



QUAKER VOLUNTARY ACTION

Working retreat

Would your Quaker meeting house, retreat centre, charity or social project benefit from a group of volunteers undertaking short-term practical work? Please get in touch!

QVA runs a programme of working retreats in the UK, Europe and the Middle East.

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

INVITE QVA TO RUN A WORKING RETREAT

DAILY PROGRAMME

- Morning Meeting for Worship
- Work session (c. 3 Hours)
- Retreat session
- Free time and social time
- Short Meeting for Worship in the evening

- Working and sharing together makes for a rich, rewarding and enjoyable learning experience
- Participants find the working retreat model positive on many levels: physically, spiritually, socially, emotionally
- An opportunity to have fun and fellowship with people from across the UK and Europe

- An event can be for a weekend, a week or up to a fortnight
 - The number of participants ranges from 8 to 12
 - Volunteers are all ages from 18 to 80+
 - Different levels of skill and ability are catered for

The kind of work undertaken could include:

Outdoor—gardening, tree-work, recycling systems, planting, paving, renovating

Indoor—painting, decorating, maintenance, cleaning, light carpentry

We may also be able to assist with specific sustainability and social projects

QVA will...

- publicise and recruit volunteers
- plan and facilitate the working retreat
- organises the catering
- cover 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 the cooking and other chores

You (the host organisation) will...

- plan and prepare the work activities
- 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 and worship
- appoint someone to liaise with QVA

NB. You don't have to be a Quaker organisation to host a working retreat!

If you are interested in inviting QVA to run a working retreat we would love to hear from you. Please contact:

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