

THE LIVING WELL

*Canterbury Diocesan Centre
for Healing and Wholeness*



Programme
2026



The Living Well Prayer

God of Healing, we commit into your hands
the work and ministry of The Living Well;
May its door be wide enough to receive all
who seek your healing grace;
May it be a place of rest,
laughter and forgiveness;
Bless all whom you call
to your ministry of healing;
May The Living Well be a gateway to that
wholeness which is your desire for all people.
We ask this through Christ our Lord. Amen

Welcome to our programme for 2026.

We are thrilled that God has led us to this point on the Living Well's journey and look forward expectantly to all He has in store for you as guests and us as team in the year ahead!

This year's programme has the familiar pattern of Thursday worship at 10.30am to which any and all can come without booking. There are monthly deeper healing days; days for clergy, readers and Anna Chaplains; themed days led by gifted facilitators and courses, all of which need to be booked via our administrator.

The Living Well operates as a charity and its needs are supplied through the generous gifts of those who come, our supporters and some churches who give us gifts as part of their mission allocation. Our team of volunteers bring a rich variety of gifts and it is exciting to witness how God weaves us together into a whole to facilitate the ministry at The Living Well.

In our beautiful grounds we have 4 garden rooms which can be booked for personal retreat. There is also a labyrinth to aid prayer walking, many benches to rest and a water feature as well as stunning views across the countryside to help us ponder the wonders of the God we are privileged to serve.

The Living Well is a thin place where the Spirit of God is pleased to dwell in the buildings and the grounds and our prayer is that whether you are in a garden room, the upper room, the lounge, the chapel, the library, the kitchen or the gardens, you will draw close to God and find your healing and wholeness in Him as He transforms you. We look forward expectantly to meeting with you in the coming year.

Every blessing for 2026

Ray, Helen , Hilary and Annelise



Hilary



Ray



Helen



Annelise

Assist. chaplain

Assist. chaplain

Assist. chaplain

Administrator

General Information

◊ **Deeper Healing Days —Lunch and refreshments provided**

A Deeper Healing Day enables us to be listened to and prayed with in order to bring release and peace through prayer. It is not counselling but is an opportunity to be listened to, listen to ourselves and God in a safe and welcoming place where confidentiality will be respected. Numbers are limited.

◊ **Themed Days —Lunch and refreshments provided**

Quiet Days on different themes include worship, some input and silence to enjoy the space in the house and garden.

◊ **Use of the House and grounds for individuals or groups:**

Individuals or groups (up to 16) are welcome to spend time in the house or garden rooms, for retreat and quiet space, groups can also request facilitation by the chaplain. Spaces for individuals are available every week day except Thursday mornings; Spaces for groups are available on the same days and on Saturdays.

◊ **Prayer appointments with two members of the team:**

These can be booked via our administrator for **Thursday afternoons**. A time to be listened to and prayed with for 45 minutes, followed by an optional time of reflection in one of our garden cabins. Available online if necessary.

◊ **Clergy Oasis and Readers Refreshment and Anna Chaplaincy Days — Lunch and refreshments provided:**

Led by the chaplaincy, with opportunity to be still, to share, and to be heard .

◊ **Living Well Outreach Days**

Themed days led by the Chaplaincy and Wider Team at different venues and deaneries in the diocese.

◊ **Courses**

Two courses will be run this year: a Bereavement Course in the Spring (7 sessions on Weds 10am-12pm, 15th April-27th May), and 'Healing the Wounds of Trauma' in the Autumn (6 sessions on Tues 1pm-3pm, 15th Sept-20th Oct).

All days need to be booked. Suggested donations (per person):

Deeper Healing Days	£40-£50
Themed facilitated Days	£32
Individual use of a heated garden room	£20-£25
the 'Upper Room'	£25
Group use of the house	£21
With lunch OR facilitation	£28
With lunch AND facilitation	£35
Clergy Oasis and Readers Refreshments Days	£28
Anna Chaplaincy Days	£30
Courses (for 6 –7sessions)	£50
Prayer appointments	at your discretion

Cancellation Policy:

All days are payable in advance.

Charges are fully refundable if cancellation is made up to 3 days prior to the event for individuals or 7 days for groups. Thereafter no refunds will be payable. This includes individual no shows within groups .

