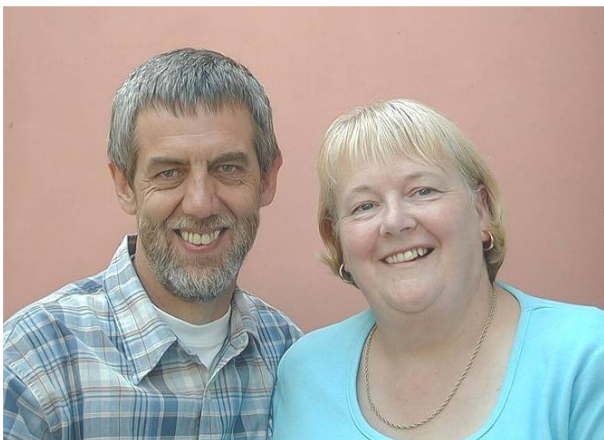


# Walking Break 2010

## Leaders



**Andy & Miriam Jelfs.**

Have been working with "Counties" Teaching and Preaching in East Anglia for nearly 35 years. They are regular visitors to Sizewell Hall as they run house parties and camps for all age groups.

Andy also has a much wider pastoral role within the Counties organisation. They live in Halstead in Essex. I'm sure we will be helped, encouraged and challenged by Andy's ministry. Mim is an accomplished musician.

Both Andy & Miriam love the outdoor life and have a love of nature both are keen birdwatchers and Andy loves painting.

## Local Walks could include

Aldeburgh, Dunwich Heath, Minsmere, Thorpeness, River Alde from Snape, Kenton Hills are some of the areas we could be walking.

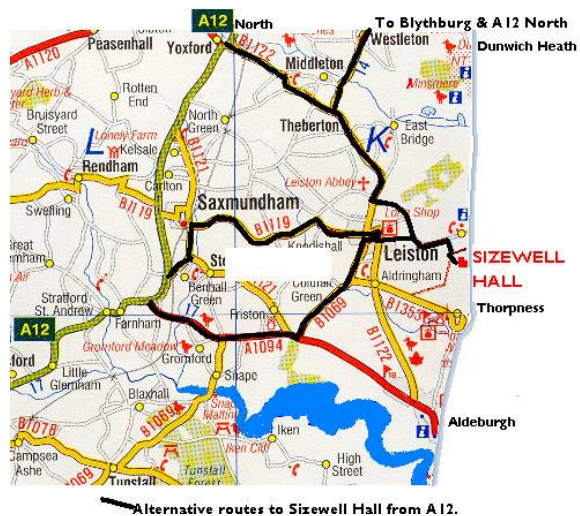
## SIZEWELL HALL CHRISTIAN CONFERENCE CENTRE

The centre is situated on a thirty two-acre site on the Suffolk Coast. The hall consists of 32 bedrooms, and can sleep 83 people. It is very busy as a conference facility, with many Local, National and International groups that visit us.

**Accommodation.** There are a limited number of single rooms, all rooms have wash basins & single beds. There are a number of bathrooms and shower rooms on both floors. Duvets and pillows are on all beds. We now have a lift for disabled people which give access to both upper floors.  
(Note: please bring your own duvet covers bottom sheet and pillowslip, towels and soap etc.)

**Please note:** No smoking is permitted in the Centre and no alcohol is allowed on site.

Sizewell Hall - Tel No: 01 728 830715  
During your stay please use - Tel No: 01 728 830076



Route shown from A12 is approx. 15 minutes from Sizewell Hall.



# Walking Break 2010

Wednesday 14<sup>th</sup> July  
to  
Saturday 17<sup>th</sup> July 2010

**Sizewell Hall Christian  
Conference Centre  
Sizewell Leiston  
Suffolk IP16 4TX  
[www.sizewellhall.com](http://www.sizewellhall.com)**

## AIM

To plan days with a mixture of Walking during the day and a Christian input during the evenings.

To give an opportunity for Christians to invite friends to an event, which we are sure, they will enjoy.

## HOW?

A combination of the informality of walking with Daily Bible readings, designed to help us learn about or grow in the Christian Faith.

## VENUE

Sizewell Hall in Suffolk is an excellent venue for such an event as this. It is part of the beautiful Heritage Coast and the walks each day will present the walker with a fresh challenge.

**COST**  
**£ 90 per person**

## This includes:-

**Full Breakfast, a Packed Lunch and an Evening Meal.**

The *Walking Break* will be from, Wednesday 14<sup>th</sup> July @ 16.00 to Breakfast on Saturday 17<sup>th</sup> July 10.15am.

**Please note it is not necessary to be a seasoned walker as various walks will be available. It is open to both Male and Female of all ages.**

Mim will be leading alternatives to walks either a visit to Minsmere Bird Reserve, or local shops in Aldeburgh, Snape or Southwold for a gentle amble!

Maybe you have heard the guidelines about walking 10,000 steps per day. How far is 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles. Just to convince you it is all for your own good! **Following last years success, do come and join us, however spaces are limited so please get your reservation in quickly to ensure your place.**

## PROPOSED PROGRAMME (Provisional)

**If you want to arrive early, there will be time to settle into your room and get in your own short walk before Dinner.**

### Wednesday 14<sup>th</sup> July 2010

16.00 Arrive.  
18.30 Dinner.  
20.30 Introduction.

### Thursday 15<sup>th</sup> July 2010

08.45 Breakfast.  
09.45 Thought for the Day.  
10.30 Walkers Leave.  
18.30 Dinner.  
20.00 Reflection on the day.

### Friday 16<sup>th</sup> July 2010

08.45 Breakfast.  
09.45 Thought for the Day.  
10.30 Walkers leave.  
18.30 Dinner.  
20.00 Reflection on the day.

### Saturday 17<sup>th</sup> July 2010

08.30 Breakfast **Please ensure your rooms are cleaned and cleared before Breakfast.**  
08.45 Breakfast with morning devotion.  
10.15 Leave for home.

Please note there will be additional competitions during the walks to add a bit of interest so come prepared. Binoculars and Walking poles may be a good idea as well as a backpack for your lunch. As we can't rely on the weather don't forget your wet weather gear!

We at Sizewell Hall are very pleased to offer this Mid Week Walking Break. Peter & Lynne Warnock will be running, (well walking), this event with Andy & Mim Jelfs.

If you have any further questions please contact :- Peter Warnock on 01728 830715 or email to [sizewellhall@googlemail.com](mailto:sizewellhall@googlemail.com)

# Registration Form

Please register me as a delegate to this Walking Break. (Please print) Please use one form per person or per couple.

Surname: \_\_\_\_\_

Title & First Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Telephone: (Day) \_\_\_\_\_

(Evening) \_\_\_\_\_

E-mail: \_\_\_\_\_

**I enclose a non-returnable deposit @ £15.00 per person. £ \_\_\_\_\_**

Balance of £ \_\_\_\_\_ to be paid on arrival

**Please make cheques payable to "Sizewell Special Projects"**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

I am happy to share a room with \_\_\_\_\_

Please detach and return completed form to:  
**Peter Warnock Sizewell Hall Leiston Suffolk  
IP16 4TX**

Special Dietary Requirements: \_\_\_\_\_

To help us plan the break approximately how many miles would you like to walk per day?

\_\_\_ Up to 7 miles      \_\_\_ 10 miles

\_\_\_ Up to 3 hrs      \_\_\_ 5 hrs

Not planning to walk \_\_\_ Visit Minsmere \_\_\_

Would you like to Drive about 5miles and have different walks? ✓ YES \_\_\_ NO \_\_\_