



Survivors Retreat 2026

Information and Q&A Summary

The Ammerdown Centre

The Ammerdown Centre is a space of tranquillity. The Ammerdown Estate was built in the 1800s, and is a big wooded stately home estate with its own gardens & courtyards. It's a 20-minute walk to a stone monument.

There are private areas which we won't be able to access, but these are well marked.

The Ammerdown Centre is essentially a hotel. Every room has:

- An Ensuite.
- Towels.
- Tea & Coffee.
- An information pack with a map of the centre.
- There is wifi.
- Breakfast is self served (timings included in programme).
- There is parking.
- There are books and games.
- There is a gift shop.
- There is a bar on site.
- Accessible public toilets.

All you need to bring is:

- Your own toiletries
- Some activewear (if joining movement sessions - but it doesn't need to be anything flashy - just comfortable.)
- A yoga mat, if you have one (again, only if joining in with movement sessions). There are some yoga mats on site, but not many, so it's not a problem if you don't have one, but it would be helpful!



During the retreat, you can dip in & out when you like, and there are plenty of places to retreat to, such as the library and the chapel (which are marked on the map in your information pack).

Bedrooms must be vacated, and keys returned to reception, by 9.30 am on the Sunday. So we will either put luggage in our cars or safe in reception after this time while we enjoy the rest of Sunday's programme.

There is a dedicated fridge on site which is available for guests to store medication if needed, please let a member of the team know whether you require this.

Creating a Safe Retreat for Everyone

We want to make sure that this weekend is safe and enjoyable for everyone, so please be mindful of how much of your story you share with others, and whether it could be triggering - for you or for them.

Please be mindful of how much time is spent in conversations that may be uncomfortable for others. It's important for us all to respond to each other's facial expressions and body language.

And a gentle reminder here that this weekend is not a space for therapeutic intervention, but a weekend of relaxation and fun.

Please make sure your location is turned off when travelling to the retreat, and throughout the weekend.

Please do not upload photos from the weekend to social media.



Theme: Joy

The theme for this year's Survivors Retreat is Joy. We'll explore how to find joy even in the rainy times of life. Our programme has a range of activities to help us do just that! (although we hope the rain stays away).

Bekah will be drawing mostly on the book of Philippians during her talks to explore how joy can coexist with pain. For example, Philippians 4:4,

'Always be full of joy in the Lord. I say it again—rejoice!'

This verse can feel like a tease - but it is written by a man languishing in prison, so it makes you wonder what he knows that maybe we don't.

Philippians is a treasure trove of gems, from a man who understood the secret to being content in all circumstances - not grateful for them, not wanting to stay there, but knowing how to find joy anyway.

We're going to spend the weekend learning from Paul, and thinking about how we can apply some of his life lessons to our lives so that we too can find joy anyway.

Programme

This programme is designed so that you can opt in and out as you please, really making the weekend your own. Everything is optional, so, for example, don't feel like you need to wake up for breakfast if you don't eat breakfast.

You can find out more information about all the workshops on our dedicated Retreat homepage here: [Survivors Retreat 2026](#).

Sign ups for the workshops listed in the free flow activities will be available soon. Signing up to the workshops does not mean that you're locking yourself

in to participate, it will just help our workshop facilitators get an idea of how many participants to prepare for and how many resources to print. If you change your mind on the day, that's absolutely okay! Equally, if you'd like to join a workshop last minute, that's also okay.

Individual programmes will be available for each guest, and larger programmes will be visible around the centre too.

Craft is not included in the programme as this will be available 24/7 in the Russell Room. Jen's mini photoshoots are also not listed on this programme, but sign ups for these will be available within the next couple of weeks.

Please note that this programme may be subject to slight changes if necessary.

Friday

Time	What
4:30 pm	Check-in
5:30 pm	Welcome talk & get to know each other
8 pm	Quiz
7 pm	Dinner
10 pm	Bible Reflection & Prayers

Saturday

7:30 am	Walk / Flâneuse
8:30- 9:30 am	Breakfast
9:45 am	Morning Session & Worship

11:00 am	Morning Tea
11:30 am	Free Flow Activities: Mindful Movement or Music for Wellbeing
12:45pm	Lunch
2:00pm	Q&A with Bekah or free time
3:00pm	Free Flow Activities: Drama or Scratch Choir
4:00 pm	Afternoon tea
4:30pm	Afternoon Session
6:30 pm	Dinner
7:45 pm	Games/ Movie/ Chill
10pm	Bible Reflection & Prayers

Sunday

8:15- 9:30 am	Breakfast
9:30 am	Guided Imagery Meditation
10:00 am	Service and Communion
11:15 am	Morning tea
11:45 am	Final Pause & Reflection Space
12:30 pm	Lunch



Menu

At breakfast, there are hot items such as sausages, bacon, hash browns and tomatoes or baked beans (these are served from the hot plate by one of the centre's chefs), plus toast, cereal yoghurt and fruit are available for you to help yourselves.

At lunch, there are hot options (for example quiches, fishcakes, wraps, falafels) which are served from the hot plate and various salads that are laid out buffet style. Fruit salad is available for dessert. Sunday lunch will be a roast.

Supper is the main meal and it consists of a protein, carbs and veg and there are always several options to choose from (for example beef stroganoff, poached cod and salsa verde, vegetable wellington or risotto) that are served from the hot plate, plus dessert or fresh fruit.

If you haven't done so already, please let Hannah (hannah@restored-uk.org) whether you have any allergies or dietary requirements.

Questions & Answers

Q: Will each guest have their own room?

A: Yes! Every guest has their own room with an ensuite.

Q: Does the Ammerdown Centre have wifi & phone signal?

A: Yes.



Q: Is it okay if I arrive before 4:30pm?

A: If you need to, yes - pop in and say hello (we will still be setting up). You may want to take a walk around the lovely gardens & grounds.

Q: Is it okay if I arrive late?

A: Yes, please just let Hannah know, so that we can make sure one of the team is at reception to check you in and show you to your room.

Q: Is it okay if I leave the weekend early?

A: Yes, please just let a member of the team know, so that we can complete the check out.

Q: How many people have signed up?

A: Including 6 on team, there will be 36 of us altogether. You can meet the team on our Retreat webpage here: [Survivors Retreat 2026](#).

Q: Do we have to find our own way to the retreat?

A: Yes. We can't cover the cost of transport. However, you can use the retreat group in the app to connect with other guests and see whether you might be able to share a taxi to/from the station, or whether the option of carpooling might be available.

Q: Do we need to bring our own bedding?

A: No, all bedding will be provided by the centre - it will be like a stay in a hotel.

Q: Will we be the only group staying at the Ammerdown Centre?

A: No, there will be one other group staying in the cottage on site. However, we have booked the rest of the centre out for our sole use. Inside the main building, it will just be us and the venue staff there.



Q: Is it too late for someone to book on?

A: Unfortunately, all rooms are now booked out. However, if you are happy to share your room with a friend, please do get in touch with Hannah.

Q: How do I know that payment installment requests for the retreat are legitimate?

A: Requests for payment from Restored will always come from an official email address ending @restored-uk.org - most often, it will be finance@restored-uk.org. If you're ever unsure if an email is legitimate, you can send a separate email directly to a member of the team or to info@restored-uk.org to check before responding or making a payment. We'll never ask you to send us your bank details or other private financial information.