

Fircroft

Retreats



Fircroft Retreats

A Welcoming Place to Relax and Learn

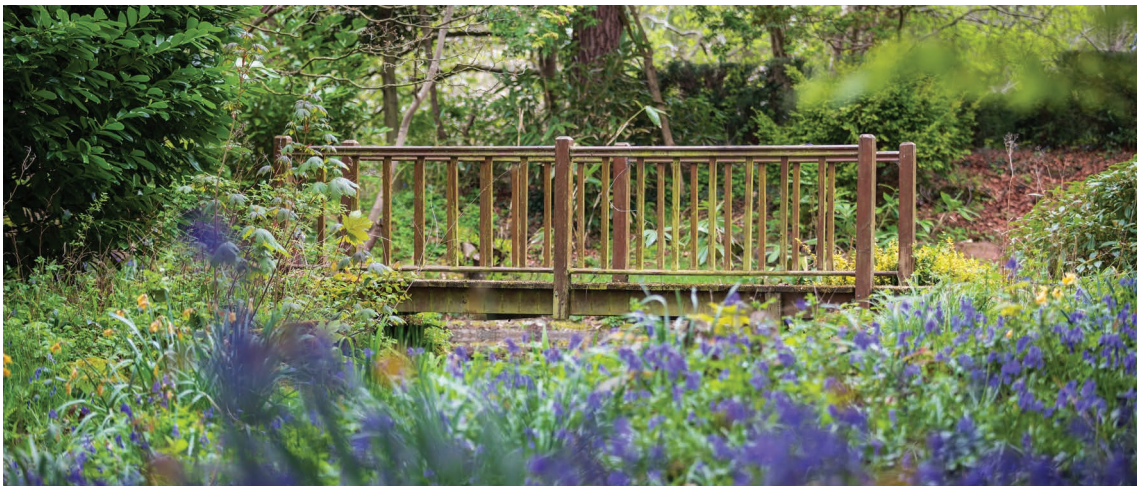
Our Retreats

Our Retreats are designed to give you the opportunity to get away from your external pressures and everyday issues, meet new people, learn new things and go home feeling relaxed, recharged and ready for the next day. We offer a welcoming, friendly and holistic environment, where everything you need is on site and you can focus on just you for two days. Once the Retreat is over, we hope you will have made new connections, learnt new things that you will be able to take away with you and use, and that you feel the benefits of being "away from it all" in a green, calm and relaxing environment.

About Us

Set amidst the historic Cadbury wards of Bournville and Selly Oak, we offer the perfect contrast to our urban surroundings, a Georgian manor house situated within 6 acres of established leafy grounds, once inhabited by George Cadbury Jnr. and his family.

We are proud of retaining our traditional values of social justice, inclusivity and global awareness, offering learning to adults of all ages to widen their horizons, increase their knowledge of the world around them and encourage awareness and action to combat widely prevalent topics such as the rapidly changing climate. We have many sustainability projects which can be seen in the beautiful grounds, including vegetable gardens, an orchard, bees and insect houses. Recycling, reusing and re-purposing are also a passion of the college. The college is also highly regarded for its mental health courses both for people who have experienced mental health issues and want to understand the subject more, or for professionals who want to gain greater knowledge to assist with their job roles.



Elevate Your Wellbeing: Residential Retreat Streams

An immersive two-day residential experience designed for deep reflection, skill-building, and community.

Choose Your Specialist Stream



Sustainability Retreat

Hands-on learning in earth-care, permaculture and nature connection to support purposeful, sustainable living.



Mental Fitness Retreat

Practical strategies to navigate stress, prevent burnout and manage anxiety through immersive practice.



Creative Writing & Craft Retreat

A space for emotional release and skill-building, fostering inspiration through peer feedback and craft.

The All-Inclusive Package

Total cost:

£335
(inc. VAT)

A single, transparent price covering the entire two-day residential programme.

Expert-Led
Learning



Includes 14 hours of dedicated tutor time and curated evening enrichment activities.

Full Residential
Comfort



Enjoy one night of en-suite accommodation and all meals provided throughout your stay.

Sustainability Retreat –

Live Sustainably.
Think Differently.
Act Locally.

**Saturday 11 July – Sunday 12 July 2026
(overnight stay Saturday 11 July)**

Sustainability isn't just a concept – it's a way of living. This Retreat gives you hands-on skills and practical tools to live more sustainably every day.

This is learning by doing.

Spend two days immersed in practical sustainability – growing, harvesting, creating, and understanding how small changes can make a big impact.

Reconnect with nature, learn valuable skills, and leave with the knowledge of how to live more conscientiously and purposefully.

Practical Earth-Care Skills

Because we have our own six acres of grounds, a significant portion of the course is dedicated to physical, land-based skills:

- **Gardening:** Participants engage in hands-on sessions learning how to grow food sustainably and reduce reliance on bought and imported products.
- Learn about permaculture techniques & forest gardening.
- **Energy-Saving Techniques:** Practical instruction on reducing environmental impact through smarter energy use.





