

# SWARTHMOOR HALL 2017 PROGRAMME GUIDE



WELCOME

PHOTO | Alexandra Bosbeer

**WELCOME** to Swarthmoor Hall's programme of events. The historic, peaceful and beautiful setting of the Hall provides a wonderful environment for the courses, pilgrimages, retreats and special events which we run.

In our programme for 2017 you will find events listed under a number of headings:

#### RESIDENTIAL COURSES, PILGRIMAGES AND RETREATS

Courses and retreats, many of which will be delivered in partnership with Woodbrooke Quaker Study Centre and pilgrimages which you can attend or have organised for your meeting.

#### DAY EVENTS

Events performances, events and open days.

#### SPIRITUAL ACTIVITIES

Opportunities for worship, exploration and study.

With both residential and shorter daytime events running in most months of the year, we hope there is something for everyone. Why not extend your visit or residential course with a short break in the Lake District? Stay in the Hall's comfortable and varied accommodation as your base and enjoy our Barn Café?

**Jane Pearson**  
Manager, Swarthmoor Hall

# 2017 PROGRAMME DIARY

PHOTO | Alexandra Bosbeer

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# RESIDENTIAL COURSES, PILGRIMAGES AND RETREATS

PHOTO | Alexandra Bosbeer

*Many of the courses and retreats in the Swarthmoor Hall residential programme, are run in partnership with Woodbrooke Quaker Study Centre (the main centre of Quaker learning in Europe). In this section you will also find information about booking 1652 quaker pilgrimages. All of our courses are open to Quakers and non-Quakers alike.*

## George Fox - his life and message

Friday 17 - Sunday 19 February

George Fox was a controversial character who stirred the passions of a great many people – either for or against him. His message resonated with many people, but upset many others, especially clergymen and 'professors' of Christianity whom he accused of being hypocrites. His own writings and the writings of other early Quakers will serve as source materials for discussion of his life and message and their significance for us as Quakers in today's world.

**Tutor: Gordon Matthews**

**Book via Woodbrooke | £238 ensuite | £218 standard**

## Spiritual Gifts

Friday 24 - Sunday 26 March

Friends' Meetings are communities. Each individual brings spirit given gifts - not just skills and abilities but qualities that are essential to who we are as human beings. What are the activities that excite and enthuse you? What leaves you content at the end of the day? How can we recognise these gifts in ourselves and others? How can we put them to service in the life of our families, Meetings and the wider community?

**Tutors: Norma Lee and Rachael Swancott**

**Book via Woodbrooke | £238 ensuite | £218 standard**

## Towards Contentment

Friday 14 - Sunday 16 April

We live in a society where stress is endemic with pressures on us to perform and conform. This practical and participatory course will help us develop skills and practices to create a more contented life. We will use a variety of exercises, film, and personal exploration to build confidence and identify strategies for change.

**Tutors: Wendy Hampton and Rachael Swancott**

**Book via Woodbrooke | £238 ensuite | £218 standard**



## Writing Retreat

Sunday 23 - Friday 28 April

Set in the beautiful and quiet surroundings of Swarthmoor Hall, this retreat is open to anyone looking for space and time for writing, whether starting a new project, or to take forward or finish off a current piece. There will be the opportunity to hear from the tutors about their experience of writing and one to one time with them but the emphasis will be on creating a supportive environment to devote to the craft itself.

**Tutors: Ben Pink Dandelion and John Gray**

**Book via Woodbrooke** | £524 ensuite | £479 standard

## 'God is love ': the letters of John

Friday 5 - Sunday 7 May

These three relatively brief documents provide a fascinating insight into a particular Christian community around the end of the first century. There are some wonderful expressions of Christian love but it is clear that all is not well with this community. Exploring who wrote the letters and what the issues are reveals the reality of the struggles faced by early Christians, both within the community and with those outside.

