Retreats and Quiet Days Information Sheet

Taking time out from everyday life gives us focused and uninterrupted space to spend time with the God who knows and loves us. Organised days give some input to help shape your prayer and reflection and retreats may provide input sessions or may be individually guided where you spend one to one time each day with a retreat guide. Many places also offer space for people to have a private quiet day or retreat. Links to local places which are available for both organised or private retreats and reflection days can be found here.

**Bishop Woodford House**
Bishop Woodford House is the Diocese of Ely's Retreat and Conference Centre. Retreat & Conference Centre, Barton Road, Ely, Cambridgeshire CB7 4DX. Tel: 01353 663039 www.bishopwoodfordhouse.com

**Chelmsford Diocesan House of Retreat**
This is the Diocese of Chelmsford’s Retreat & Conference Centre. The Street, Pleshey, Chelmsford, Essex CM3 1HA. Tel: 01245 237251. www.retreathousepleshey.com

**Carmelite Monastery**
Roman Catholic Carmelite Monastery, Quidenham, Norwich, Norfolk, NR16 2PH. Tel: 01953 887202.
Private retreats or quiet days only. www.quidenhamcarmel.org.uk

**Clare Priory**
Roman Catholic Augustinian community.
Clare Priory, Ashen Road, Clare, Suffolk CO10 8NX. Tel: 01787 277326. www.clarepriory.org.uk

**Monks Eleigh Retreat Centre**
Monks Eleigh URC has been refurbished in order to be used as a day retreat and meeting centre named HOME, in rural Suffolk. It is suitable for retreats and other small meetings. www.hadleighurc.org.uk

**Otley Hall**
Organised quiet days in the setting of this lovely Tudor hall and magnificent gardens.
Otley Hall, Hall Lane, Otley, Suffolk IP6 9PA. Tel: 01473 890264. www.otleyhall.co.uk

**Quiet Gardens East Anglia**
'Varied gardens in East Anglia, some offering accommodation'
The Quiet Garden Trust, Kerridge House, 42 Woodside Close, Amersham, Bucks HP6 5EF. Tel: 01494 434873. www.quietgarden.org
Quiet Waters
Ecumenical Christian Retreat House. Quiet Waters Christian Retreat House, Flixton Road, Bungay, Suffolk NR35 1PD. Tel: 01986 893201  www.quietwaters.org.uk

Ringsfield Christian Ecostudy Centre
Ringsfield Hall, Beccles, Suffolk NR34 8JR. Tel: 01502 713020.
Self-contained hermitage, chapel and cloistered garden.  
www.ringsfield-hall.co.uk/spirituality

Wigwam Retreat Centre
The Personal Wholeness Trust runs retreats and quiet days at the Wigwam Retreat Centre at Riddlesworth near Diss, where there is an outdoor labyrinth in beautiful surroundings.  
www.wigwamretreats.co.uk

Also...

Tony and Caroline Redman have a small, self-contained garden room which can be used by individuals or groups up to 6. It has heating, drink making facilities and a toilet. Contact Caroline on  caroline@theredmans.co.uk.

Many country Churches are also spaces which can be used for quiet days. Some have rooms available for hire.

Outside Suffolk

Retreat Association
Ecumenical organisation providing information and guidance on retreats, quiet days, spiritual direction and retreat leadership.  www.retreats.org.uk/

St Beunos
Silent retreats in North Wales and information on Ignatian Spirituality.  www.beunos.com

Worth Abbey, Open Cloister
Offers spiritual direction and a programme of events at Worth Abbey.  www.worthabbey.net

The Simeon Centre
Offers events and quiet days in/ near Cambridge.  www.ridley.cam.ac.uk

Julian meetings
Christian contemplative prayer groups.  www.julianmeetings.org