

Your Good Team Building day

 **Date**
TBC

Timings

9:30am: Arrival at Parklife Community Cafe

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: Park Life Community Cafe

 Address: 133 Church St, Southampton SO15 5LW

 What3Words: What3Words - ///stages.bikes.invent

Parking

 Parking in and around this location is limited. We strongly encourage car sharing. Please be aware of any timed stay spots and potential residential permit zones.

Refreshments & Lunch

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

 Lunch: Lunch will be provided by the Cafe. A menu will be shared closer to the volunteer date.

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!