**Tutor: Timothy Peat Ashworth**

**Book via Woodbrooke** | £238 ensuite | £218 standard

## In Fox's Footsteps: 1652 Quaker pilgrimage

Monday 8 - Friday 12 May

A residential guided event for anyone who wants to learn about the early history of Quakerism and how it relates to our faith today. An introductory talk on Monday will offer a background to the events of 1652. There will be an opportunity to climb Pendle Hill and experience a Meeting for Worship at the top. The experience will also include visits to Brigflatts, Firbank Fell, the Quaker Tapestry, Swarthmoor Meeting House, and Sunbrick Burial Ground. Tours of Swarthmoor Hall itself and Swarthmoor Meeting House will also be included. This event will allow individuals to become part of an organised pilgrimage and worshipping group as it unfolds. A minibus will be used to travel to the different sites. **Led by Gordon Matthews**

**Book via Swarthmoor Hall Office** | £500 ensuite | £440 2 people sharing a room

## Drinking Deep at the Well: the passionate spirituality of early Quaker women

Tuesday 23 - Thursday 25 May

The writings of early Quaker women are filled with imagery that engages our senses as well as our spirits. Their letters and journals reveal and embody how God was working in and through them. Grounded in worship and using a variety of methods, we will explore these lesser known gems of Friends' history and use them to reflect on and enhance our own spiritual experience. This retreat will speak to those who enjoy contemplative, reflective practices. We will engage in worship, individual and group reflection, writing and sharing. **Tutor: Deborah Shaw**

**Book via Swarthmoor Hall Office** | £238 ensuite | £218 standard

## Quaker Nominations: exploring good practice

Friday 2 - Sunday 4 June

An event for members of Quaker nominations committees. How can we root ourselves in good practices of discernment whilst responding to the particular issues that face us? Nominations are at the quiet heart of the way we live together as Friends, when we listen faithfully to the Spirit. We will include the practical aspects of being 'on nominations'. Friends can expect a renewed insight into the potential of nominations to strengthen meetings and enabling them to flourish.

**Tutors: Judith Roads and Sarah Siddle**

**Book via Woodbrooke** | £238 ensuite | £218 standard

## Creating the Future: building Quaker faith communities

Friday 9 - Monday 11 June

Deborah Shaw will ground us in worship and contemplation, encourage individual and group reflection, writing and sharing complimented by Wendy Hampton's support and encouragement for more experiential, inventive and outward expressions of our hopes for our future as a worshipping group. We will work together on how we can envisage a future community and how we can develop to inhabit those visions.

**Tutor: Deborah Shaw**

**Book via Swarthmoor Hall Office** | £238 ensuite | £218 standard

## Experiment with Light Retreat: deepening the practice

Friday 23 - Monday 26 June

We shall be reflecting on and sharing our experience of an extended Experiment in retreat over the whole weekend. A simple art technique will enable us to physically process both our experience in Experiment and resonances from Swarthmoor Hall's Quaker heritage and peaceful gardens. We shall then reflect further on the emergence of deeper meanings in the work we produce and share together. No previous art experience is required: materials, assistance and support will be provided.

**Book via Swarthmoor Hall Office** | £333 ensuite | £318 standard

## In Fox's Footsteps: 1652 Quaker pilgrimage

Monday 21 - Friday 25 August

A residential guided event for anyone who wants to learn about the early history of Quakerism and how it relates to our faith today. An introductory talk on Monday will offer a background to the events of 1652. There will be an opportunity to climb Pendle Hill and experience a Meeting for Worship at the top. The experience will also include visits to Brigflatts, Firkbank Fell, the Quaker Tapestry, Swarthmoor Meeting House, and Sunbrick Burial Ground. Tours of Swarthmoor Hall itself and Swarthmoor Meeting House will also be included. This event will allow individuals to become part of an organised pilgrimage and worshipping group as it unfolds. A minibus will be used to travel to the different sites. **Led by Jenny Foot**

**Book via Swarthmoor Hall Office** | £500 ensuite | £440 2 people sharing a room

## Working Retreat and Pilgrimage

Monday 4 - Saturday 9 September

An opportunity to connect with Quaker history through tours, reading, discussion and reflection. We will spend mornings working in the extensive gardens at Swarthmoor and afternoons on outings. These will include visits to Brigflatts, Firbank Fell, Marsh Grange and the Quaker Tapestry. We will use shared transport to travel to the different sites. A chance to dig deep into the Quaker tradition while digging deep into the earth! (This retreat is part of the Quaker Voluntary Action programme.)

