



## About our Speaker

Tam Martin Fowles

Tam is a life-long social activist, UK Ambassador for Charter for Compassion International and one of only two UK Master Facilitators of UN endorsed character education programmes, the Virtues of Compassion.

She has been involved with the Quakers for the past six years in various contexts.

The Accept Transcend model leads participants on a journey from their present reality, with its challenges and triumphs, to a new joyful and empowered way of viewing themselves and their story, identifying virtues such as compassion, wonder and responsibility. We learn to connect more deeply with ourselves and others, re-evaluating our past, honouring our present and harnessing a richer future and encouraging others to do the same.

.....  
.....

**Saturday after lunch until 4.00 pm is free time**

John Warner swimming pool has activity time for children.

The Lee Valley Boat Centre has boats to hire.

Bicycles can also be hired in the Lee Valley.

Sometimes an ad hoc group of walkers can be formed to walk around the area and grounds.

Nearby RSPB bird reserve.

There will be an evening of entertainment plus a band for dancing after the evening meal.

Please note that children are their parent/guardian's responsibility outside session times.

## **COST (PER PERSON) FOR ADULTS.**

**Full weekend     £135**

**Saturday only    £70**

**Sunday only      £50**

Overseers have kindly agreed to fund children ages 0-18

**Places are limited and on a first come first accepted basis.**

**Deadline for Bookings is 31.12.18**

**Cheques may be post-dated to 29.3.19**

**Payments by BACS welcome. See overleaf.**

**Please send your completed Booking form (overleaf) to High Leigh Treasurer,**

**Liz Ingham, 4 Watlington Road, Harlow. Essex CM17 ODX**

Note; The accommodation may be considered quite basic with shared Bathrooms.

**En-suite rooms are available based upon need.**

Please bring clothes to suit all weathers as April can be unpredictable.

Some like to bring a hot water bottle.

A torch or bedside lamp might be handy as there is only overhead lighting.

Towels and bedding are provided.

**Don't let the cost put you off !!**

**If applying for financial assistance speak to your local Overseer before December 31.12. 2018. You will need to complete a form A or B to be signed by your Overseer, who will forward it to Iris Blay,16 Rosslyn Avenue, London E4 6DX**

**Please send your Booking Form *before this*, however, to ensure your place.**

**BOOKING FORM**

<b>Name/s</b>	<b>Age if 18 or under</b>	<b>Dietary requirements</b>	<b>Can you run or help with a child, adult or all age session? What could you offer?</b>

**Address**.....

**Phone number**.....

**Email**.....

**Local Meeting**.....

**I expect to arrive at (time)**.....

**Special dietary needs or room requirements (a limited number of ensembles are reserved for those with particular needs). If we have insufficient *single rooms* would you consider sharing a twin? If so with whom?**

.....

**Please contact the Treasurer, Liz Ingham, on [acl110899@aol.com](mailto:acl110899@aol.com) or 01279 415559 for further information if needed.**

**Cheques are payable to North East Thames Area Quaker Meeting -High Leigh.**

**(these may be post-dated to 29.3.19).**

**If paying by BACS please email the Treasurer for account details.**

**Your place will be confirmed by email or phone. Please indicate preference.**

**Amount enclosed £**.....

Data Protection: your details are kept in accordance with the Data protection policy of Britain Yearly Meeting and will only be used for the purpose of administration for the High Leigh weekend.