



Welcome to the SPEC Retreat Centre

The Catholic retreat centre for children and young people in the Diocese of Westminster

About

Parent Meeting
May 5th & 6th 2026

Retreat focus – Life to the Full

- This Retreat helps young people understand the different aspects of the Holy Mass through exploring different types of prayer, the scriptures and the meaning of the Eucharist.



Dates and times



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- Arrive at school – 8:35am
- Departing St. Cross at 9:15am on Wednesday the 5th May
- Arriving at SPEC at 10:30am – 11:00am
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- Departing SPEC at 2:00pm on Thursday 6th May
- Arriving at St. Cross at 3:30pm

What to bring



- Clothing in context:
- Our retreat includes a mixture of indoor and outdoor activities. Therefore, no designer wear is needed. Please bring comfortable clothes that you do not mind getting muddy or wet.
- It is important that the outdoor clothing is warm and waterproof as the retreat may include a campfire, a night walk, or both!
- Wash kit (soap, toothbrush, toothpaste, shower gel – please no sprays)
- Towel
- Pyjamas
- **Indoor shoes (slippers)**
- Outdoor shoes (that you don't mind getting muddy)
- Plenty of socks
- Underwear
- Warm layers (jumpers, coat)
- Waterproof jacket
- Water bottle
- Small teddy
- **Bed linen is provided by SPEC**

What not to bring

- Electronic devices including phones and smart watches
- Hairdryers
- Snacks
- Aerosols
- Unnecessary beauty products
- Money



Safety

- 3 members of St Cross staff – Miss. Cattell, Mrs. Daynes and Mrs. Panter.
- The site is on a quiet residential road.
- The site is very secure – codes for main doors, CCTV.
- All staff on site wear **bright red** hoodies so that they can easily be identified.
- All staff carry radios so that they are easily contactable.
- All retreat leaders are experienced in working with children, are youth workers or qualified teachers.
- Children will be supervised at all times.
- Medication will be held by us.

Food

Meal	Time	Sample menu
Breakfast	8:30 am	Cereals, toast and preserves and juice/water
Lunch	12:00pm	Baked potatoes with fillings and salad or pizza with salad or baguettes with various fillings
Dinner	5:00pm	A hot meal (vegetarian option provided but only if agreed before the trip) e.g. roast dinner, pasta dish, fish and chips, curry. Accompanied by dessert.

Biscuits and hot chocolate – evening treat.

They will try their utmost to cater for all children.



The Ark (Dining room, meeting
rooms and accommodation)



Lots of outdoor space!