**Led by Jasmine Piercy and Linda Southwick**

**Book via Swarthmoor Hall Office** 10 places | £185 ensuite room

## Being a Quaker Clerk

Friday 15 - Sunday 17 September

This course is for new or prospective clerks with little or no experience of Quaker clerking. It primarily focuses on clerking local meetings, but clerks of other meetings will also find they can learn much about their role. We will consider why we use our particular business style in meetings. Alongside this there will be practical sessions including planning agendas, making minutes, keeping records and the discipline of the meeting. Participants will learn from each other as well as from the leaders.

**Tutors: Janet Scott and Sarah Donaldson**

**Book via Woodbrooke** | £238 ensuite | £218 standard

## Christian Animism: the Christian faith as an earth-based, creation-focused spirituality

Friday 22 - Sunday 24 September

Animism is such an exciting concept! It describes the traditional lifeways of indigenous people, stressing their commitment to live in relationship with all persons, of whom only some may be human. This is identical to the biblical vision of shalom and Jesus' teaching about the kingdom of God. We will explore all this, plus the radical eco-spirituality required to be a Christian animist in an urban-secular world, while seeking its transformation. The course will use teaching, reflections and outdoor activities.

**Tutor: Noel Moules**

**Book via Woodbrooke** | £238 ensuite | £218 standard

## Welcoming the Soul: creating space for deep listening in our meetings

Friday 29 September- Sunday 1 October

Many of us long for deeper conversations in our meetings: enabling us to be seen for whom we are; supporting us in finding meaning in our life; hearing more clearly what is being shared in business meetings. In this course, we will learn practices and principles to create a safe space for deep listening so we can be more authentic with our Friends. We will learn how to dialogue with our 'inner teacher' to find inspiration, growth and clarity. **Tutors: Verene Nicolas and Gill Pennington**

**Book via Woodbrooke** | £238 ensuite | £218 standard

## Being and Silence: a contemplative retreat

Thursday 12 - Sunday 15 October

A chance to experience the simplicity and stillness of retreat in the beautiful setting of Swarthmoor Hall. We will have opportunities for spiritual practice, including meditation, music, mindful movement, sacred reading and extended Quaker worship, as well as time for just 'being' and a day spent in silence. There will be a gentle rhythm throughout the retreat of time for contemplative practice, time for spiritual friendship conversations and time alone.

**Tutors: Ginny Wall and Annique Seddon**

**Book via Woodbrooke** | £333 ensuite | £305 standard

## Friends from the Start: exploring the early Quaker story

Friday 10 November - Sunday 12 November

Do you want to know more about early Friends? If your knowledge of Quaker history is a little hazy or you are relatively new to the Society of Friends, this is the course for you. We will trace the early Quaker story in its historical context, explore the development of the Quaker vision and look at the movement's leading figures. This will all be done in a relaxed and friendly atmosphere using a mixture of lectures, discussions and group reading.

**Tutors: Martin Layton & Erica Canela**

**Book via Woodbrooke** | £238 ensuite | £218 standard

## 1652 QUAKER PILGRIMAGES

Swarthmoor Hall can provide the base from which people on a Quaker pilgrimage travel to sites in the North West of England, known to Quakers as the '1652 Country'. Here George Fox gathered many of the first Quakers and consequently there are numerous places associated with 17th century Quakerism in the area.

Individuals and groups from around the world find their faith strengthened by visiting these places of significance in Quaker history. Swarthmoor Hall can help those seeking advice about their itinerary. Pilgrimages can include guided tours and talks as appropriate. A cluster of Friends has been established to assist with such visits. For more info call **01229 583204** or email **info@swarthmoorhall.co.uk**.



# DAY EVENTS

PHOTO | Alexandra Bosbeer

*The performances, events and open days offer opportunities to experience the gardens and historic rooms, enjoy spending time listening to music, or learning about our history and Quakers today.*

## Spring Bulbs at Swarthmoor Hall, National Gardens Scheme Opening

Monday 20 February - Sunday 11 March

See our crocus meadow and beautiful bulb displays in the early spring. Combine your visit with a tour of the historic house and stay for a cup of tea in our new café.

