

***** PRESS RELEASE *****

Mindful Photography Sessions at The Bishop's Palace June 2021

Join accredited Mindfulness Meditation teacher and Natural Mindfulness guide Alison Sackett to experience the benefits of Mindful Photography.

In today's busy world, it's a way of slowing down, getting outside, appreciating the beauty of the world around us and encouraging your creativity in a relaxed and gentle manner.

These introductory sessions will acquaint you with the basic concepts of mindfulness and support you in exploring your own creativity as well as the thoughts, preconceptions and automatic thought processes that go with it, and you will come away with some new ideas and tools with which to improve your own well-being.

No fancy equipment is required, in fact the simpler the camera or phone camera, the better. The aim is not to take technically perfect photos nor to create award-winning images, but more to enjoy the process and not to worry about the outcome. It's time just for you to explore your creativity in a gentle, mindful manner.

So bring your curiosity, an open mind and a device on which to take photos and come and enjoy a relaxed mindful photography walk through the gardens. Each taster session will follow the same format, so you can book for as many or as few as you wish.

Sessions will run on Friday 11th and 25th June and Sunday 20th and 27th June from 10:30am-12:30pm. Each session costs £30 per person.

ENDS

ABOUT THE BISHOP'S PALACE

The Bishop's Palace is the 800-year-old home of the Bishops of Bath & Wells. The medieval palace is also home to the wells and ancient springs that give the City of Wells its name, the world famous mute swans that ring a bell alongside the Gatehouse when they want their food, and 14 acres of stunning gardens. Within the gardens are an Arboretum, formal planted gardens, the ruined and romantic Great Hall, waterfalls and well pools, a Community Garden and the new Garden of Reflection.

The Palace buildings open to the public include a medieval undercroft, a striking Long Gallery, hung with portraits of former bishops, exhibition space and the beautiful medieval Chapel.

There is a modern, family and dog friendly café, serving produce from the gardens, drinks, cakes and light meals and a gift shop. The site is accessible for wheelchair users, with new, even pathways in the gardens and a lift in the Palace building.

The Bishop's Palace is managed by The Palace Trust, registered charity number 1160830.

GENERAL INFORMATION

Location:

The Bishop's Palace & Gardens
Wells
Somerset
BA5 2PD

T: 01749 988111

E: info@bishoppalace.org.uk

W: www.bishoppalace.org.uk

OPENING TIMES

Summer (31 March – 26 Oct): 10am - 5pm

Winter (27 Oct – 30 March): 10am – 4pm

Last admission is 30 minutes before closing.

The Bishop's Palace is closed over Christmas every year.

- All activities and events are included in the price of admission unless stated otherwise and children must be accompanied by an adult.
- Guided Tours Daily (not currently available until further notice)

ADMISSION CHARGES

Admission tickets give access to the medieval Palace, Undercroft, ruined Great Hall, 14 acres of gardens, the Bishop's Chapel and events (unless specifically ticketed).

Who	Gift Aid*
Adult Annual Return Ticket	£15.00
Children (Under 5 years)	FREE
Children (5-18 years) Annual Return Ticket	£7.50
Essential helpers assisting disabled visitors	FREE
Group Admission	Prebooked
Child Group Admission	Prebooked

HOW TO FIND US

The Bishop's Palace & Gardens is situated in the heart of Wells, Somerset and can be easily reached from Bath – 21 miles / Bristol - 21 miles / Glastonbury - 8 miles.

Bus: 29, 126, 161/162, 173, 375, 376, 377 all stop or pass through Wells. Alight at Wells Market Place.

Bike: The Bishop's Palace is situated on Sustrans cycle route 3. Visit www.sustrans.org.uk for further information and maps. Cycle racks available over the drawbridge and in Market Place.

Train: The nearest railway stations are Castle Cary (9 miles from Wells) and also Bristol Temple Meads and Bath Spa (both 21 miles), where you will find bus links to Wells.

Coach: Follow signs to coach dropping off point, continue down one way system to bus station coach park.

Car: The main routes to Wells are the A371 and the A39. The Bishop's Palace is a short walk from all central car parks, use Whiting Way car park (long stay) which is located just off the A39 or Market Place (short stay, 1 hour maximum) is just outside the palace Not available Wednesday or Saturday (market days).

Map: http://www.bishopspalace.org.uk/location_map.php