



# Outdoor Team Building Days

Brighton & Hove





Are you looking to do something fun, healthy and memorable with your team outside your regular working environment?

**Our group events in nature are an enjoyable and creative way to connect and have a good time in a relaxed, outdoor setting.**

**They are an ideal solution for businesses & organisations seeking:**

- Team-building and away days in the fresh air!
- An un-pressured environment for staff development
- Ways to engage and support with their wider community
- Just a fun day out to thank people





# Why get outdoors with us?

## Benefits for your team

Group events in nature can help your team to improve communication and to manage tasks more effectively, as well as being an informal and sociable way to get together.

**'Volunteering at Stanmer Park was literally a **breath of fresh air**. It was wonderful to spend the morning with Caroline, Sophia and the other volunteers in a friendly and relaxed atmosphere. Getting stuck into clearing and laying a path, piling wood, and generally being outdoors was a **welcome break from the RSI and screen glare of my normal role**. Thank you for having us'.**

*Team building participant*

## Benefits for the community

Much of our work benefits vulnerable adults and people experiencing deprivation, isolation, poor health and other life challenges. Our activities make lasting changes to habits and behaviours which improve lives. Choosing us as the location for CSR volunteer days helps continue supporting those across our city who have much to gain from spending time outdoors:

**'So genuinely I can't say enough how precious the sessions are to me and how glad I've been this year to have them as **a constant and reliable tool for mental wellbeing**'.**

*Community gardening participant*

## The Wellbeing Gardens



## Locations

### Stanmer Wellbeing Gardens

A community space nestled in a tranquil woodland corner of Stanmer Park, where people can find sanctuary and nurture wellbeing, through getting involved in food-growing, gardening, education and nature connection activities.

### The Clubhouse

A former golf club and green space located on the South Downs just south of Devil's Dyke, with incredible views of rolling hills and rare chalk grassland. The building is situated in the heart of the city's rewilding project – Wilding Waterhall.

## The Clubhouse





## Activity packages

### **Woodland Conservation:**

Help improve and enjoy our beautiful woodland areas at Stanmer Wellbeing Gardens in this half-day conservation session which includes hot drinks around the fire. Participants will take part in different kinds of garden maintenance work depending on the season, including tree planting, dead-hedging, creating vegetable beds, and more. £350 VAT

### **Wellbeing Walk:**

Discover the downs on our doorstep with a heritage walk around the Wilding Waterhall project, learning more about this uniquely biodiverse environment. The project is regenerating a previous golfing green into stunning native chalk grassland. Finish with a simple shared lunch at our Clubhouse on site. £500+VAT

### **Wood-fired Cookery:**

Get stuck into making a tasty seasonal meal over the fire, under the expert guidance of our chef, as well as exploring the woodland site at Stanmer Park and learning about edible plants growing nearby. Enjoy your bountiful creations together at the end. £750+VAT

## Useful Information



- Outdoor sessions typically run from 10:00 – 13:00, with a hot drink + biscuit break in the middle.
- Trained and trusted community gardeners / outdoor leaders run the sessions, with expertise in bringing volunteers into the outdoors. Activities such as meditations, mindfulness, and natural crafts can be added to a session - just get in touch to discuss further.
- Activities are suitable for all levels of ability and energy, we will discuss the needs & interests of your team with you. Please let us know if you have any specific access needs and we will do our best to adapt around them.
- All equipment is provided - just make sure you're wearing suitable clothing for spending time outdoors.
- Our typical group size is 12 people, with quotes above costed for this size. For larger teams we can run multiple groups doing different activities around a site if needed.



**Thank you for your interest in outdoor team building days with the Brighton & Hove Food Partnership.**

**We look forward to welcoming you and your team to one of our sites for a nourishing day in nature.**

If you have any further questions, please do not hesitate to contact us.

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