Sustainable Systems and Communal Living

Connection and engagement

– the benefits of working as a group.

- **Shared Resources:** Exploring the benefits of communal living and how collective action can reduce an individual's carbon footprint.
- **Ethical Living:** Sessions focused on environmental stewardship and civic duty, helping participants align their daily habits with their ethical values.

Nature Connection and Purposeful Living

This Retreat caters to those seeking nature-connected experiences to combat the challenges of climate change and to balance the rigours of your everyday busy life.

- **Environmental Impact:** Understanding the broader context of climate change and how individual lifestyle choices contribute to protecting the planet.
- **Purpose-Driven Life:** Facilitated discussions on how to transition to a more "purposeful" way of life that prioritises environmental health alongside personal wellbeing.

Who is this Retreat for?

This Retreat would particularly benefit:

- Environmentally conscious individuals.
- People seeking purposeful lifestyles and making sustainable changes.
- People interested in practical sustainability.

Mental Fitness Retreat –

Stronger Mind. Clearer Focus. Better You.

Saturday 1 August – Sunday 2 August 2026
(overnight stay Saturday 1 August)



Step away from your daily pressures into a fully immersive learning experience designed to help you reset. Across two days, you'll learn how to recognise stress triggers, manage anxiety and build sustainable mental fitness habits supported by expert guidance and a like-minded group of people.

This isn't just learning. It's transformation.

This Retreat focuses on practical strategies to navigate modern pressures that have led to mental health challenges being at an "all-time high" in the UK.

Topics include:

Managing Universal Mental Health Challenges

- **Stress and Burnout:** Identifying triggers and implementing techniques to reduce burnout, which is a key priority for both individuals and employers seeking to "improve performance".

- **Anxiety and Change:** Developing tools to manage anxiety and adapt to significant life or professional changes.



Immersive Practice and Deep Reflection

Unlike a standard workshop, our residential setting is leveraged for deeper work that requires time and a supportive environment. This includes:

- **Deep Reflection:** Dedicated sessions for participants to reflect on themselves and evaluate their mental fitness away from daily distractions.
- **Immersive Practice:** Hands-on application of resilience techniques, allowing participants to move beyond theory into lived experience.

Peer Support and Community Building

A significant part of this course involves the "community" aspect of the residential format.

- **Peer Support:** Facilitated sessions where participants can share experiences and offer mutual support, fostering a sense of shared journey.
- **Collaborative Learning:** Using the group dynamic to practice interpersonal resilience and collective problem-solving.

Preventative Wellbeing and Performance

We will focus on tools and techniques to help you recognise your individual tipping point and ways that you can manage stress to prevent overwhelm:

- **Preventative Strategies:** Learning "preventative" habits to maintain mental fitness before reaching a point of crisis.

- **Performance Optimisation:** How resilience affects our overall performance whether at work or in our personal lives. How better resilience can increase effectiveness, particularly in the workplace.

Who is this Retreat for?

This Retreat would particularly benefit:

- Professionals experiencing stress or burnout.
- Employers investing in staff wellbeing.
- Individuals navigating change or anxiety.



Creative Writing & Craft Retreat –

Create Freely.

Reflect Deeply.

Be Inspired.

Saturday 1 August – Sunday 2 August 2026
(overnight stay Saturday 1 August)

Whether you're rediscovering your creativity or developing your skills, this Retreat gives you the space to explore.

Through guided workshops, reflective exercises and collaborative sessions you will enhance your ability to express ideas, process emotions and reconnect with your creative voice.

Step away from routine, and into inspiration.

Artistic and Literary Skills-Building

This Retreat is tailored for a diverse demographic including aspiring writers, educators and retirees looking to hone their craft.

- **Technical Workshops:** Sessions focused on developing specific writing and/or artistic techniques.
- **Peer Feedback:** Structured time for participants to

share their work and receive constructive critiques.

- **Focus and Inspiration:** Using the rich literary and artistic heritage of Birmingham to inspire new creative projects.

Emotional Release and Wellbeing Integration

A unique aspect of this course is the potential to combine mental health and wellbeing with creative practice.

- **Creativity for Emotional Release:** Using art and writing as tools for processing emotions and fostering personal enrichment.
- **Mindful Creation:** Integrating wellbeing practices with the creative process to help mid-life professionals and others find a sense of balance.
- **Preventative Mental Health:** Much like the resilience courses, these Retreats offer a private, and preventative space to manage stress through creative expression.



Community and Shared Experience

Our inclusive environment supports the benefits of connection and all of our Retreats encourage social interaction.

- **Collaborative Sessions:** Group activities that build a sense of community among participants from different personal and professional backgrounds.
- **Enrichment and Leisure:** Time set aside for settling in and informal enrichment activities that allow for social bonding outside of formal tutor hours.

Contextual and Heritage Exploration

England has a rich heritage which this Retreat will look to tap into. Visitors will be encouraged to learn and take inspiration from England's national and regional creative heritage. We will be using local history and literary landmarks as a springboard for creative exercises.

