

## Frequently Asked Questions

### Focusing School 2025

#### 1. What is Focusing?

- Focusing is a natural way of being with and listening to our bodily experiencing, to our deeper wisdom. Focusing can be used in many different situations. It is a wonderful self-care practice, it enhances personal growth and therapeutic work of all kinds, it has been used by activists for self-care and conflict resolution, and enhances creativity. It has been used in business settings, with children, as a spiritual practice and in many different communities across the world.

#### 2. Who can attend the residential event?

- The event is open to anyone of 18 and over. You don't need prior experience with Focusing to attend. There will be a course dedicated to introducing newcomers to the basics of Focusing. Some workshops (e.g. TAE) will require previous Focusing experience.

#### 3. What happens at the school?

- The days will be structured to have more formal workshops in the morning, and informal workshops or offerings in the afternoon and evening.
- Participants will be invited to choose in advance one of the main teacher's topics for the morning sessions. They will stay with this group for each morning of the event. The teacher profiles and topics are on the website. As well as time for focusing in pairs, there will be several different afternoon workshops each day. Participants can choose at the event and are able to offer something themselves. This could be a short workshop, or a special interest group or something experimental. Let us know if you have anything to offer and we will fit it in if space and time allows. There will also be space for more spontaneous offerings. In the evenings participants are welcome to share their creative contributions such as music, dance, poetry, or performance to form the evening entertainment. If you'd like to offer something in the evening, please indicate it on the booking form.

#### 4. What is the accommodation like?

- The venue is a secondary boarding school called The Old Swinford Hospital in Oldswinford, Stourbridge in the West Midlands with sleeping capacity for 140 people. There are both single and shared rooms. There are no ensuite rooms therefore delegates will have to share bathrooms. The rooms are simple with standard sized beds. Information for those wishing to find their own accommodation is

available on the website. Unfortunately, the school does not allow camping in the grounds.

**5. Do I need to bring anything specific?**

- Anything you need to be comfortable – perhaps a favorite blanket, indoor slippers or socks, and comfortable clothing suitable for stretching and moving. You might like to bring your own yoga mat if you have one
- A notebook and pen
- Your own toiletries and towel. Bedding is provided.
- Whatever you need if you might like to offer a session or activity

**6. Will there be opportunities for Focusing in Pairs**

- Yes, there will be dedicated time in the afternoon for Focusing in pairs.

**7. How much is it to attend?**

- There are a range of ticket prices depending on when you book. Early bird prices will be offered until 20<sup>th</sup> August 2024. These will be £465 for a single room, £385 for a shared room, and £300 if you want to find your own accommodation and attend the school during the day. For those who wish to give more generously there is also a supporter ticket of £550. After 20<sup>th</sup> August full price tickets will be on offer.
- We are offering a limited number of low-cost tickets to people who want to volunteer at the event. Please get in touch to discuss further. [Focusingschool25@gmail.com](mailto:Focusingschool25@gmail.com)

**8. Can I receive continuing education credits for attending the event?**

- We will issue a certificate of attendance to anyone who requests one.

**9. What will the food be like?**

- We will be using the school's own very experienced catering team for the event and have requested simple vegetarian meals. The team can cater for food intolerances like gluten and dairy as well as special diets such as Halal or Kosher. Menus will be available prior to the event. You are welcome to bring your own food to supplement this diet and use the kitchens in the boarding houses, however, please be aware that there are **no cooking facilities** on site. Tea and coffee will be available on site throughout the day.

**10. How do I get to the venue?**

- By Train: most trains arrive into Birmingham New Street station, then take a short walk across town to either Moor St station or Snowhill station both of which provide regular direct trains to Stourbridge Junction (approx 30 mins). OSH is a 5-minute taxi ride or a 20-minute walk (one uphill then gently down).
- By Bus: Line 9 bus from Birmingham city centre to Stourbridge Interchange (60 mins), then the 318 bus (10 mins)

Driving: For satnav directions please use postcode DY8 1RQ The school has a car park which is available for delegates.

#### **11. What's the cancellation policy?**

- If you cancel your booking more than 28 days before the start date of the retreat, you will receive a full refund minus a £35 administration fee. If you cancel your booking between 28 and 14 days before the start date of the retreat, you will receive a 50% refund minus a £35 administration fee.  
If you cancel your booking less than 14 days before the start date of the retreat, or if you do not attend the retreat, we will unfortunately not be able to offer any refund.  
If the BFA cancels the school due to unforeseen circumstances, such as COVID-19, you will receive a full refund or a credit note for a future retreat.

#### **12. How accessible is the venue?**

- We want the school to be accessible as possible for those with mobility issues, and every effort will be made to make this possible. One of the boarding houses is without steps and wheelchair friendly. It has one accessible single room with adjacent accessible bathroom. In another boarding house there are 3 accessible single bedrooms sharing one accessible bathroom, on the second floor with lift access. We are ensuring the availability of ramps for wheelchair users. if you have any other specific accessibility requirements, please email us at: [Focusingschool25@gmail.com](mailto:Focusingschool25@gmail.com).