



## **Residential Retreat Barns Information Brochure**

**The beautiful 200 year old converted barns are two miles West of Totnes town centre, situated in the lovely Devon countryside. Eden Rise is managed by the Network of Wellbeing charity.**

### **OVERVIEW**

Through a generous gift, the Network of Wellbeing charity (NOW) acquired Eden Rise in May 2018. NOW is keen to continue using Eden Rise for wellbeing-related residential lettings, hiring out the venue as well as facilitating our own events. The building runs on solar and green energy suppliers, using fresh filtered water from the onsite borehole, kept toasty by underfloor heating and uses sustainable and eco-products.

### **EDEN RISE (THE BARNES)**

Compact and cosy, this tranquil property includes; two large bright workshop spaces leading onto a sunny back terrace, sleeping quarters on either side of the barns with single (and a few small double) beds, two secluded heated bell tents positioned on our green terraces, ample shower and toilet facilities, large ground floor kitchen/dining area with terrace doors opening into the sheltered courtyard garden, campfire pit and fire bowl/BBQ, plenty of outdoor seating areas and a separate woodburning sauna facility.

If you would like to view the property please contact us to arrange a suitable time.

### **ACCOMMODATION:-**

Eden Rise barns sleeps up to 19 to 24 people (10-12 single occupancy accommodation), depending on whether the five small double beds in the dormitory, bell tents and private room are shared. Our two 3M bell tents are available most of the year, weather dependant in deep winter. There is also an option to convert one of the workshop spaces 'Hayloft' into another dormitory for an extra three people using our futons (increasing numbers to 27 people). On occasion there is the possibility to have a couple of small campervans in the car park for additional fees (see pricing below).

**[www.networkofwellbeing.org/eden-rise](http://www.networkofwellbeing.org/eden-rise)**

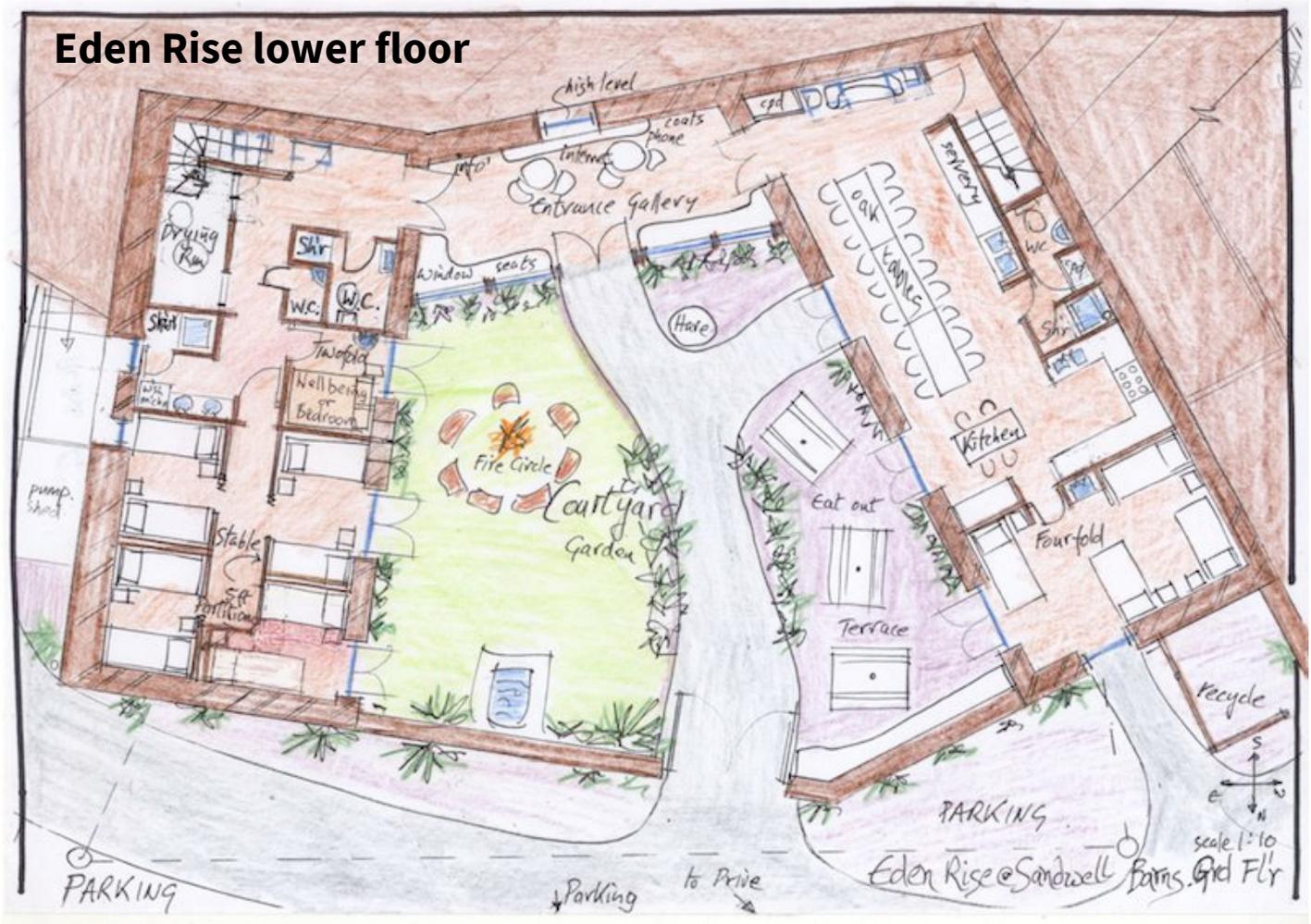
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### BUILDINGS AND LAND:-

