

Your Good Team Building day

 **Date**

Tuesday 21st July 2026

 **Timings**

9:45am: Arrival at Demelza

9:55am: Health & Safety Briefing

10:10am: 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: Demelza Sittingbourne

 Address: Demelza House, Rook Ln, Sittingbourne ME9 8DZ

 What3Words: ///obtain.grove.join

 Parking: Onsite parking is available. The car site isn't huge so car sharing is encouraged.

Refreshments & Lunch

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

 Lunch: The centre Café will have food available for volunteers to order. Volunteers are also welcome to bring a packed lunch or access local eateries.

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. Sturdy footwear must be worn, no open toe shoes such as flip flops or Crocs. 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!