

Get away from it all . . .

Treat yourself to a weekend of finding out how
to relax and reduce your stress levels.

De-Stress and Relax

With

David Lincoln B.Sc., Dip.M., D.H.P.

At

Holt Hall Field Study Centre
Kelling Road, Holt, Norfolk, NR25 7DU.

On

19th, 20th and 21st March, 2004

 **Norfolk** County Council
at your service

The weekend will include

A discussion of stress and its management.

Exploring and understanding stress.

Dealing with low self-esteem.

Understanding neuro-linguistic programming.

Why relax ? Training in the relaxation response.

The role of guided imagination technique
in improving
learning, creativity and personal development.

The experience of nature.

Exercises in positive and negative thinking.

*During the weekend, David will be giving you the chance to
experience the stress reducing techniques yourselves.*

*Whether our stress is high or low,
this weekend is sure to make it less.*

The course is suitable for anyone, of any age, who would like to feel
better and reduce their stress levels.

It is ideal for parents, teachers, managers, supervisors, therapists,
police officers, emergency service personnel and anyone finding it
hard to cope with retirement.

The inclusive course fee is just £130

Which includes a sherry reception on Friday evening, all meals,
tea/coffee, accommodation and tuition.

Holt Hall is situated one mile north of Holt in North Norfolk . Access is via
either the Kelling Road (main entrance) or Cley Road. Holt itself can be
reached along the B1149 from Norwich or the A148 from King's Lynn.

Holt Hall is fully licensed and wines and spirits may be purchased if required.

Booking Form – De-Stress and Relax Weekend

19th, 20th and 21st March, 2004.

Title: Name

Address :

Postcode: Tel. No:

Other people booking on this form

Name:

Name:

(Please indicate age if under 16).

DIET

Please indicate how many persons, if any, require the following catering:-

Vegetarian ☐ Vegan ☐ Special Diet (Please attach details) ☐

ACCOMMODATION REQUIRED

I would like a room to myself ☐ (Additional £10 = £140)

Twin or multi-bedded room ☐ (£130 per person)

(We will always try to comply with your request, but accommodation will be allocated on a first come, first served basis).

REMITTANCE

(A non-returnable deposit of £25 per person should accompany this booking form).

Total deposits paid herewith:-

£

(Please make cheques payable to 'Norfolk County Council')

Declaration: The terms and conditions of booking are accepted by me and on behalf of those people named above).

Signature Date

Terms and Conditions of Booking

1. A non-returnable deposit of £25 per person must be paid in order to secure a booking (If we are unable to take you on the weekend, we will return your deposit in full).
2. The balance of your payment will be due on your arrival at Holt Hall.
3. Cancellation. If you should find it necessary to cancel your booking, your deposit will be retained by Holt Hall to cover administration costs.
4. If for any reason we find it necessary to cancel the course we will inform you as soon as possible. We will refund all monies paid by you to us. We will not be liable for any additional cost or expense.

Please print out, complete and post this form to:-

Mr. David Bean, Administration Officer.

HOLT HALL, Kelling Road, Holt, Norfolk, NR25 7DU.

Tel: 01263 713117 Fax: 01263 712396 e-mail: office@holthall.norfolkedunet.gov.uk

Typical 'House Party' Weekend Catering

Friday

You arrive anytime after 5.00 p.m. to be met by a welcoming cup of tea or coffee.

6.30 p.m. Sherry Reception and meet your hosts and course leaders.

7.00 p.m. Generous Buffet Style meal.

8.30 p.m. Introductory Session to the weekend's activities.

Biscuits and hot drink facilities are available later in the evening for a warm drink before retiring.

Tea and coffee are also available in your own room for the whole weekend.

Saturday

8.30 a.m. Full English Breakfast.

10.30 a.m. Morning Coffee.

1.00 p.m. Light Lunch (or packed lunch if out for the day).

3.30 p.m. Afternoon Tea.

6.00 p.m. Three course evening meal.

Biscuits and hot drink facilities available before bed.

Sunday

8.30 a.m. Full English Breakfast.

10.30 a.m. Morning Coffee.

1.00 p.m. Three Course Sunday Lunch.

3.30 p.m. Afternoon Tea.

4.00 p.m. End of Weekend.

(Please note: The above is an illustration of a typical weekend but may vary slightly depending upon the needs of the course).

ACCOMMODATION

For the comfort of everyone numbers on these weekends are limited.

PLEASE BOOK EARLY TO AVOID DISAPPOINTMENT

Some accommodation is in twin-bedded rooms and some in larger, multi-bed rooms which are suitable for a family, two or three friends together, or a couple on their own.

There is ample shared bathroom and toilet accommodation, ***but please bring your Own soap and towels.***

Please note: NO SMOKING is allowed inside the Hall.

WE LOOK FORWARD TO WELCOMING YOU TO HOLT HALL

Norfolk County Council
at your service

