

# Your Good Team Building day

 **Date**

Thursday 1st May 2025

 **Timings**

**9:30am:** Arrival at The Valley Project

**9:45am:** Health & Safety Briefing

**9:50am:** Activities Begin

**12:30pm:** Lunch

**1:00pm:** Return from Lunch & Afternoon Brief

**1:10pm:** Activities Resume

**3:00pm:** GTB Day Completed

*Please note: These timings are a guide. We encourage regular breaks throughout the day, as the activities can be physically demanding but highly rewarding. If you have individual commitments (e.g., childcare) and need to leave the site early, please inform the Project Facilitator on the day. This is essential for health and safety and to manage project progress effectively.*


## Location

 Venue: TheValley Project

 Address: 11 Stirling Cres, Bradford BD4 0FJ


Sat Navs can often land you in the wrong location so it is advised you use What3Words below

 What3Words: [///sugar.train.means](https://www.what3words.com/sugar.train.means)


 **Parking:** There is on street parking available. Please be mindful of local residents driveways and we do encourage car sharing.

## Refreshments & Lunch


 Refreshments: Tea, coffee, and general refreshments will be provided by the host organisation.

 **Lunch:** The Valley Project have a Pizza Oven and will be preparing fresh pizzas for volunteers on the day. Please could you contact Luke ( [luke@participateprojects.org.uk](mailto:luke@participateprojects.org.uk) ), if you have any specific dietary requirements.

## What to Wear

 **Clothing:** Wear old, robust clothing that you don't mind getting paint on. Paint overalls will be provided, but they do not guarantee protection against all stains. Personal protective equipment (PPE), including latex-free gloves, will be provided where necessary.

## Health & Safety

 **Risk Assessment:** A detailed risk assessment can be downloaded from the project page  
Please ensure you follow all safety guidelines provided by the Project Facilitator.

## Contact Information

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