

# Your Good Team Building day

## Date

Tuesday 24th June  
Wednesday 25th June 2025

## Timings

**10:00am:** Arrival at Caring Hands  
**10:15am:** Health & Safety Briefing  
**10:20am:** Activities Begin  
**12:30pm:** Lunch  
**1:00pm:** Return from Lunch & Afternoon Brief  
**1:10pm:** Activities Resume  
**3:30pm:** Begin Clear-Up  
**3:30pm:** 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: Caring Hands


 Address: 16 New Rd Ave, Chatham ME4 6BA

 What3Words: What3Words - ///logs.goals.middle


 Parking: There is a large onsite car park, follow the W3W above for exact entrance on **Manor Road**

## Refreshments & Lunch


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

 Lunch: Lunch will be provided by Caring Hands. Please make your Team Leader for the day aware of any allergies.

## 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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**We Look Forward to Seeing You There!**