Website:	www.the-living-well.org.uk
Administrator's email:	
Annelise Matharu	contact@the-living-well.org.uk
Assistant chaplains' emails	
Hilary Hills	Hilary@the-living-well.org.uk
Ray Horton	Ray@the-living-well.org.uk
Helen Jones	Helen@the-living-well.org.uk
Telephone:	01304 842 847
Address:	The Living Well Vicarage Lane Nonington, Kent CT15 4JT

JAN

January

Thursday 8th January

10.30 am : Healing Service —All welcome

Prayer appointments in the afternoon

Thursday 15th January

10.30 am: Healing Service —All welcome

Monday 19th January

Deeper Healing Day 10.00 am—4.00 pm

Led by a chaplain

Thursday 22nd January

10.30 am: Healing Service —All welcome

Prayer appointments in the afternoon

Tuesday 27th January

Readers Refreshment Day 10.00 am—4.00 pm

For licensed readers.

Please book via [Eventbrite](#) or the administrator

Thursday 29th January

10.30 am : Healing Service —All welcome

Prayer appointments in the afternoon

FE
B

February

Monday 2nd February

Themed Day 10.00 am—4.00 pm

Prayer Through Art

Led by Primrose Northrop

Please book via [Eventbrite](#) or the administrator.

Thursday 5th February

10.30 am : Healing Service —All welcome

Prayer appointments in the afternoon

Tuesday 10th February

Deeper Healing Day 10.00 am—4.00 pm

Led by a chaplain

Thursday 12th February

10.30 am: Healing Service —All welcome

Prayer appointments in the afternoon

Thursday 19th February

10.30 am: Healing Service —All welcome

Thursday 26th February

10.30 am : Healing Service —All welcome

Prayer appointments in the afternoon

March

Thursday 5th March

10.30 am : Healing Service —All welcome

Prayer appointments in the afternoon

Friday 6th March

Clergy Oasis Day 10.00 am—4.00 pm

For clergy holding a licence.

Please book via [Eventbrite](#) of the administrator

Wednesday 11th March

Deeper Healing Day 10.00 am—4.00 pm

Led by a chaplain

Thursday 12th March

10.30 am : Healing Service —All welcome

Prayer appointments in the afternoon

Wednesday 18th March

Anna Chaplaincy Day 10.00 am—4.00 pm

A day for Anna Chaplains

Please book via [Eventbrite](#) of the administrator

Thursday 19th March

10.30 am: Healing Service —All welcome

Thursday 26th March

10.30 am : Healing Service —All welcome

Prayer appointments in the afternoon

MAR-APRIL

Tuesday 31st March

Themed Day in Holy Week 10.00 am—4.00 pm

Mary's Broken Heart

Led by Rev. Sharran Ireland

Please book via [Eventbrite](#) or the administrator

April

Bereavement Course led by The Living Well Team on Wednesdays 15th, 22nd, 29th April, 6th, 13th, 20th , 27th May 10am-12pm. Please book via the administrator. Donation of £50 for the 7 sessions.

Thursday 2nd April

10.30 am : Healing Service—All welcome

Prayer appointments in the afternoon

House Closed

Fri 3rd April — Tue 13th April inclusive

Thursday 16th April

10.30 am : Healing Service—All welcome

Thursday 23rd April

10.30 am : Healing Service—All welcome

Prayer appointments in the afternoon

Friday 24th April

Deeper Healing Day 10.00 am—4.00 pm

Led by a chaplain

MAY

Thursday 30th April

10.30 am : Healing Service—All welcome

Prayer appointments in the afternoon

May

Thursday 7th May

10.30 am : Healing Service—All welcome

Prayer appointments in the afternoon

Thursday 14th May

10.30 am : Healing Service—All welcome

Saturday 16th May

Deeper Healing Day 10.00 am—4.00 pm

Led by a chaplain

Thursday 21st May

10.30 am : Healing Service—All welcome

Prayer appointments in the afternoon

Thursday 28th May

10.30 am : Healing Service—All welcome

Prayer appointments in the afternoon

June

Wednesday 3rd June

Themed Day 10.00 am—4.00 pm

Disguises of Love—a Potpourri of Music, Silence and Meditation Led by Roz Graham

Please book via [Eventbrite](#) or the administrator

Thursday 4th June

10.30 am : Healing Service—All welcome

Prayer appointments in the afternoon

Thursday 11th June

10.30 am : Healing Service—All welcome

Prayer appointments in the afternoon

Friday 12th June

Readers Refreshment Day 10.00 am—4.00 pm

For licensed readers.

