



# Survivors Retreat 2025

## Information and Q&A Summary

### The Ammerdown Centre

The Ammerdown Centre is essentially a hotel. Every room has:

- An Ensuite.
- Towels.
- Tea & Coffee.
- An information pack with a map of the centre.
- There is wifi.
- Breakfast is self served (timings included in program).
- There is parking.
- There are books and games.
- There is a gift shop.
- There is a bar on site.
- Accessible public toilets.

#### **All you need to bring is:**

- Your own toiletries
- Some activewear (if joining movement sessions.
- A yoga mat if you have one (again, only if joining in with movement sessions). There are some yoga mats on site, but not many, so it's not a problem if you don't have one, but it would be helpful!

The Ammerdown Centre is a space of tranquility. The Ammerdown Estate was built in the 1800s, and is a big wooded stately home estate with its own gardens & courtyards. It's a 20 minute walk to a stone monument.

There are private areas which we won't be able to access, but these are well marked.



During the retreat, you can dip in & out when you like and there are plenty of places to retreat to, such as the library and the chapel.

## Theme: Selah

The theme for this year's Survivors Retreat is Selah, a Hebrew word appearing 74 times in the Hebrew Bible.

Translated, selah indicates a pause in the text or song, a moment of reflection to consider what has been said or sung.

This Retreat, we will take time to pause, listen to God, rest, and reflect. Rest might look different for each of us; from movement to hand massage to craft, there are lots of different ways to rest!

## Program

Please note that this program is subject to change.

Individual programs will be available for each guest, and larger programs will be visible around the centre too.

Everything is optional, and you can dip in and out as and when you please (e.g. don't feel like you need to wake up for breakfast if you don't eat breakfast).

Craft is not included in the program as this will be available 24/7 in a dedicated craft room.

### Friday

Time	What
4:30 pm	Check-in <b>** Please do not arrive before 4:30 pm **</b>
5:30 pm	Welcome talk



8 pm	Quiz
7 pm	Dinner
10 pm	Night prayers & examen

## Saturday

7:30 am	Run/walk
8:30- 9:30 am	Breakfast
9:45 am	Morning Session & Worship
11:00 am	Morning tea
11:30 am	Workshop - Time with Jesus
12:45- 1:45 pm	Lunch
2:00- 2:45 pm	Workshop - Emotional Needs
3:00- 4:00 pm	Free Flow Activities: - Drama - Music
4:00 pm	Afternoon tea
4:30- 5:30 pm	Free Flow Activities: - Mindful Movement - Writing
6:30 pm	Dinner
7:30 pm	Bible Teaching
8:45 pm	Games/ Movie/ Chill



## Sunday

8:15- 9:30 am	Breakfast
9:30 am	Mindful Movement
10:00 am	Service and Communion
11:15 am	Morning tea
11:45 am	Final Pause & Reflection Space
12:30 pm	Lunch

## Menu

At breakfast, there are hot items such as sausages, bacon, hash browns and tomatoes or baked beans (these are served from the hot plate by one of the centre's chefs), plus toast, cereal yoghurt and fruit are available for you to help yourselves.

At lunch, there are hot options (for example quiches, fishcakes, wraps, falafels) which are served from the hot plate and various salads that are laid out buffet style. Fruit salad is available for dessert.

Supper is the main meal and it consists of a protein, carbs and veg and there are always several options to choose from (for example beef stroganoff, poached cod and salsa verde, vegetable wellington or risotto) that are served from the hot plate, plus dessert or fresh fruit.

**If you haven't done so already, please let Hannah ([hannah@restored-uk.org](mailto:hannah@restored-uk.org)) whether you have any allergies or dietary requirements.**



## Questions & Answers

**Q:** Will each guest have their own room?

**A:** Yes! Every guest has their own room with an ensuite.

**Q:** How many people have signed up?

**A:** Including 6 on team and 1 day guest, there will be 38 of us altogether.

**Q:** Do we have to find our own way to the retreat?

**A:** Yes. We can't cover the cost of transport. However, please do email [hannah@restored-uk.org](mailto:hannah@restored-uk.org) if you need any help with navigating your way to the retreat, as we may be able to put you in touch with another guest coming from the same area, or we can help you navigate public transport.

**Q:** Do we need to bring our own bedding?

**A:** No, all bedding will be provided by the centre - it will be like a stay in a hotel.

**Q:** Will we be the only group staying at the Ammerdown Centre?

**A:** Yes, we have booked the centre out for our sole use. It will just be us and the venue staff will be there.

**Q:** Is it too late for someone to book on?

**A:** Unfortunately, all rooms are now booked out. However, if you are happy to share your room with a friend, please do get in touch with Hannah.



**Q:** How do I know that payment installment requests for the retreat are legitimate?

**A:** Requests for payment from Restored will always come from an official email address ending @[restored-uk.org](mailto:restored-uk.org) - most often, it will be [finance@restored-uk.org](mailto:finance@restored-uk.org). If you're ever unsure if an email is legitimate, you can send a separate email directly to a member of the team or to [info@restored-uk.org](mailto:info@restored-uk.org) to check before responding or making a payment. We'll never ask you to send us your bank details or other private financial information.