



QUAKER VOLUNTARY ACTION WORKING RETREATS

QVA runs a programme of Working Retreats in Britain, Europe & beyond.

Quaker Meeting Houses, Retreat Centres and other charitable organisations benefit from volunteers undertaking practical projects which might otherwise be unachievable.

Participants share community life, do valuable work and take time for spiritual reflection.

INVITE QVA TO RUN A WORKING RETREAT AT YOUR MEETING OR VENUE

DAILY PROGRAMME

- Meeting for Worship
- Work session (3 Hours)
- Retreat session
- Free time & Social time
- Evening Epilogue

- Working and sharing together makes for a rich, rewarding and enjoyable community experience.
- Participants find the Working Retreat positive on many levels: physically, spiritually, socially and emotionally.
- An opportunity to have fun and fellowship with Friends locally, from across Britain and further afield.

**An event can be for a weekend or up to a fortnight
The number of participants varies from about 8 to 12
Volunteers are all ages from 18 to 80+**

**Different levels of skills and ability are catered for
Members of the Local Quaker Meeting are encouraged to participate**

The kind of work undertaken includes:

**Outdoor - gardening, tree-work, recycling systems, planting, paving, renovating
Indoor - painting, decorating, maintenance, cleaning, light carpentry
We may also be able to help with more specific sustainability projects**

QVA :

- plans & publicises the event
- recruits volunteers
- facilitates the Working Retreat
- organises the catering
- covers personal accident insurance

Volunteers :

- commit to participate for the whole event
- arrange and pay for their own travel
- pay a fee to cover registration and food
- share with the cooking and other chores

Host Meetings/Organisations :

- plan and prepare the work tasks
- supply tools and materials
- provide free accommodation for volunteers on-site or in local Friends' homes
- provide cooking, eating and washing facilities
- make a room available for retreat sessions
- appoint a person to liaise with QVA
- may make a voluntary donation towards QVA running costs

If you are interested in inviting QVA to run a Working Retreat please contact:

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