Eden Rise has an entry Courtyard Garden with picnic tables and campfire. The entrance building has cosy sitting, coat hanging area, shoe racks, phone charging facilities and information boards. The heating is from under wooden floors throughout the building.

**The East Barn lower floor** (left side on illustration) includes: Single (or small double) private room with basin, large bunk room with 2 twin bed 'pods' and 2 small double bed 'pods', with all doors opening out to the courtyard and garden. There are also two showers, two W.C.'s, wash basins, washing machine and dryer.

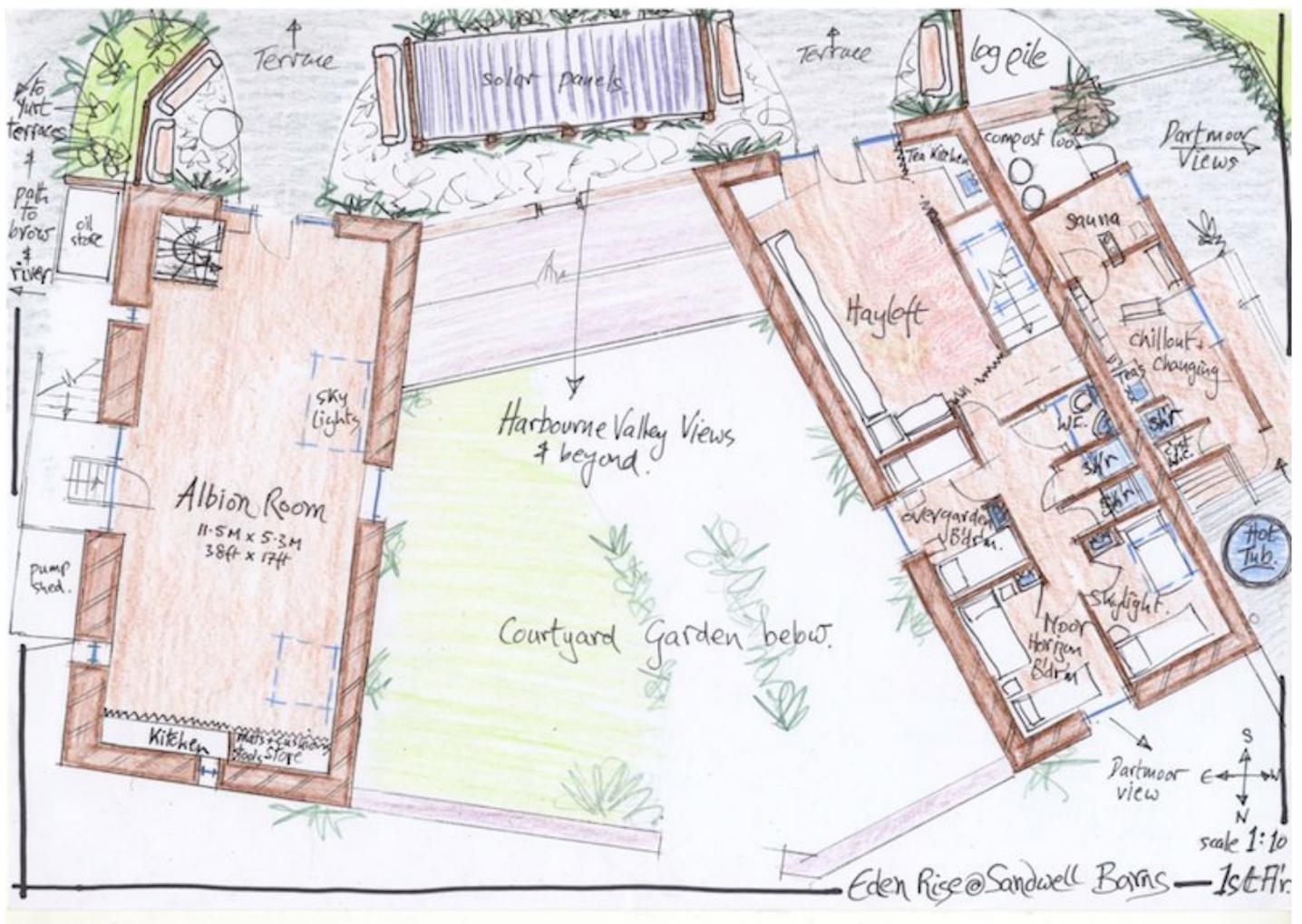
**The West Barn Lower floor** (right side on illustration) includes: Dining Room with large oak table (seating 24) with doors leading into the sheltered garden courtyard suitable for outdoor dining, kitchen with 5 hob range cooker and ample kitchen equipment, first aid corner, 4-bedded dormitory room connected to the garden, shower and W.C.



