



RETREAT BOOKING FORM: parts in green require a response

I would like to attend:

Title and Date of RETREAT (please specify)

Name

Address

Telephone (mobile)

Email

PAYMENT – retreat costs only: Please specify which retreat/s you wish to attend

£275 - for Summer, Equinox and New Year retreats

£330 - for the William Linville Retreat

- I enclose a cheque for £ made payable to the Flame Centre (specifying the name of the retreat on the back of your cheque) and send to:
Flame Centre, Unit 3 D, The Chandlery, 50, Westminster Bridge Rd, London SE1 7QY
- I have paid £ by Direct Bank Transfer into the Flame account No 49887721 Sort Code 09 01 27 Ref: give your name and Retreat name
- I have paid £ by Paypal using the email info@theflamecentre.co.uk
- DEPOSIT – I am paying a deposit of £50 now and undertake to pay the balance one month before the Retreat start date

DIETARY REQUIREMENTS:

Please specify any dietary exclusions/requirements

NB all meals are gluten free

Please indicate your food preferences - I eat: dairy meat fish vegetarian only other

ACCOMMODATION

(Please note accommodation at Rose Cottage will be allocated on a first come first served basis so early booking is advised otherwise you will need to book and pay separately for your accommodation)

- If available, I would like to apply for accommodation at Rose Cottage
- I plan to make my own accommodation arrangements/booking etc

These are some of the places people have stayed at in the past:

- *Craig and Saul's (AirB &B)- 25 The Street, Sculthorpe (0) 1328 853522 (walking distance from Rose Cottage)*
- *Erika's bed and breakfast Fakenham 01328 863058 – (you would need a car)*
- *There is a self-service holiday cottage which may be available. The cottage sleeps 3 and is a 15-minute drive – please let us know if you would like more details about this*

MORE INFORMATION ABOUT THE RETREAT

RETREAT SCHEDULE

- Please arrive from 4pm on the relevant Thursday
- The evening meal on Thursday is at 6 pm
- The first evening session takes place from 7pm to 9pm on Thursday evening
- The Retreat finishes after lunch at 2.30 – 3pm on Sunday

TRAVEL – please give yes /no answers to the following

NB Please see travel information. If you would like a lift from London, (although we cannot guarantee this), we are happy to connect people up so they can arrange lifts amongst themselves to travel together on the train

- I will be arriving at the retreat (please state estimated time of arrival)
- NB A train from Kings Cross departs at 12.44 and arrives at Kings Lynn at 14.21pm - I would like to be collected from this train
(NB We are not able to collect people from later trains but a bus runs from Kings Lynn to Sculthorpe stopping close to Creake Road – you need to check when the last bus is – often not later than 5pm and times vary. It is approximately 20 miles from King’s Lynn to Sculthorpe)
- I would like the 6pm meal on Thursday evening
- I am driving fromon Thursday and am willing to offer someone a lift
- On Sunday departure is after lunch around 2.30pm– please remember to book your cab in advance if you need a lift to Kings Lynn, as we will not be able to give lifts on Sunday

GENERAL TRAVEL INFORMATION YOU MAY FIND USEFUL:

MOBILE SIGNAL AT ROSE COTTAGE CAN BE UNRELIABLE - PLEASE BRING THE HOUSE TELEPHONE NUMBER WITH YOU SHOULD YOU NEED TO CONTACT US ON YOUR JOURNEY - 01328 258438

Driving and lifts: People generally drive up to Sculthorpe, so it may be possible for people to share lifts – let us know if you are looking for a lift and we will try to put you in touch with others if anyone else is driving from your area.

Trains: The nearest train station is Kings Lynn direct from Kings Cross – we can collect from one train on Thursday afternoon (14.21pm) – details above.

Taxis to and from King’s Lynn: If you need to book a taxi to or from Kings Lynn (particularly on the Sunday) it will be advisable to do this in advance, because Sculthorpe is a bit of a one horse village!

For overseas visitors arriving by air: From a London Airport: take tube or bus to London Kings Cross and then a train to King’s Lynn.

DIRECTIONS BY CAR:

When driving from London travel time varies considerably depending on the time of day you travel and the traffic. It can take anything from 3 to 4.5 hours or more, so we recommend setting off early to avoid the rush hour.

From London

- people usually take the M11, A 11/14 and then the A 1065 via Swaffham. The A148 comes off the A1065 at the Fakenham roundabout.
- From the Fakenham roundabout take the A148 in the direction towards Kings Lynn. Creake Road is the second turning on the right after the turning to Burnham Market.

From the direction of King’s Lynn

Creake Road is situated off the A 148 about 20 miles from King’s Lynn. Look for the signposted turning on your left after Sculthorpe village.

Rose Cottage, number 8 Creake Road is quite close to the A 148 – it is on your right going towards the village and can be recognized by the white farm gate and gravel drive.

N.B. PARKING AND SHARED ACCESS – Rose Cottage shares its driveway and access behind with the other cottages in the row. Please make sure you park close to the fence and leave plenty of room for vehicles to pass. You can also park on the road outside, half on the pavement.

Please be mindful and respectful of the space shared with neighbours.