



Telephone 07983 203491 Email bookings@nltsg.org.uk

Living Proof Weekend dates: 16th-18th March

This is to confirm your booking for the Living Proof weekend to be held at Shallowford House on the above dates. This document contains information on the weekend, travel directions to Shallowford House and the weekend programme.

If you are unable to attend the weekend, please contact us as soon as possible. If you cancel your booking up to 7 days before the weekend starts, we will refund payment you have made minus £25. If you cancel less than 7 days before the weekend starts you will forfeit all you have paid.

If you applied for Mad Trust Funding or Inclusion Fund and paid the required £10 you will forfeit that £10 if you cancel your booking at any time before the weekend.

If you fail to attend the weekend without a weeks' notice you will not be able to apply for funding within the next 12 months unless you can provide a note from a professional stating an unforeseen circumstance to why you could not attend. This is because we have many no-shows from people that have applied for funding which, with notice we could have offered to people on the waiting list. If we don't fill this funded place the funding is still used to cover the cost of a place.

If you have requested a receipt for your payment, this will be sent in the week prior to the weekend.

Useful information for your visit to the NLTSG Living Proof weekend.

Firstly, don't worry about arriving or what to expect over the weekend. Shallowford House is in private grounds and NLTSG has sole use of the house over the weekend, so it is a safe, friendly environment. You will not be forced to join in with anything that you don't want to, but we think that you will get more benefit if you do join in.

Arrival:

Please aim to arrive between 16:00 and 17:30 on Friday. All new members must attend the New Members' session that starts at 17:45. If you are going to be late please call 07967 430797 or 01785 760233 to let us know.

Please do not arrive at Shallowford House before 15:30 on Friday. It is inconvenient for the Shallowford House staff and the Trustees when people arrive early. There are plenty of places of interest in the area!

If you are arriving by train could you please aim to arrive into Stafford between 15:30-17:00, could you also inform us at mail@nltsg.org.uk of your arrival time, this makes it easier to arrange transfers.

If this is your first time

If you have not been before, when you arrive you will be met by an experienced NLTSG member who will check your letter of diagnosis, show you to your room and then around the house.

Please remember that it is important to bring a letter of diagnosis with you on your first visit.

During the first evening, we will explain a lot more about what goes on over the weekend.

You will find that many people already know each other and will be chatting. Don't be shy about approaching anyone and introducing yourself - we were all first timers once! By the end of the weekend you will have made new friends and be chatting as if you had known them for years.

Please do not arrange to leave until after the Closing Circle, which will finish by about 14:30 on Sunday afternoon.

Facilities:

Shallowford House provide towels and soap, but you will need to bring all other toiletries with you. Some or two bedrooms are not ensuite, so you may have to walk across a corridor to a bathroom, so you might want to bring a dressing gown. All bedrooms are lockable but neither NLTSG nor Shallowford House can be held responsible for the loss of your possessions.

The catering staff at Shallowford House make every effort to cater for special diets, but can only do so if they have warning. Please let us know of any special dietary requirements before the weekend. There is a small fridge available if you have medications that need to be refrigerated. Tea/coffee making facilities are provided in each room.

The weekend is very relaxed, and you may wear whatever clothing you feel most comfortable in. Shallowford is an old house and, although it has central heating, it can be quite chilly, so an extra pullover might be a good idea.

There are beautiful gardens and fields around the house which we are free to use, so you might want to bring a coat and some outdoor shoes.

Smoking, alcohol and drugs:

There is a bar in the house that is open on Friday and Saturday evenings. Please do not bring your own alcohol as it is illegal to consume alcohol that has not been purchased on the premises.

Smoking is only permitted outside and well away from the buildings.

The use of any recreational drugs is strictly prohibited. Anyone found breaking the smoking, drinking or drugs policies may be asked to leave immediately.

Anyone arriving at the weekend under the influence of drugs or alcohol may be asked to leave immediately.

Raffle:

After dinner on Saturday we will hold a raffle to raise funds for NLTSG. We invite all weekend attendees to bring along a donation to add to the raffle table. We will sell tickets for the raffle during the day on Saturday.

Confidentiality and Respect:

Attendees use the security of the weekends to discuss personal matters that they do not want other people to know about.

Please take note of the following:

- Any information that you learn about another person during a weekend must not be discussed with anyone else, including other attendees, unless they give their permission. Be aware that casual or unintended breaches of confidentiality are just as damaging. For example, be careful when chatting in the bar.
- Do not disclose the names, addresses, etc of any other attendees – it is up to them to choose who to share this information with.
- NLTSG recognises that the friendships that are built up between attendees is one of the group's great strengths and is very much encouraged. However, please do not contact other attendees unless they have given you permission to do so.
- Do not bring 'external' information about other attendees with you. If you know another attendee from outside of NLTSG, please do not discuss anything about them at the weekend.
- Please do not take photographs of anyone unless you have their permission to do so. If NLTSG wishes to take any "official" photographs for publicity (e.g. our newsletter) we will ask for your written permission first.

One of the strengths of NLTSG is the diversity of backgrounds of those who are part of the organisation. It is natural that we will have different opinions about many matters. We ask that you respect the lifestyle and beliefs of all involved.

During the weekend it is acceptable to challenge someone else's opinions, but this must be done in a respectful manner – remember that their opinion is just as valid as yours.

We look forward to meeting you and hope that you have a rewarding Living Proof Weekend.

DIRECTIONS SHALLOWFORD HOUSE, Station Road, Norton Bridge, Staffordshire, ST15 0NZ Tel: 01785 760233 or 01785 760589

By Rail

Take a train to Stafford station. There will be a representative of NLTSG at the station at 16:00 to arrange a shared taxi.

They will carry a sign saying "SHALLOWFORD".

If you want to take a taxi at any time other than these it takes about 15 minutes and costs around £15 (NLTSG will not refund this).

Please let us know beforehand what time you are planning to arrive.

On Sunday we will arrange lifts or shared taxis to take you back to Stafford station. Please add your name to the list with the time that your train departs.

We do not make travel arrangements or pay for travel costs in advance. Please bring a receipt with you at the weekend (NLTSG can only refund the cheapest 2nd class fare available)

Driving

1. Leave M6 at Junction 14 – exit roundabout onto A5013 Cresswell Grove (north-west signposted Eccleshall)
2. Travel 2 miles
3. Turn right after Great Bridgeford – signposted for Norton Bridge, Isaac Walton's Cottage and Shallowford
4. Travel 1.5miles (passing the Mill pub on the left-hand side)
5. Shallowford House is on the left (almost hidden in the trees) a short distance after Isaac Walton's Cottage and after crossing the railway line for the second time
6. If you pass the Railway pub at Norton Bridge on the left, you have gone too far!

SAT NAV WARNING The postcode ST15 0NZ covers a wide area on both sides of the railway line, so once you are in the area, please use the above directions or you may end up at the farms on the wrong side