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**The East barn upper floor** (left side on illustration) houses the 'Albion Room' with inspiring high trussed ceiling and a floor space of 11.6M x 5.3M (37'x17'). Hidden from view is a kitchenette with fridge, cooker, oven and sink. There are four large elevated amplified speakers and doors opening to the back terrace overlooking rolling hills.

**The West barn upper floor** (right side on illustration) houses the 'Hayloft' room' with a floor space of 3M x 6M (9'11"x19'8") including futon seating, small sink area with a door to the terrace. Three twin bedrooms with basins, 2 showers and a W.C. The Upper South Terrace, a suntrap in summer, has outside picnic tables and a large fire bowl/BBQ set.



**Eden Rise upper floor**



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### **7 Acre Land to the East**

Surrounding the barns you will be greeted with the beautiful Devon countryside. There are a couple of grassed terraces where our bell tents are located, a circular path to the moorland lookout and shared access to woodland steps, river, orchard and labyrinth. This is privately owned land but you are welcome to wander through, although be aware these spaces are not insured by the Network of Wellbeing charity.

### **Parking Area**

In front of building there are spaces for 12 small vehicles, we encourage you to co-ordinate lift shares whenever possible. In this area can be found; a green caravan used for storage and houses the emergency lighting equipment, compost loo, recycling and waste bin enclosure, salt/grit container and gas bottles for the kitchen.

### **Caretakers caravan/s**

There are two caretakers living discreetly onsite in caravans on either side of the barns, they carefully look after the building and surrounding grounds. During your stay the caretakers will generally be out of sight leaving you to enjoy your time alone, they may not be onsite all the time. In case you require assistance or there's an emergency the caretakers mobile number will be provided as well as other managers details.

### **Sauna Facility**

Located to the right of the building, our sauna area houses an electric and woodburning heated sauna, changing area and shower. Wood is not provided, however we can supply firewood for the sauna and also fire bowl/BBQ and campfire, pre-orders are required. You are also welcome to bring your own firewood, please note the woodburner requires 9" or smaller logs. The sauna is run on a meter system and a reading will be taken before and after your visit and charged accordingly.

Sauna use is generally allocated after 6pm each day unless other timings are pre-arranged before your arrival date, day use would need prior agreement so the facility can be prepared accordingly.



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### **DOMESTIC AND UTILITIES:-**

Bedding – Duvets, pillows, bed blanket and hot water bottles are provided. Please bring clean sheets, duvet covers or sleeping bag, pillow cases and towels. Alternatively linen sets can be provided (duvet cover, bed sheet, 2 pillowcases & towel) at £10 per set.

Retreat equipment such as yoga mats, blocks, bolsters are not provided at the venue.

### **Kitchen**

The kitchen hosts a large oak table seating 24 and is very well equipped for your own catering requirements, complete with a Rangemaster cooker comprising of 2 ovens and a 5 ring burner, two fridge freezers, professional food processor, blender and other useful cooking appliances. We also offer an ample collection of complementary tea.

