



## **Life A Plenty Charitable Trust Referral Information**

### **Recuperative Retreats for Women**

"A sanctuary offering relaxation, restoration and replenishment - just for you!"

Life A Plenty Charitable Trust 'Recuperative Retreats for Women' is a service provided specifically for women within the Tauranga and wider Bay of Plenty region, who have been recommended a period of rest and recuperation by a health professional.

The retreat provides the opportunity for women to take a break from their day-to-day activities in order to replenish their mind, body and spirit, and at the same time receive support to make positive changes in their lives. The retreats provide a safe and secure environment for participants to experience complete rest in a quiet, reflective atmosphere.

Each retreat is FREE to participants and all meals are provided. Participants have their own bedroom, with all linen provided. All participants receive individual and collective support from two qualified facilitators/therapists throughout each retreat, which takes place over five days.

During the Retreat, participants are able to attend daily workshops in order to learn simple relaxation exercises, coping with anxiety, stress management techniques, establishing boundaries, understanding grief, self-compassion and problem-solving strategies to effectively manage life challenges.

The immeasurable value and benefit these retreats provide is the positive ripple effect on the women attending, their health and wellbeing, their tamariki/children, their relationships, their whanau/families and in turn, their entire community.

*To help your nominated Health Professional (Referrer), e.g. GP, Counsellor, Social Worker, Psychologist, Mental Health Worker or 'Other' Health Professional fill out a referral for the Life A Plenty Retreat, please complete these details ahead of time.*

#### **APPLICANT'S DETAILS**

10. First name:
11. Surname:
12. Street address:
13. City:
14. Postcode:
15. Email:

<https://www.lifeaplenty.nz/>

16. Phone number:
17. Date of birth: *Example: 7 January 2019*
18. Ethnicity: *Tick all that apply.*
- NZ European
  - Māori
  - Pasifika
  - Asian
  - European
  - Other:
19. Dependent children/adults in Applicant's care? *Tick one.*
- Yes
  - No
20. If dependents, how many and what age?
21. Have you stayed at a Life A Plenty Charitable Trust Retreat before or know any other applicants? *Tick one.*
- Yes
  - No
22. If yes, when or who?

### **APPLICANT'S EXPECTATIONS**

36. What would you like to gain from attending this Retreat? *Please describe in detail.*

37. Would you be available to attend a retreat at short notice? *Tick one.*

- Yes
- Maybe
- No

#### **APPLICANT'S REQUIREMENTS DURING THE RETREAT**

38. Please list any literacy support you may require, e.g. support you would like with writing or reading for the life-skills workshops.

39. Please indicate any special dietary requirements. *Tick all that apply.*

*Please Note: Vegetarian and gluten intolerant diets can be catered for. However, contact [admin@lifeaplenty.nz](mailto:admin@lifeaplenty.nz) regarding catering for other diets or special food preparations. Feel free to BYO special/extra foods that don't require refrigeration.*

- None
- Vegetarian
- Gluten-free
- Other:

40. Do you smoke or vape? *Tick one.*

- Yes
- No

#### **EMERGENCY CONTACT**

41. Name

42. Address

43. Phone number(s)

44. Relationship