

Bield at Blackruthven

Sunday 27th August
10:30am – 4pm

A day in the living reflectively series



Tending to the Emerging Stories of our Lives

A restorative & reflective day for those
whose lives are touched by dementia

led by Rosas Mitchell

Cost £47 (includes lunch)
Concessions available

“At every turn in the road, a new illumining is needed to find the way and a new kindling is needed to follow the way”.

John S Dunne



It seems when we reach the older age, the twists and turns in the road can come upon us thick and fast. There is much to process, accept and adapt to. We hope the quiet peace of the Bield will provide the space to reflect on some of these changes, share stories in tenderness, explore new ways of coping and remind ourselves of the Light that can shine in the darkness.

There will be a range of resources and time to experience new strategies and discuss ideas.

Who is the day for:

- People who fears or concerns about managing in old age
- Those who have developed dementia and are still looking to lead a full life
- Those who care, both professionally and as part of family
- Those interested in changing the culture of care



The day will be adapted to those who come and people can dip in and out with what is meaningful to them. Sharing, of course will be optional.

Rosas Mitchell has worked with older people as a social worker, life story worker and process artist for over 30 years. Latterly, she has helped develop new products with Artlink Central, designed to create conversation both for groups and individuals.

Through her experience as family carer and as a counsellor she is very aware of the struggles and sadness that can overwhelm. Her passion is to emphasise the story of human worth, acknowledging the wisdom, love, joy and sorrow accrued in long life.

It is hoped that people will find encouragement to live with compassion, renew energy, embrace new ideas and that Hope and Light will illuminate the road ahead.

“In his hand is the life of every creature and the breath of all mankind”. Job 12 v 10



The Bield at Blackruthven

The Bield at Blackruthven, Tibbermore, Perth PH1 1PY

Please book through Muriel at:

Cost of day £47 – includes lunch
and refreshments. Full payment is
required at time of booking.

info@bieldatablackruthven.org.uk or

Tel - 01738 583238

Tues – Fri 9am – 4pm

Concessions available.

*See web site for Cancellation Policy
Card payments can be made on the phone.*

Cheques & BACS are Payable to:
The Bield Christian Company Ltd.

www.bieldatablackruthven.org.uk



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