



Rookhow's Retreat Away Fund

[ROOKHOW](#) is a Quaker charity in the quiet Rusland Valley, about 15 minutes from Ulverston, consisting of a 16 bed bunkbarn, historic Meeting House for group space, a yurt in the woods and 2 campfires set in 12 acres of magical oak woodland. Our Retreat Away Fund subsidises residentials and therapeutic work with people with mental health problems.



So far we have been able to support 20 groups and over 300 people, with groups including: Home 2 Work (Cleator Moor), Love Barrow Families, Always Another Way, Safety Net, Family Action Barrow, PiNC, Furness Multi-cultural forum and Wave Forward. After using up a grant from the Quaker Mental Health fund UK, Rookhow trustees have now committed to adding 5% of bookings income into the pot and we have had some generous donations from individuals and local Quaker Meetings to continue the fund.

Next round's deadline is **15th March 2023.**

We would especially welcome new applications but will still consider applications from groups we have funded before, especially if it's for different participants.

The fund would pay for part (or all) of your accommodation costs* 2 nights 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. Space for up to 30 to stay on site (16 in bunkbarn-beds; 4 in yurt and 10 on Meeting House floor/ camping). You would be greeted by us, but then have the place to yourselves.



Check our website for more information about Rookhow & availability calendar rookhow.org.uk & fill in the application form.

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.

** £460 per night sole use 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 is a registered charity No 1188409



ROOKHOW
Quaker Meeting House and Bunkbarn