetime of service in the NHS,
they know the territory and understand the challenges

Explore and share in a **confidential, safe, and supportive environment** –
with wonderful accommodation & fantastic home cooked food



For more info, dates and prices visit:

www.ratfordretreatcentre.co.uk

"An inspiring, relaxing and thought-provoking weekend."

"The retreat site is beautiful. Derek and Sandy were not only great hosts, they also created an atmosphere in which it felt safe to explore my thoughts and change the things that were holding me back."