



To mental health groups & practitioners in South Lakeland,
Cumbria, Lancashire & surrounding area

Rookhow's Retreat Away Fund

[ROOKHOW](#) has been awarded £10,000 from the Quaker Mental Health Fund UK over 2 years to support residentials and therapeutic work with people with mental health problems. So far we have been able to support 15 groups and over 250 people, with groups including: Home 2 Work (Cleator Moor),

Love Barrow Families, CADAS, The Well, Family Action Barrow, PiNC, Furness Multi-cultural forum and Well Minds. As the fund is now diminishing, Rookhow trustees have committed to adding 5% of bookings income into the pot as well as matching what's left in the fund.

The next round's deadline is **1st June 2022**.

This round, we would especially welcome new applications from **smaller local community groups** supporting people in improving their mental health, especially from **West Cumbria and Lancaster**.

Rookhow has a 16 bed bunkbarn with 12 acres of ancient oak woodland with campfire, yurt & plenty of space to roam. The Quaker Meeting House also provides a large simple meeting room for groups.

The fund would pay for part (or all) of your accommodation costs* (2 night minimum, mid-week or weekend) or day use of the meeting space and woodland. Staffing, transport, food and activities would be organised and paid for by your own organisation. You would be greeted by us, but then have the place to yourselves.



Attached is a simple application form. We'd like to know how you think your participants would benefit from coming to Rookhow and what activities you might organise. We will consider applications at our meeting in mid- June and let you know soon after that. Check our website for more information about Rookhow and an availability calendar. rookhow.org.uk

Please contact us if you would like to discuss this further or if you have any questions. We would be happy to show you round and have a chat about your application and the needs of your group before you apply. We can also pencil dates in the calendar if there is a particular time you'd like to stay.

** £420 per night sole use (2 night minimum) or £120 per day for just the use of Meeting House and woodland. You can apply for 100%/ 75%/ 50% or 25% funding.*

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ROOKHOW

Quaker Meeting House and Bunkbarn

Rookhow is a registered Charitable Incorporated Organisation: Charity No 1188409