

# Your Good Team Building day

## Dates

Monday 11<sup>th</sup> August 2025

Tuesday 12<sup>th</sup> August 2025

## Timings (for both of above dates)

**9:30am:** Arrival at Sunlight Centre

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

**9:50am:** 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: Sunlight Centre

 Address: 105 Richmond Rd, Gillingham ME7 1LX

 What3Words: //sling.venues.tinsel


 Parking: Onsite parking available (car park)

## 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. Please dress for the weather. We will be outdoors all day.

## Health & Safety

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

## Contact Information

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Thank you for joining us for this Good Team Building Day. Your participation will make a real difference, and we can't wait to share this rewarding experience with you.