**Gardens and Grounds** Open every day in daylight hours

**House**

Open Monday – Friday, 10:30am – 4:30pm,

Open Saturday & Sunday, 1:30pm – 4:30pm

**The Barn Café**

Open 7 days a week 10:30am – 4:30pm (from 20 February to 29 October)

Open Friday – Monday 10:30am – 4:00pm (Winter opening times)

Suggested donation £3 per person



## 2017 Ulverston International Music Festival at Swarthmoor Hall

Monday 12 June Meal 6:30pm

Performance 8pm – 9:15pm

Tuesday 13 June Performance 6pm – 7:15pm

Meal 7:30pm

Presenting the young Castalian String Quartet playing Brahms and Bartok. Each concert will be around 75 minutes long.

Ticket for performance £16 | Optional dinner ticket (in addition to ticket price) £16.50

DAY EVENTS

## Heritage Open Days

Thursday 7 & Friday 8 September 10:30am - 4:30pm

Heritage Open Days offer free entry to our historic house and beautiful gardens. Come and explore the history of the old Hall and its importance in the development of the early Quaker movement.

Entry free of charge

## 'Ladies of the Lake' Cycle Event

Sunday 10 September

Ladies of the Lake has been described as the finest women only cycling event in the North and who are we to argue. Every year riders travel from all part of the country to enjoy the wonderful, supportive atmosphere, fabulous food and spectacular routes. There are two rides; a shorter route suitable for any moderately fit rider and a long route which is more challenging. Both have full support services and famously huge cakes!

Short route | £30 (£26 until January 30th 2017)

Long Route | £32 (£28 until January 30th 2017)

Entries open November 2016. For details and entry: [www.sportivelakes.co.uk](http://www.sportivelakes.co.uk)

DAY EVENTS



## Quaker Week Open Days

Sunday 1 October & Wednesday 4 October

Quaker Week Open Days offer free entry to the historic house and our beautiful gardens. For those who are interested, there will be an opportunity to experience a taster Quaker Meeting for Worship, and to chat to local Friends. Why not stay a little longer to enjoy a cup of tea and a slice of cake in the Barn Cafe?

Entry free of charge

# SPIRITUAL ACTIVITIES

PHOTO | Alexandra Bosbeer



*Opportunities for worship, exploration and study.*

## WORSHIP

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### Meeting for Worship

Every Monday 9:30am – 10:00am | Every Thursday 12:30pm – 1:00pm

These meetings are followed by a cup of coffee or tea.

### Extended Meeting for Worship

Last Thursday of month 11:00am - 1:00pm

Friends are welcome to come for as much or little of the time allowed for the meeting as they like. It is followed by a simple lunch of soup, bread and cheese.

For extra activities and events please look at our website:

[www.swarthmoorhall.co.uk](http://www.swarthmoorhall.co.uk)

## STUDY

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Since 2013 Swarthmoor Hall has held the Quaker Life Resources collection in addition to its own library. This includes a wide range of books, tapes, slides, videos, pictures and packs which can be borrowed for Quaker adult study groups, children's meetings, link groups, and all ages together, or used by guests staying at or visiting the Hall.

## VISIT

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Swarthmoor Hall welcomes Friends, Local, Area and General Meetings to use its facilities and benefit from its peaceful and beautiful environment. Why not come as a meeting for a day and do a tour of the Hall? Or book to stay, to deepen your knowledge of one another spiritually and your sense of community, in the historic setting of Swarthmoor Hall. For details of our accommodation and catering facilities, please see our website or email [info@swarthmoorhall.co.uk](mailto:info@swarthmoorhall.co.uk) or call **01229 583204**.

SPIRITUAL ACTIVITIES

## PROGRAMME TUTORS

**Erica Canela** is a doctoral candidate at the University of South Wales. Her thesis examines early Quakerism in rural England.

