



**National  
Long Term  
Survivors  
Group**

Hi there

I am pleased to be able to tell you that you have a place at the NLTSG Living Proof Weekend at Shallowford House on 14th-16<sup>th</sup> June 2019.

Below is all the information you need regarding the weekend, which should answer any queries you may have. Please do read it! You will also find information on our website [www.nltsg.org.uk](http://www.nltsg.org.uk)

Could we please ask, if you are travelling by train and claiming expenses that you book your train tickets ASAP, this will help to keep costs as low as possible.

I hope that you have a rewarding and enjoyable weekend.

Many thanks

Nikkie



---

Please note that NLTSG is run entirely by volunteers in their own time. We will answer any questions as soon as we can but please be patient. Before you contact us please check if the answer to your question is on our website [www.nltsg.org.uk](http://www.nltsg.org.uk)

If you have any questions please email [mail@nltsg.org.uk](mailto:mail@nltsg.org.uk)

Registered charity number 1160307

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

Note: If you unsubscribe from this list you will be removed from NLTSG's database and you will not receive invitations to any future events.

# Living Proof

E-Mail: [mail@nltsg.org.uk](mailto:mail@nltsg.org.uk)



National  
Long Term  
Survivors  
Group

**Weekend dates:** 14<sup>th</sup>-16<sup>th</sup> June 2019

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 must cancel your booking up to 7 days before the weekend starts, we will refund all payment you have made minus £25. If you cancel within 7 days of the weekend you will forfeit all you have paid. If you applied for the 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 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**

First of all, 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:** If travelling by train please aim to arrive at the station between 15:30 and 16:30 on Friday. All new members must attend the New Members' session that starts at 17:30. If you are going to be late please call 07967 430797 to let us know.

## **PLEASE LET US KNOW ASAP OF YOUR TRAIN ARRIVAL INTO STAFFORD SO WE CAN ARRANGE TRANSPORT TO SHALLOWFORD HOUSE**

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 have not been before, when you arrive at Shallowford House you will be met by Bernie an experienced NLTSG trustee who will check your letter of diagnosis, direct you to your room and then around the house. 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 on Sunday, which will finish by about 14:30.

**Facilities:** Shallowford House provide towels and soap, but you will need to bring all other toiletries with you. 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 prior 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 to consume as it is illegal to consume alcohol that has not been purchased on the premises. Smoking is only permitted outside of the building. 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 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 so please bring a few pounds for this.

**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.

### **Funding**

If you are attending the weekend on a funded place and fail to attend without cancelling you will be invoiced the full cost of the weekend (£200) and no longer qualify for future funding.

## **DIRECTIONS**

**SHALLOWFORD HOUSE, Station Road, Norton Bridge, Staffordshire, ST15 0NZ**

### **By Rail**

Take a train to Stafford station. There will be a representative of NLTSG at the station between 15:30 and 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 after 1430. 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)

We ask you to use [Trainsplit](#) when booking train tickets and to book them in advance as they will be cheaper

There is a bus service between Stafford Train Station and Shallowford that takes approx. 20 mins

Bus number 13

Bus station adjacent to the train station leaves at 1505, 1615 and 1715

Ask the driver to let you know which stop you need for Shallowford House

### **By Road**

1. Leave M6 at Junction 14 – exit roundabout onto A5013 Creswell 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 of the track!

## Weekend Programme

Friday		Saturday		Sunday	
		<b>09.00</b>	<b>BREAKFAST</b>	<b>09.00</b>	<b>BREAKFAST</b>
16.00– 17:00	Arrivals and welcome. Room allocation Tea & Coffee served	10.00- 11:00	Options include open/closed groups & individual therapies	10.00- 11:00	Options include open/closed groups & individual therapies
		<b>11.00</b>	<b>TEA &amp; COFFEE</b>	<b>11.00</b>	<b>TEA &amp; COFFEE</b>
		11:30- 12:30	Options include open/closed groups & individual therapies	11:30- 12:30	Options include open/closed groups & individual therapies
		<b>13.00</b>	<b>LUNCH</b>	<b>13.00</b>	<b>LUNCH</b>
17.30	New Members Session - Library	14.00- 15:00	Options include open/closed groups & individual therapies	13.45	Closing Circle, weekend review & evaluations.
		<b>15.00</b>	<b>TEA &amp; COFFEE</b>	<b>14:30</b>	<b>GOODBYE</b>
18.15	Opening circle- Main meeting room	15:15- 16:15	Options include open/closed groups & individual therapies	<b>Have a safe journey home!</b>	
		16:15- 17:15	Options include open/closed groups & individual therapies		
<b>19.00</b>	<b>DINNER</b>	<b>19.00</b>	<b>DINNER</b>	<b>The bar will be open immediately before dinner and all evening. Please remember to pay your tab before going to bed Saturday night.</b>	
20.00	Quiz	20.00	Raffle Draw and possible social activities		