

Put the phones down: free Family Peace Retreat comes to Halton this August

Wednesday 22 July, 2026

Fortuna Female Society and the Brianna Ghey Legacy Project host a day of wellbeing at St Marie's Church.

In the middle of the summer holidays, two organisations are giving local families a day together, away from their screens.

On Sunday 2nd August, Fortuna Female Society and the Brianna Ghey Legacy Project host a free Family Peace Retreat at St Marie's Church in Widnes. It is open to everyone, whether people come alone, with friends or as a family.

The timing is deliberate. Six weeks of school holidays leave many parents stretched and many children spending more time than ever on their phones. This day offers the opposite: time to slow down and do something together.

The retreat follows work the two organisations have already done together. Earlier this year, the [Brianna Ghey Legacy Project](#) piloted a version of its Flourishing Families programme with Fortuna Female Society's Let Her Shine group, running six sessions for local mums and female carers and their girls. The Peace Retreat opens that approach up to the whole community for a day.

Inside the tipi, adults and teenagers can take part in wellbeing activities throughout the day. Activities include yoga, tai chi, breathwork, meditation and sound baths, each led by a local practitioner.

Families have their own space with children's yoga and tai chi and Flourishing Families activities. The day ends with a family sound bath.

Laura Bevan, Founder of [Fortuna Female Society](#), said: "We are really excited to be working with The Brianna Ghey Legacy Project to bring the Peace Retreat to Halton. Both organisations are passionate about improving connection and wellbeing within the community, so this felt like a very natural partnership. Together, we're delighted to give families the chance to take some time out, slow down, and put their wellbeing first."

Esther Ghey, Founder of The Brianna Ghey Legacy Project, said: "I'm so proud that Brianna Ghey Legacy Project is collaborating with Fortuna Female Society on our very first Peace Retreat. I'm looking forward to seeing everyone there for a day of wellness and relaxation."

Free taster treatments run through the day, including reflexology, Indian head massage and hand massages. All sessions and activities work on a first come, first served basis. Food and refreshments are available to buy throughout the day. The retreat will go ahead whatever the weather, with everything under cover.

Tickets are free, but booking is essential. Places can be booked now on Eventbrite:

<https://www.eventbrite.co.uk/e/peace-retreat-2026-tickets-1992410525516>

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