Please book via [Eventbrite](#) or the administrator

Thursday 18th June

10.30 am : Healing Service—all welcome

Monday 22nd June

Deeper Healing Day 10.00 am—4.00 pm

Led by a chaplain

Thursday 25th June

10.30 am : Healing Service—All welcome

Prayer appointments in the afternoon

JULY

July

Thursday 2nd July

10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Thursday 9th July

10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Thursday 16th July

10.30 am : Healing Service—all welcome

Tuesday 21st July

Deeper Healing Day 10.00 am—4.00 pm
Led by a chaplain

Thursday 23rd July

10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Thursday 30th July

10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

AUG

August

Thursday 6th August

10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Friday 7th August

Themed Day 10.00 am—4.00 pm

Praying the Parables

Led by Chris Chapman

Please book via [Eventbrite](#) or the administrator

Wednesday 12th August

Deeper Healing Day 10.00 am—4.00 pm

Led by a chaplain

Thursday 13th August

10.30 am : Healing Service—all welcome

Prayer appointments in the afternoon

Thursday 20th August

10.30 am : Healing Service—All welcome

Thursday 27th August

10.30 am : Healing Service—All welcome

Prayer appointments in the afternoon

SEP

September

'Healing the Wounds of Trauma' Course led by The Living Well Team on Tuesdays 29th Sept, 6th, 13th Oct and 3rd, 10th & 17th Nov, 1.00-3.00pm (6 sessions). Please book via the administrator. Donation of £50 for the 6 sessions.

Thursday 3rd September

10.30 am : Healing Service—All welcome

Prayer appointments in the afternoon

Friday 4th September

Clergy Oasis Day 10.00 am—4.00 pm

For clergy holding a licence.

Please book via [Eventbrite](#) or the administrator.

Wednesday 9th September

Themed Day 10.00 am—4.00 pm

New Beginnings

Led by Aileen White

Please book via [Eventbrite](#) or the administrator

Thursday 10th September

10.30 am : Healing Service—All welcome

Prayer appointments in the afternoon

Friday 11th September

Anna Chaplaincy Day 10.00 am—4.00 pm

A day for Anna Chaplains.

Please book via [Eventbrite](#) or the administrator.

SEP-OCT

Thursday 17th September
10.30 am : Healing Service—all welcome

Thursday 24th September
10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Friday 25th September
Deeper Healing Day 10.00 am—4.00 pm
Led by a chaplain

October

Thursday 1st October
10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Saturday 3rd October
Themed Day 10.00 am—4.00 pm
A Floral Harvest (£40 including materials)
Led by Nessie Fairbrass and Hilary Hills
Please book via [Eventbrite](#) or the administrator

Thursday 8th October
10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Saturday 10th October
Deeper Healing Day 10.00 am—4.00 pm
Led by a chaplain

OCT NOV

Thursday 15th October
10.30 am : Healing Service—All welcome

Thursday 22nd October
10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Saturday 24th October
2.30pm: St Lukestide Service in the crypt of Canterbury Cathedral—All welcome.

Thursday 29th October
10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

November

Thursday 5th November
10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Thursday 12th November
10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Thursday 19th November
10.30 am : Healing Service—All welcome

Monday 23rd November
Deeper Healing Day 10.00 am—4.00 pm
Led by a chaplain

Thursday 26th November
10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Monday 30th November
Themed Day 10.00 am—4.00 pm
God's Song of Love
Led by Janet McDonald
Please book via [Eventbrite](#) or the administrator

December

Thursday 3rd December
10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Tuesday 8th December
Deeper Healing Day 10.00 am—4.00 pm
Led by a chaplain

Thursday 10th December
10.30 am : Healing Service—All welcome
Prayer appointments in the afternoon

Thursday 17th December
10.30 am : Healing Service—all welcome

House closed

Fri 18th Dec 2026— Sun 3rd Jan 2027 inclusive

Themed Days

Mon 2nd Feb
Tue 31st March
Wed 3rd June
Fri 7th Aug
Wed 9th Sept
Sat 3rd Oct
Mon 30th Nov

Deeper Healing Days

Mon 19th Jan
Tue 10th Feb
Wed 11th Mar
Fri 24th April
Sat 16th May
Mon 22nd June
Tue 21st July
Wed 12th Aug
Fri 25th Sept
Sat 10th Oct
Mon 23rd Nov
Tue 8th Dec

Courses at TLW

Bereavement Course:
15th April to 27th May.
Healing the Wounds of Trauma:
29th Sept to 17th Nov.

Clergy Oasis Days

Fri 6th March
Fri 4th Sept

Readers Refresh^t Days

Tue 27th Jan
Fri 12th June

Anna Chaplaincy Days

Wed 18th March
Fri 11th Sept

Special services

St Lukestide Service,
Canterbury Cathedral,
Sat 24th Oct at 2.30pm





Our Patron, the Rt Revd Rose Hudson-Wilkin,
Bishop of Dover and Bishop in Canterbury

The Living Well



Vicarage Lane, Nonington, Kent CT15 4JT

Tel: 01304 842847

Email: contact@the-living-well.org.uk

Website: www.the-living-well.org.uk



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