

Respite breaks in Claridge House retreat centre.

Thanks to a grant from The Community Foundation, Crossroads Care Surrey in partnership with Claridge House are able to offer Carers an overnight stay at a residential retreat centre located in Lingfield at a reduced price.

In order to qualify for this bursary you must be a full time Carer, caring for a friend or family member who cannot be left alone. A trained carer support worker will stay in your home for the duration of your break, providing all the care your loved one needs while you are away.

If you are interested in a short respite break at Claridge House please contact your regular care Co-ordinator on **01372 869970** with the dates you would like to go and they will check the staff availability.

Please feel free to look at the Claridge House website on www.claridgehousequaker.org.uk where you can see a course programme and find out a little about its peaceful location or call on **01342 832150** if you have any queries about individual activities which could include Tai Chi, Meditation, Yoga, guided walks, art / drawing or creative writing. **All extra activities are priced individually and are not included in the bursaries.**

At Claridge House there is a wonderful team who prepare fresh, seasonal, organic vegetarian food on a daily basis. They offer a delicious continental breakfast buffet as well as nutritious and well balanced lunches and dinners available to all our guests.