**Sarah Donaldson** has served as an AM clerk and has previous experience of clerking meetings and committees.

**Jenny Foot** is a member of Beccles meeting, late of Yealand Meeting and a long-time follower of Fox's footsteps.

**John Gray** works as a freelance organisational facilitator and coach, and is a lecturer at the University of York. He attends Friargate meeting in York. He is a conceptual speaker and writer.

**Wendy Hampton** has been a Quaker for over 20 years carrying out a variety of roles locally and nationally, including recently being appointed as a vibrancy development worker.

**Martin Layton** is a Senior Programme Leader at Woodbrooke. His interest is in exploring how Quaker spirituality strengthens our lives of active witness.

**Norma Lee**, a Friend for over 30 years, is still learning to recognise her gifts and enjoying helping others to do the same.

**Gordon Matthews** is a life-long Quaker with extensive experience of working for peace, justice, and sustainability in Quaker and ecumenical organisations.

**Noel Moules** is a thinker, teacher and activist for peace, justice and deep ecology. He founded Workshop which is a learning programme in applied spirituality.

**Verene Nicolas** is a trainer, facilitator and community organiser who equips individuals with skills and inner resources to live with integrity, and help organisations and community groups to foster cultures of collaboration, nonviolence and self-management. A resident of Glasgow, she has taught on and coordinated the Master's course in Human Ecology when it was delivered in partnership with the Centre for Human Ecology and the University of Strathclyde. She now works with faith groups, low-income communities and non-profit organisations.

**Gill Pennington** is Woodbrooke's Spirituality and Roles Tutor. She works to facilitate learning and enable a deepening of spiritual experience.

**Jasmine Piercy** is an experienced retreat facilitator enthusiastic about expressing and celebrating Quakerism through creative and practical means.

**Timothy Peat Ashworth** is Woodbrooke's Biblical Studies Tutor and author of 'Paul's Necessary Sin: the experience of liberation'.

**Ben Pink Dandelion** has worked for Woodbrooke for over 20 years and has written widely on the Quaker way.

**Judith Roads** is involved in many areas of Quaker life and enjoys explaining how and why we do things the Quaker way.

**Janet Scott** is a theologian and a teacher. She is a former clerk of Meeting for Sufferings and was the 1980 Swarthmore lecturer.

**Annique Seddon** finds her deepest inspiration in literature and the arts. Spiritual Accompaniment has become, for her, a significant area of exploration.

**Deborah Shaw** is a life-long Friend and seasoned retreat leader who delights in spiritual exploration in the company of others.

**Sarah Siddle** has served as Assistant Clerk of Meeting for Sufferings nominations committee. She has developed seminars about diversity of belief and ministry and taught at the Open University.

**Linda Southwick** is an experienced retreat facilitator, and is enthusiastic about expressing and celebrating Quakerism through creative and practical means.

**Rachael Swancott** is a life long Friend, a member of YFGM and Lancashire Central and North Area Meeting.

**Ginny Wall** co-ordinates Woodbrooke's Equipping for Ministry course. Passionate about everyday spirituality, she enjoys leading retreats, both face-to-face and online.



# ABOUT SWARTHMOOR HALL

Swarthmoor Hall is a 16th century country house which has special significance for Quakers. It is known to Quakers (also known as Friends) as the 'Cradle of Quakerism', as Judge Thomas Fell and his wife Margaret provided protection and hospitality for persecuted early Friends, including George Fox (founder of the Quaker movement), and allowed the Hall to become the headquarters of the Quaker movement at that time.

Why not extend your visit or residential course with a short break in the scenic Lake District? Stay in the Hall's comfortable and varied accommodation as your base and experience our new Barn Café? For more information about our accommodation or café opening times please contact us or visit [www.swarthmoorhall.co.uk](http://www.swarthmoorhall.co.uk).

ABOUT SWARTHMOOR HALL



## HOW TO BOOK

For all residential courses and events not in the Woodbrooke at Swarthmoor Hall programme please complete our [blue booking form](#) (either as an electronic copy or printed document) and send it to the General Assistant, at Swarthmoor Hall.