We do not provide catering however we can suggest some local people and businesses, some of whom have cooked at the barns previously:-

The Wild Fig (Janey) 01803 864829 / [www.thewildfig.co.uk](http://www.thewildfig.co.uk)

The Kitchen Table (Sima) 07583 400998 / [www.thekitchentable.org.uk](http://www.thekitchentable.org.uk)

Dartmoor Larder (Sandy & Steve) 07875 153391 / [www.dartmoorlarder](http://www.dartmoorlarder)

Nandan 07825447860 / [nandanoleary@gmail.com](mailto:nandanoleary@gmail.com)

Bini Sharman 07500 900472 / [binisharman@hotmail.com](mailto:binisharman@hotmail.com) (vegan)

### **Heating**

The heating will be set at 20 degrees, which we think a comfortable temperature. If you require it any higher, please let us know in advance as the system needs a few hours to reach temperature. There may be an extra charge for the added electricity cost.

There are extra oil heaters in both halls and most bedrooms in case you need, however in most cases the underfloor heating is adequate. Hot water bottles are provided under each bed for your warming comfort.

We also provide fleece blankets located in a basket at the entrance hallway which you can use for outside, please do not use your bed blankets for outdoor use.



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### **Wireless Internet (WIFI)**

Available for free at the venue around the entrance and kitchen areas, you can find the code in the entrance hallway. However if you prefer to have the wifi turned off during your stay please notify the venue before your arrival and we can switch this setting off.

### **Sound System**

There are 4 wall mounted speakers with built in amplifiers in the Albion Room. These produce amazing sounds however no amplified music is to be played after 11pm. You can plug your laptop or iPod directly into the minijack left out for you. There is no charge for using this equipment, however any damage must be compensated.

### **Water**

Fresh water is pumped from an onsite borehole, this is UV and ceramic filtered. It contains no chlorine or other additives. Our hot water, an eco-solar and electric system, provides a non-instant supply requiring careful use to meet everyone's needs. We have a timed immersion heating system to make sure you have an ample supply of hot water.

### **Campfires & Fire bowl/BBQ**

There is a ground pit for outdoor campfires in the sheltered garden courtyard, benches and seating are arranged around the space. At the back terrace there's also a large fire bowl that doubles into a BBQ. Fire wood for these can be supplied onsite, pre-orders are required before arrival and are sold in half or full wheelie bin amounts.

### **Cleaning and tidying**

We take pride in our housekeeping and leave the venue clean and welcoming for all our guests, so we kindly ask that the barns are left as they are found. There are cleaning and tidying guidelines kept in all the bedrooms and written in the Guest Manual left out on arrival. Equipment and eco products are available for your use throughout your stay and found in the kitchen area (between the toilet and shower).

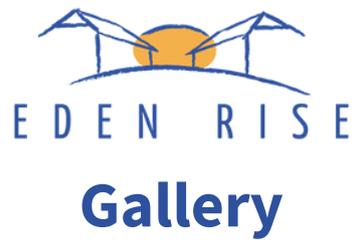
### **Accessibility**

Unfortunately at present the venue is unable to offer suitable wheelchair facilities.



EDEN RISE  
Gallery





EDEN RISE  
Gallery





# Information Brochure

## OUR PRICING

### 2021 CHARITY RATES (must be a registered charity)

<b>Nights</b>	<b>Basic Cost (10 pax)</b>	<b>Extra People (per person/night)</b>
1N (Tues or Wed only)	£315	£21
2N (midweek Tues-Thurs)	£365	£21
2N	£525	£26
3N	£700	£23
4N	£885	£21
5N	£1,015	£18
6N	£1,135	£16
7N	£1,295	£15

### 2022 CHARITY RATES (must be a registered charity)

<b>Nights</b>	<b>Basic Cost (10 pax)</b>	<b>Extra People (per person/night)</b>
1N (Tues or Wed only)	£320	£21
2N (midweek Tues-Thurs)	£370	£21
2N	£530	£26
3N	£705	£23
4N	£895	£21
5N	£1,025	£18
6N	£1,145	£16
7N	£1,310	£15

**Campervans:** £13 per person (only if space allows in the parking area)

**Linen Hire:** £10 per set (duvet cover, bed sheet, 2 pillowcases & towel)

**A non-refundable deposit of 30% is due at the time of booking, the remaining balance 6 months prior. Receipt of the booking form and deposit will secure your dates at Eden Rise.**



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## **PROVISIONAL RESERVATIONS**

Booking dates can be requested in advance, however these dates are not secure or fully confirmed until both the booking form and deposit payment are received. The bookings online calendar will only highlight these provisional dates as pending so other groups can still request them. Dates will be provisionally held for a limited time only, if another group requests any of these dates we will give you 7 days to confirm otherwise you may lose the provisional hold.

