

# Your Good Team Building day

 **Date**

Thursday 29th May 2025

 **Timings**

**9:30am:** Arrival at Wellgate Farm

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

**10:00am:** Activities Begin

**12:30pm:** Lunch

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

**1:10pm:** Activities Resume

**3:30pm:** Begin Clear-Up

**4:00pm:** 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: Wellgate Community Farm

 Address: Collier Row Rd, Romford RM5 2BH

 What3Words: What3Words - ///faster.class.duck

## Parking

 Parking is limited at the farm, however you are able to park at

**The City Pavilion, Collier Row Rd, Collier Row, Dagenham, Romford RM5 2BH**


What3Words - ///store.island.globe

## Refreshments & Lunch


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

 Lunch: You are welcome to bring a packed lunch or explore local eateries nearby.

## 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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