For Woodbrooke at Swarthmoor Hall courses and events please complete the [green booking form](#) and return it to Woodbrooke Quaker Study Centre. Woodbrooke courses can also be booked online at [www.woodbrooke.org.uk](http://www.woodbrooke.org.uk).

For office use only:

CC

## WOODBROOKE AT SWARTHMOOR HALL BOOKING FORM

Name of course(s) you'd like to attend

Dates (from/to)

Please give details of any **extra nights** you would like to stay:

First Name(s)

Last name

Name you like to be known by

Address:

Post code:

Telephone Day:

Evening:

Fax:

Date of Birth:

Email address:

You may contact me by -

Post: Yes  No

Email: Yes  No

We would like to send your course information by email instead of by post. If you are unable to receive your course programme and course information via email please tick this box:

Tick here if you would like travel directions. Yes

**Dietary requirements:**

Anything  Vegetarian  Veg/Fish  Vegan

Non-dairy  Diabetic  Gluten Free  Low Fat

Other:  Allergies:

Are you associated with the Religious Society of Friends (Quakers?) Yes

If 'yes', please state which meeting you attend/are a member of:

Is this your first course at Swarthmoor Hall?

Yes  No

Are you attending this course as part of your EFM programme?

Yes  No

How did you hear about this course?

If you have previously been on a course at Woodbrooke and have since changed your name or address, please let us have your previous name/address:

**Data Protection:** For course administration, Woodbrooke Quaker Study Centre and Swarthmoor Hall keep all details confidentially on computer in accordance with the Data Protection Act. Please tick here if you do not consent to this:



**For office use only:** Rec'd

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Staff

£

### Access

Please tell us about any way we might be able to assist you in your course participation:

Sight  Mobility  Hearing  Other (please give details)

Please contact us if you need to discuss your individual needs.

### Accommodation

Would you like a **residential place**?

Yes

No

Would you be willing to **share a room** if necessary?

Yes

No

Would you prefer an **ensuite room** (if available)?

Yes

No

Are you **male** or **female** (for room allocations)?

Male

Female

Please tell us a little about your interest in the course for which you are booking:

### Payment Details

#### 1. I've arranged for my meeting to pay for the course...

Full payment is enclosed (payable to **Woodbrooke**)

Full payment will be sent separately

I would like an invoice to be sent to the Treasurer

**Treasurer's name:**

**Treasurer's email address:**

It is the participant's responsibility to ensure Woodbrooke receives payment before the course.

#### 2. I am paying myself...

I enclose a cheque (payable to **Woodbrooke**) for the full amount / 20% deposit\*

Please ring me for card details to pay the full amount / 20% deposit

Please send me an email with a secure link to pay on the internet for the full amount / 20% deposit

Please take full payment now from my debit/credit card

Please take a 20% deposit\* now and balance three weeks before the course from my debit / credit card

**Card type**

Visa

Mastercard

Maestro

Debit

**Card No.**

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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**Expiry date**

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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**Issue no. (Maestro only)**

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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**Security code** (last three digits from back of card)

<input type="text"/>	<input type="text"/>	<input type="text"/>
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**Name** (as printed on card)

**Signature**

**Date**

### Financial Assistance (if required)

I enclose a 20% deposit and **need to know** about bursary help.

I can contribute a total of: £

\*Deposits refundable subject to our cancellation policy.

Return to **Woodbrooke Quaker Study Centre, 1046 Bristol Road Birmingham, B29 6LJ**



For office use only:

CC

## SWARTHMOOR HALL BOOKING FORM

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First Name(s)

Last name

Name you like to be known by

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Post code:

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Email address:

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Non-dairy  Diabetic  Gluten Free  Low Fat

Other:  Allergies:

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Is this your first course at Swarthmoor Hall? Yes  No

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Please tick here if you do not consent to this:





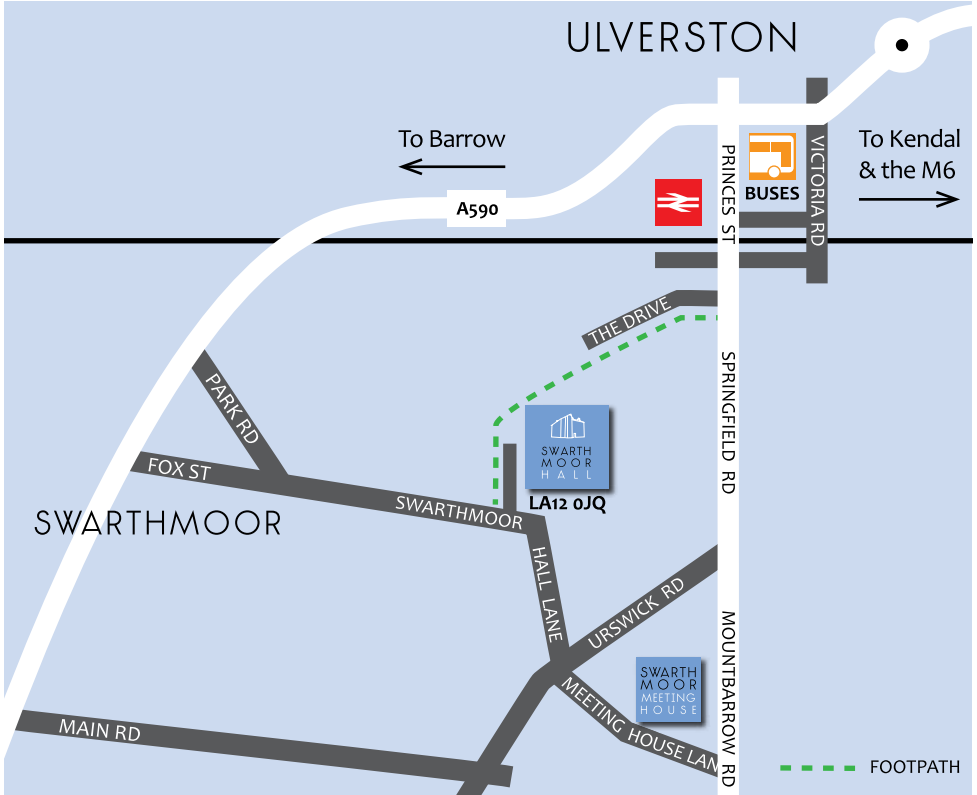


# CONTACT US

Swarthmoor Hall Swarthmoor Hall Lane, Ulverston, Cumbria, LA12 0JQ  
T: 01229 583204 E: [info@swarthmoorhall.co.uk](mailto:info@swarthmoorhall.co.uk) [www.swarthmoorhall.co.uk](http://www.swarthmoorhall.co.uk)

## HOW TO FIND US

Swarthmoor Hall is set in rolling countryside close to fells, lakes and the coast, and just outside the small lively market town of Ulverston in the Lake District.





**By Rail** Ulverston is 45 minutes from Lancaster station, which is about 2 1/2 hours from London Euston. Ulverston is on the Manchester Airport to Barrow-in-Furness line. Ulverston railway station is a 15-20 minute walk from the Hall. Taxis need to be booked in advance for those people who would prefer not to walk. Please contact the Hall if you would like details of local taxi firms.

**By Road** Swarthmoor Hall is just a 25 minute drive from junction 36 of the M6 motorway (follow signs to Barrow A590 until Ulverston). In Ulverston, follow the brown road signs at the second set of traffic lights turning left onto Princes St, then right onto Urswick Rd and finally right onto Swarthmoor Hall Lane. This is the best route. For sat nav users, the postcode is [LA12 0JQ](#).

**By Bus** Stagecoach Cumberland service **X6** runs regularly from Kendal to Ulverston.

SWARTHMOOR HALL  
Swarthmoor Hall Lane  
Ulverston  
Cumbria  
LA12 0JQ  
T: 01229 583204  
E: [info@swarthmoorhall.co.uk](mailto:info@swarthmoorhall.co.uk)

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[swarthmoorhall.co.uk](http://swarthmoorhall.co.uk)

Swarthmoor Hall is part of  
Friends House (London)  
Hospitality Ltd.

[friendshouse.co.uk](http://friendshouse.co.uk)



For more information  
about Quakers in  
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[quaker.org.uk](http://quaker.org.uk)

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