

22. The Glass Clouds of Grote Beek

The Grote Beek Estate, Dr. Poletlaan 40, Eindhoven (Woensel) www.ggze.nl

THE HAPPY SPOT

Sit down on a bench. The Grote Beek Estate is an oasis of calm in the city. There's much to experience here: a therapeutic garden, an open chapel, a fitness garden, a second-hand clothing shop by Jannie's, a flower and gift shop, De Trefhove restaurant, Het Ketelhuis Grand Café, and much more. The Geestelijke Gezondheidszorg Eindhoven (GGzE, center for mental healthcare) provides care to more than 20,000 people with psychiatric problems here each year. One in four people suffer from mental illness. Make a connection.

WHAT MAKES US HAPPY HERE?

We are all vulnerable. A quiet place to stand still. A warm conversation with special people. A gorgeous estate. The people, the animals, the herbs, the silence and the reflection. Human-focused care in a healing environment.

THE HAPPINESS TIPS

- Discover the quiet church cemetery (just to the right of the entrance). What are the 'struikelstenen'? Stand in the center of the glass monument, **'Names of the nameless'**, and imagine writing three names of people that are important to you in the glass clouds.
- Everyone is welcome daily in the Trefhove restaurant. What is standing by the tree at the restaurant's entrance? Start up a conversation with someone you don't know. 'Feel free to **be yourself.**'
- Ability to express emotions is important for everybody. Visitors have done exactly that in the form of personal poems that you will find along **the poetry walk** (de poëziewandeling, 5km). Start at the reception desk and ask for the brochure. Which poem appeals to you most?

EVEN MORE HAPPINESS

With a special app, you can peer **'through the walls of the buildings'**. What exactly is going on? Download the GGzE walking tour via your app store / EHV Walks.

GOLDEN HAPPINESS TIP

Request your extra free golden happiness tip at the Trefhove restaurant.