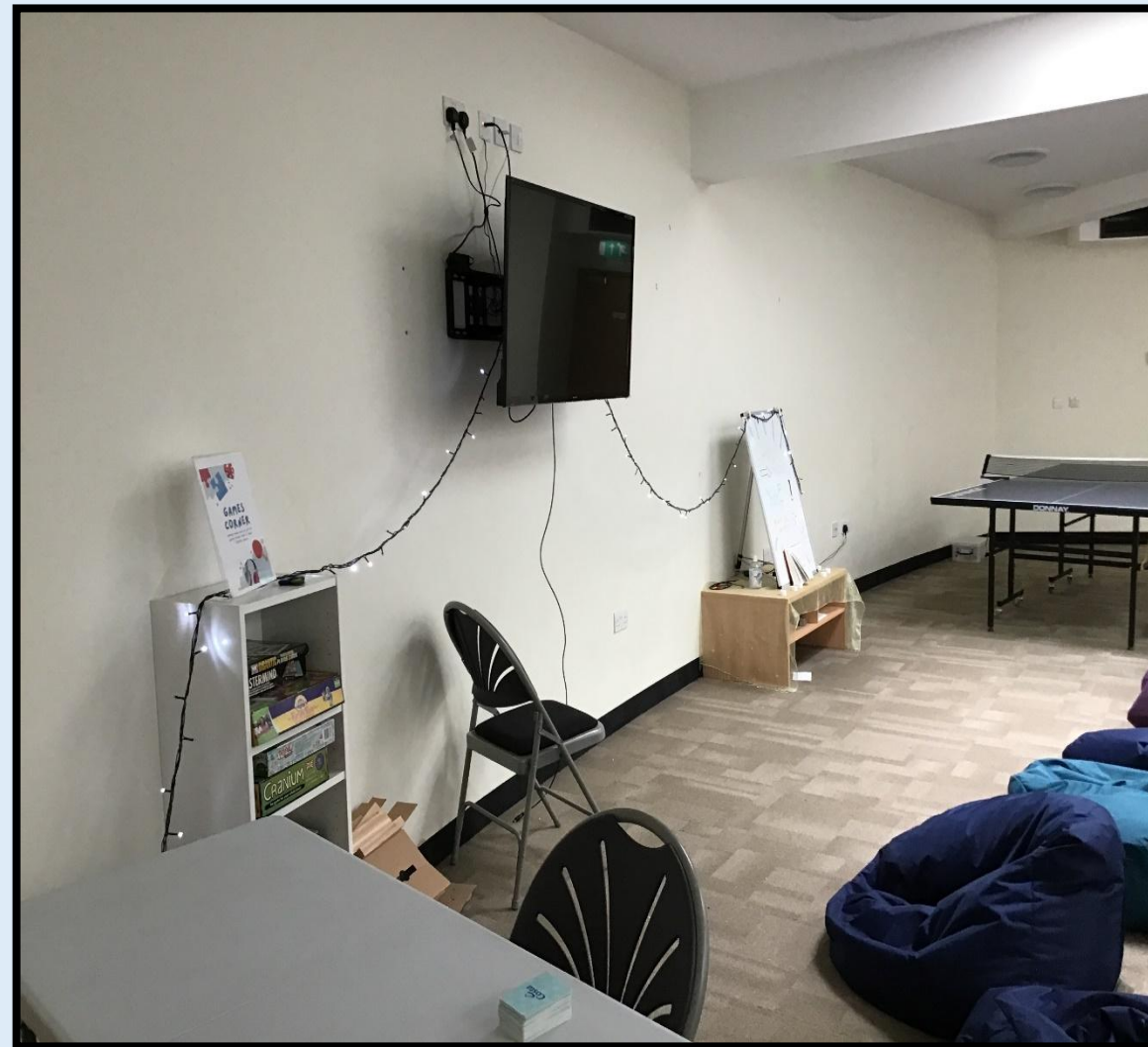




Each bedroom has two bunk beds –
sleeping 4 children.
They have their own en-suite bathroom.



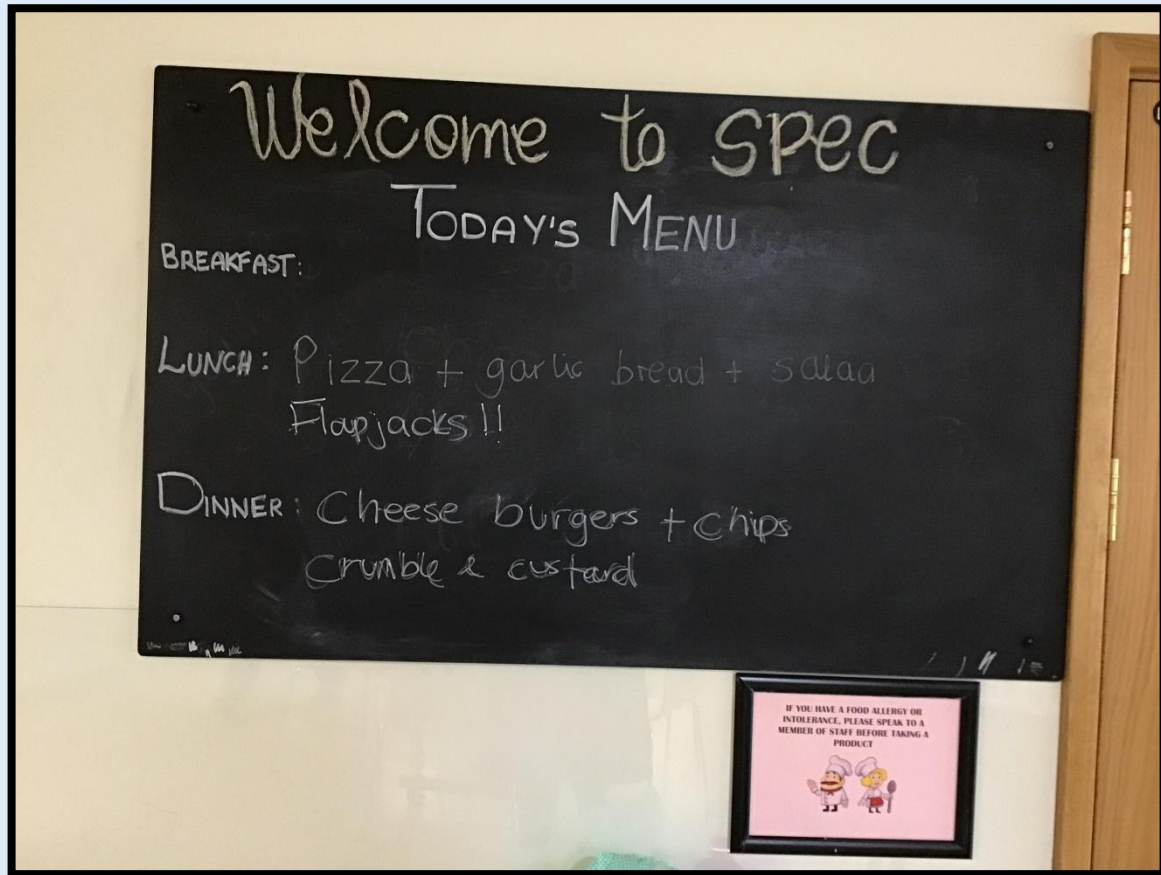
The Common Room – Where they can relax and play games if it is raining during their breaks. Activities are also carried out in here.





An example of one of the breakout rooms for group work.

The Chapel – The children will prepare their own mass which will be held in here.



The dining room and menu.





The Rotunda – Meeting room and where we will initially meet the retreat leaders.