

Both Jill and Caroline have been involved in running *Giving Voice* residentials at Purley Chase over a number of years.

Jill has been described as an "enabler extraordinaire," with "a great voice and an even greater spirit". She is a professional health educator whose work is respected throughout Britain and abroad. Her acclaimed publications include the UK edition of the classic *Our Bodies Ourselves*, of which she is co-author. She has been promoting health in its widest sense for three decades. running events for a wide range of local and national organizations, including the NHS. Having originally trained as a musician, Jill has developed *Giving Voice* over the last 18 years, fusing her inspirational talents and expertise around music and health, aided by her own experience of illness. In 2004, the National Foundation for *Giving Voice* was established together with Rachel Healey, Jill's first apprentice, joined last year by Caroline.



The most recently qualified *GV* teacher, **Caroline** brings "energy, enthusiasm and inspiration". She has always loved to sing but didn't find what she was looking for singing in choirs. Singing and training with Jill has enabled her to find and truly connect with the song in her heart. She is a very practical person and has considerable experience of 'Applied *Giving Voice*'. She lives in Sheffield, where she works as a librarian in a university supporting IT and library systems.

Some comments from people who've used Applied *Giving Voice*:-

"I've amazed myself. I've discovered that GV can help with the most mundane of tasks. Throughout a very hectic Saturday morning, I've been able to walk through the madness and chaos of life, without it affecting me ... A wonderful experience, which stayed with me all over the weekend. Amazing, considering the extent of the chaos around me."

"I was feeling grumpy and resentful about doing a task at home, wanting to allow GV to help me but not sure how. I spotted myself in the mirror and as I caught my eye a song began to pour out of me; I pointed at myself and found myself singing that I could have FUN!! This banished my resentment, and in its place I became full of joy and delight. As for the task, I just got on with it!"

"I'd been involved in group where several people were feeling bruised and upset. I was inspired to introduce a particular song, and not only did the difficult atmosphere tangibly diminish, but group members moved off for the day with sense of joy and joint purpose which had been missing the night before."

Years later, I met with some of people involved in that event, and they asked me to share the song again. It was clear that the experience all those years ago was still with them."

"I don't usually feel I belong in groups, [but at the Giving Voice weekend] I discovered a sense of Belonging"

"Words fail me. I'm so delighted with what I've discovered I can do!"



Giving Voice* for Purley Chase - an exciting new venture, with Jill Rakusen and Caroline Thorpe of the National Foundation for *Giving Voice



16th – 18th October 2009
Friday evening 7pm to Sunday 3.30pm

This event will be of particular interest to those who love Purley, and want to be of service, in harmony with others. **Huge benefits will be open to participants, with potential for continuing learning and integration in daily life.**

If you'd like to find out more, please turn over!

About The Weekend



Giving Voice (GV), developed by Jill, is a musical and spiritual tool that can enable us to develop our capacities and strengths, including those we never knew we had! It can be used in any situation, at any time, by anyone.

GV is a product of the experience of illness and disability, and the profound need to develop the ability to promote true harmony, whatever is going on in our lives. It's always hardest when tasks and/or other people are involved – that's life! So we'll be using the weekend to develop our capacity to promote true harmony, while engaging in practical tasks that support and enhance life at Purley Chase. We will use 'Applied Giving Voice' – facilitated by Jill and Caroline – as individuals and as a group. This will provide the means whereby we experience learning, support, and growth, all of which are likely to continue beyond the residential.

The weekend will be a coherent process from beginning to end, facilitated by Jill and Caroline. There will be an emphasis on safety and support, and the true needs of each participant, in the context of the group/group purpose. The GV Process will underpin the whole weekend, both during, before, and after doing tasks. The group will come together at various points, for facilitation, sharing, playing, as well as working and singing. Learning is likely to occur in surprising ways, both in structured sessions (eg involving sound, sharing, and/or silence), during tasks, and during 'free' time, where there will be opportunity for reflection, assimilation and relaxation. Tasks may include cleaning, sewing, gardening, clearing, wood-chopping. And finally, as with all GV events, laughter will never be far away!

Who's the residential for?

It's for anyone who wants to:

- Support Purley Chase,
- Promote true harmony, in their life as a whole, and in the world
- Gain through learning a practical spiritual tool, applicable in any situation
- Develop their understanding and capacities in relation to Service
- Have fun at the same time!

The Residential begins *formally with a buffet meal at 7 pm, although you can arrive from 3 pm onwards to settle in (highly recommended!)*

If you're still interested after reading this, do give Jill a ring to find out more, and/or to talk about the weekend's suitability for you. She can be contacted at:

0113 289 2450


info@givingvoicefoundation.org.uk
www.givingvoicefoundation.org.uk



Cost: £135 - £155 depending upon type of bedroom.

Extra 10% discount for Giving Voice Foundation members

Manager: Anne Gaffney
Purley Chase Centre,
Purley Chase Lane, Mancetter,
Nr Atherstone, Warwickshire,
CV9 2RQ Tel: 01827 712370
www.purleychasecentre.org.uk

The Centre has full access for those less able
 bodied, including en-suite accommodation with two purpose built wet rooms.

Reply Slip

Do talk to Jill before booking (see previous column).

YES I would like to come on the Giving Voice for Purley Chase weekend 16th – 18th October 2009

Name: _____

Address: _____

Telephone: _____

Email: _____

I enclose £50 non-returnable deposit. Cheques to: 'Purley Chase Centre' (please put your address on the back)

Accommodation preference (please tick)

Standard (small dormitory) £135

En-suite single or twin £155

En-suite adapted facilities 

Dietary preferences (please tick)

Standard

Vegetarian

Food Allergies/Special Dietary Needs?

Please return to: Bookings at the Purley Chase Centre (address overleaf)