We will include a creative connection to nature drawing inspiration from our six acres of grounds, encouraging artistic inspiration.

Who is this Retreat for?

This Retreat would particularly benefit:

- Mid-life professionals seeking enrichment.
- Educators and aspiring creatives.
- Retirees exploring personal passions.

Costs

All of our Retreats cost **£335 (inc. VAT)** per person. This includes:

- **One night stay in a single, en-suite bedroom**
- **Lunch on day 1 and day 2**
- **3 course dinner on day 1**
- **Breakfast on day 2**
- **Tea and coffee throughout the day**

To secure your place we require all bookings to be paid for in full as early as possible in advance of the Retreat start date. Unfortunately, we are unable to take staggered payments.

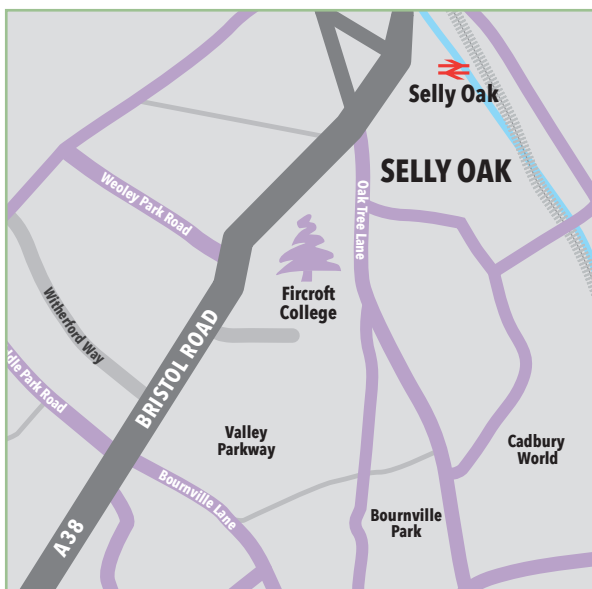
How to pay

There are various payment options to pay for your Retreat including via bank transfer or by making payment over the phone or in person. Further details will be provided upon receipt of booking.



Getting To Us

We are easily accessible by road and train.



If you are driving

Our postcode is **B29 6LH**. We have free car parking.



If you are taking the train

Selly Oak train station is a 15 minute walk to Fircroft or the 61, 63 or X64 buses run frequently up the Bristol Road and there is a bus stop near to the college.

The station is also a 10 minute journey from Birmingham New Street station.



If you are cycling

We have secure bicycle stands on site.

If you need more information please contact our Admissions team on **0121 472 0116**.

Frequently Asked Questions (FAQ's)

Is there a cut-off time to book my place?

So that we can ensure you have an enjoyable stay during your Fircroft Retreat and we have time to prepare everything, to secure your place we require all bookings to be paid for in full as early as possible in advance of the Retreat start date.

How do I book a place?

To make a formal enquiry about booking a place, please go to our website page (www.fircroft.ac.uk) and fill in the online form. Alternatively, please email enquiries@fircroft.ac.uk and we will get back to you.

Do I need to pay the full amount in advance?

We ask all participants to pay the full amount in advance. Unfortunately we are unable to take staggered payments at present.

Are there any extra costs involved?

No. You will have everything you need to see you through the two days. If you need anything else, we are not far from local shops and Birmingham city centre is a 10 minute train ride away from Selly Oak station.

We also have our Fircroft Plantry which sells healthy snacks and drinks that you can purchase at anytime during your stay.

What are your cancellation terms and conditions?

- More than 30 days before the retreat: full refund minus administrative fees.
- 14 – 30 days before: 50% refund.
- Less than 14 days before: no refund.

Bookings may be transferable to another participant with prior written approval.

If the organiser cancels the retreat, a full refund will be provided (excluding any personal travel expenses unless stated otherwise).

Is there parking available?

Yes. There is free parking on-site near to the college reception.

What do I need to bring with me?

We will provide most things that you will need during your stay with us including towels and shower toiletries.

Do I get a certificate?

We will be delighted to present a Fircroft Retreats certificate of attendance to you on completion of the Retreat.

Is there anything for us to do in the evening after dinner?

There will be planned evening activities available as well as the opportunity for self reflection and relaxation.

What are the bedrooms like?

Our bedrooms are single occupancy, en-suite with tea and coffee making facilities.

Do I have to stay overnight?

It is not obligatory to stay overnight, although the cost includes the overnight stay. If you wish to go out in the evening, we ask that you return to the college by 1.00am.

We encourage people to stay overnight so that they can fully experience the benefits of being on a Retreat.

Am I allowed to bring alcohol onto the premises?

Fircroft is a non-alcohol venue and we do not permit alcohol onto our premises at any time.



Contact Us

If you have any questions about our Fircroft Retreats,
please don't hesitate to contact us:

Telephone: 0121 472 0116

Email: Enquiries@fircroft.ac.uk

Enquiry form via our Fircroft Retreats website page: www.fircroft.ac.uk