## **ARRIVAL & DEPARTURE TIMES**

Bookings start from 5pm on your arrival day and end at 5pm on your last day. This time frame includes turn around periods of the venue in-between groups. Note these timings are for your guests and course participants.

Organisers/Facilitators and their teams are permitted to arrive at 3pm to set up before their group arrives. This set up time will need to be indicated on the booking form, so we can make sure the venue is ready for you. Any earlier times will need to be requested and agreed with the venue prior to confirming and a charge of £25 per hour will be applied to the initial booking costs.

## **DEPOSIT & CANCELLATION**

A non-refundable deposit of 30% (from the basic minimum cost for 10 people) is due at the time of booking. Once we receive your booking form and deposit payment your dates will be secure. Final payment (balance of the basic cost) is due 6 months before the start date of your booking. Deposits are non-refundable, however if you cancel we may be able to refund the deposit if we/you can refill all dates with a booking at full price.

Eden Rise reserves the right to cancel a booking in the event of a breach of our letting agreement or if your activities prove to be in conflict with our ethos. Should you cancel less than 6 months before your bookings date no refund will be available, unless we or you are able to re-let the space at full price. In which case, we will only charge an admin fee of £50 and return the balance of any monies paid so far. Any repayments are only made once the new booking is fully confirmed.



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### **BALANCE & FINAL NUMBERS**

Initial prices are based on a minimum of 10 people. The balance of this payment is due no later than 6 months before the start of your booking. If you have more than 10 persons (extra numbers) and if not already booked in, you will need to notify us and pay for these extra people no later than 7 days before your stay. For retreat/workshop bookings final numbers and payments need to include all course leaders, course helpers and participants.

### **EVENT ADVERTISING & BLOGGING**

The Network of Wellbeing charity has a huge amount of followers, many interested in booking retreats at Eden Rise. We can help promote and advertise your retreats/events for free on the NOW website page. You can either submit your events directly to [www.networkofwellbeing.org/events/submit-an-event](http://www.networkofwellbeing.org/events/submit-an-event) (an image or logo, text on your event, links to your website and contact details are required) or alternatively for assistance contact [sylvie@networkofwellbeing.org](mailto:sylvie@networkofwellbeing.org).

We also encourage blog writing on our Network of Wellbeing web page on the topics surrounding the nature of your workshops or courses (not a blog solely about your event). We can add links to your event listings and website from here. We will also feature blog posts in our monthly newsletter (4500 readers), and social media posts (Twitter 4.5K followers and Facebook 4K followers). You can submit a guest article here [www.networkofwellbeing.org/submit-a-post](http://www.networkofwellbeing.org/submit-a-post) (there are guidelines for your ease) and we will need an image and a picture of yourself if you would like this included. We have found this the most effective way to advertise and attract interest to events.

### **SUSTAINABILITY FOCUS**

We are constantly improving our green journey and have invested in this with the provision of the following:-

**Hot Water** - this is partially solar heated (via solar tubes on the top terrace) and part electric, rather than constantly using instant and on demand.

**Electricity** - we use 'Bulb Energy' a green renewable energy supplier for our electricity and have photovoltaic panels on the roof that generates electric for the grid.



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**Compost Loo** - to recycle our humanure (without the vast waste and expense of energy, using drains, water and electricity in the usual flushing and extensive processing).

**Heating** - installed underfloor heating throughout the building.

**Recycling** - we provide bags for all paper and card, tins and plastic bottles, and all compost waste. Glass is to be taken away by visitors to recycle.

**Ecological Products** - are used in all our cleaning wherever possible.

We will continue to monitor our energy and water usage, purchase of consumables, research and learn about environmental problems and ways we can help solve them.

### HOW TO FIND US

We are located just off the Plymouth Road about 2 miles outside of Totnes as you head to Avonwick and Plymouth direction. Take the Plymouth Road heading out of Totnes for 2 miles then you will see a small sign saying Sandwell, turn left here. Eden Rise is the second drive on the right, its a steep road up to the barns. The address **Eden Rise, Sandwell Barns, Harberton, Totnes TQ9 7LJ.**

**If you would like any more information about the venue please contact [sylvie@networkofwellbeing.org](mailto:sylvie@networkofwellbeing.org) (Eden Rise Manager)**

**Thank you,  
Eden Rise Team**

**Network of Wellbeing Charity #295976  
[www.networkofwellbeing.org/eden-rise](http://www.networkofwellbeing.org/eden-rise)**