



THE SARA LEE TRUST

Is offering

SANCTUARY DAYS

For people living through serious illness

## SANCTUARY DAYS

Each day is designed to create and hold a safe space in which people who are living with serious illness may find the freedom for personal reflection, exploration, relaxation and nourishment. There is an opportunity to explore through a variety of mediums, such as paint, clay, creative writing, poetry, visualisation, gentle body movement and Tai Chi. These require no particular skill or ability and are completely optional. Therapies such as reflexology and aromatherapy are also offered during the day. You may wish to spend some time in quietness or solitude, or share in the community of the other participants. Each person is encouraged to listen deeply to his or her own inner needs for the day and respond freely to them. Whatever you choose, the day offers the opportunity to discover a deep sense of nourishment, simplicity, and sacredness, the beauty of nature, creativity, sharing and laughter.

Using various settings in the beauty of rural Sussex, we trust you will benefit from being still, taking time to see the colours of nature, breathe in the fragrances of the countryside and enjoy the day. A vegetarian lunch will be provided and where possible any special diet needs will be met if you let the office know in advance. **Please contact the office to get the date for next Sanctuary Days**  
**time: - 10.00 - 16.00hrs**

### Cost

The Sara Lee Trust is sponsoring the overall cost of the day so that it is free to all participants. However if you wish to contribute to the running costs, we suggest a donation of £15 to cover meals and refreshments, or a further donation of your choice.

All cheque donations should be made to "The Sara Lee Trust".

### **Transport**

The Sara Lee Centre has a small group of volunteer drivers and we will do our best to provide transport if you are unable to get to the day. If you require this service it will need to be arranged as soon as possible. Please contact Sarah Geall (Sara Lee Centre 01424 456608)

### **Facilitators**

Our experienced facilitator Deborah Kelly and others lead the day. Deborah has a nursing background and has been closely associated with the Sara Lee Trust for a number of years. Over that time Deborah has worked on a variety of projects, using creative arts with patients. She is a shiatsu practitioner and reflexologist and is the former co-ordinator of the Sara Lee Centre. She continues to work for the trust as a therapist, and runs her own company "Creating Spaces", which focuses on using a wide range of creative arts in therapy and education.

### **Therapists**

Our Sanctuary Day therapists are highly qualified and experienced, drawn from the team of Sara Lee Therapists, and offer a range of therapies such as reflexology, massage, aromatherapy, cranial therapy. Treatments are offered in a warm, quiet, room or, when the weather permits, participants can receive a gentle session outside in the sunshine or within the shade of a tree.

### **Booking Details and Further information.**

To reserve a place on a Sanctuary Day and to book transport please contact:-

Sarah Geall  
Sara Lee Centre  
25 Upper Maze Hill  
St Leonards on sea  
TN38 0LB  
Tel: 01424 456608

Email: [saraleecentre@stmichaelsospice.com](mailto:saraleecentre@stmichaelsospice.com)

Website: [www.saraleetrust.org](http://www.saraleetrust.org)

Or contact your Macmillan or district nurse.

This project has in the past been supported by a small grant from Macmillan Cancer Support and other sponsors including: Battle Women's Guild, Hastings Round Table, and Westfield Women's Institute.

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