

Overcoming Eating Disorders

Helena Wilkinson & Team

Nicholaston House Christian Retreat and Conference Centre

2017 Courses Information



Eating Disorder Courses

Short residential support courses in a safe understanding environment - led by recovered anorexic and author, Helena Wilkinson, a writer, trainer, and equine-facilitated psychotherapy practitioner (EFP).

Telephone or
Enquire Online



(01792) 371317 | www.nicholastonhouse.org

Nicholaston House is a member of The Evangelical Alliance, The Retreat Association, Christian Camping International (CCI), Global Connections, The Association of Christian Counsellors and

The British Association of City Missions.
Registered UK Charity No. 1096720



‘ in this place I will give peace ’

Nicholaston House Christian Retreat and Conference Centre

Nicholaston House, standing in its own grounds overlooking Oxwich bay, is set in heart of the Gower peninsula - Britain's first designated Area of Outstanding Natural Beauty.

About Us

Run by Swansea City Mission and Educational Trust, a registered UK Christian charity, the focus of Nicholaston House is to be a centre for healing and restoration channelled through various retreats, events and courses, and to facilitate Christian groups for conferences and away days. Our core charitable work includes providing regular residential eating disorder support courses and prayer ministry. Non-residential and day visitors are welcome to many of our retreats, events and courses (excludes OED courses).

Our Team

The team at Nicholaston House are drawn from many areas of life and have committed themselves to serving others and providing a safe, warm and welcoming environment. For the OED courses additional team members, who have a particular interest in eating disorders, are brought in to assist. Amongst those who help are: recovered sufferers, prayer ministers, creative arts, play and dance therapists, counsellors/trainee counsellors, nurses and those with much life experience. The team vary from course to course.

Accommodation and Facilities

Accommodation comprises mainly twin, with some single, double and family bedrooms, all with en-suite provision, as well as tea- and coffee-making facilities. OED courses are single occupancy - carers attending courses share the same room at the course delegate they are supporting. General facilities include a conservatory overlooking the magnificent sweep of Oxwich bay, conference room with audio-visual equipment, games including table tennis and pool, art and craft studio, prayer room, bookstall and lounge with TV.



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Overcoming Eating Disorders

Helena Wilkinson & Team

Course Facilitator

Helena Wilkinson is a writer, trainer, and equine - facilitated psychotherapy practitioner (EFP). She is the author of 11 books, including the bestsellers, 'Puppet on a String', an autobiographical account of her fight with, and recovery from, anorexia, and 'Beyond Chaotic Eating', a way out of anorexia, bulimia and compulsive eating. Helena has worked with eating disorder sufferers for the last 30 years.

Booking Process

After completing a Booking Enquiry Form you will be contacted by one of the OED team to arrange a phone/Skype call. This will enable us to find out about your current situation and for you to ask any questions about the course. You will then be advised as to whether we feel OED Stage 1 is beneficial at this point. After OED Stage 1 you may apply to attend OED Stage 2 and then Stage 3. The same assessment will take place with one of the team prior to acceptance on a course. If you are not ready to progress to the next stage, there is the option to repeat the previous stage (column 1) or alternatively attend a Personal Development Weekend and/or a Prayer and Refreshing Week. Personal Development Weekends (as with Prayer and Refreshing Weeks) are open to everyone, so you may like to attend with a friend or family member.

Stage	2017 Course Dates	Fee
Stage 1	20 - 24 February	£399
Stage 1	15 - 19 May	£399
PDW	2 - 4 June	£159
Stage 2	19 - 23 June	£439
Stage 3	31 July - 4 August	£479
Stage 1	21 - 25 August	£399
PDW	13 - 15 October	£159
Stage 2	6 - 10 November	£439
Stage 1	20 - 24 November	£399



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OED ENQUIRY FORM

Name: _____

Address: _____

Town/City: _____ **Postcode:** _____

Telephone: _____ **Mobile:** _____

Email: _____

How did you find out about us? _____

Preferred course date/s: _____

From which eating disorder do you suffer?

Anorexia Bulimia Compulsive Eating

Age: _____

Dietary/Allergy/Health (Attendee): _____

Dietary Requirements (Attendee):

Vegetarian Dairy-Free Gluten-Free Other: _____

Are you planning on attending with a carer? Yes No

If yes, please provide carer's name and dietary/allergy/health information:

Dietary Requirements (Carer):

Vegetarian Dairy-Free Gluten-Free Other: _____

Return Address

Nicholaston House Christian Retreat and Conference Centre
Penmaen, Gower, Swansea, SA3 2HL