



# Moors Valley

Country Park and Forest

## Team Building Events & Outdoor Activities



enjoy... experience... explore...



[www.moors-valley.co.uk](http://www.moors-valley.co.uk)

# Welcome ↘

Situated on the edge of the New Forest National Park and close to easy transport links, Moors Valley Country Park and Forest is a 750 acre forest, park and woodland setting renowned for its rich variety of wildlife habitats and recreational opportunities. The Country Park grounds and facilities provide a versatile venue for quality corporate events and teambuilding. We offer a bespoke and cost effective range of options led by professional staff, focusing on outdoor team challenges, the

Corporate Social Responsibility agenda and creativity in business.

Situated just 10 miles north of Bournemouth, Moors Valley is a joint venture between East Dorset District Council and the Forestry Commission. We also have many sites around East Dorset managed by our team for wildlife and community benefit, ideal for a range of green projects.



# What can we offer? ↘

**Our Ethos** - As a Country Park we are committed to promoting sustainable practices and healthy lifestyles through our educational, recreational and training activities. Our staff work with a range of audiences, providing activities and events that attract ever increasing numbers of groups and organisations to this unique location. We want all of them to leave feeling inspired and energised and having gained valuable and positive outcomes from the experience.

**Versatility** - All our events will be tailored to your needs. We will plan your event with you to optimise the time spent at the park, developing packages that combine acquisition of skills, recreation and fun.

**Learning** - We offer programmes that are dynamic and challenging but also enjoyable and memorable. Learning activities will be fun and 'hands on' but will also produce tangible results for your business.

**Creativity** - Energise your business with outdoor training in creativity. Developing creativity in staff can add a competitive edge in your organisation and long term viability.

**Going green** - Whether it's enjoying an action packed day in the countryside or seeking guidance to green your business, Moors Valley provides the ideal setting for developing sustainability in your organisation.

## Trainers

We have professional and highly experienced, qualified staff and external facilitators available, but are also happy for you to work with your own trainers.

## Additional options

**Evening events** can be catered for to fit in with work commitments or to utilise the park and its surroundings during the longer evenings.

We can arrange for your group to "wild camp" overnight here at the Park, or we can recommend quality local accommodation providers that meet your budget.

If you require larger local conference facilities these can also be arranged.

# Prices ↘

**Half day** - From **£45** per person. This price is for a half day of activities plus a meeting room for either the morning or afternoon session which seats 24 people theatre style. Lunch and refreshments can be booked as an extra through Seasons Restaurant in our 18th Century barn.

**Full day** - From **£65** per person. This price includes lunch, refreshments and meeting room if required.

*All prices exclude VAT.*



# What to do next? ↘

Once you have looked through this brochure call or e-mail Marc Thompson to discuss your needs. Then fill out the booking form at the back and return it to us at **Moors Valley Country Park, Horton Road, Ashley Heath, BH24 2ET.**

**Phone:** 01425 470721

**Email:** [mthompson@eastdorset.gov.uk](mailto:mthompson@eastdorset.gov.uk)

# Activities

## Team tasks

These use a variety of equipment, locations and resources to bring out the strengths, weaknesses, leadership and group working styles of those in the team. The tasks can be a mix of both mental and physical ability and can therefore be all inclusive.

Team tasks can be facilitated to varying degrees, high level to improve and look at work related issues or low level to offer a fun and rewarding challenge. They can also be included in a full or half day scenario.

## Orienteering

This activity can be used as part of a package of activities or used as a stand alone event. It encourages team competitiveness, group working and use of decision making and communication skills.

We can offer both a fixed course orienteering scenario, either on foot or by bike, or use electronic tagging systems and data recall giving instant readouts of split times and overall results. This is an excellent activity for honing team dynamics, problem solving and quick thinking, and one that everyone can enjoy regardless of ability.

We can create orienteering options over a vast area which can include Ringwood Forest North

as well as Moors Valley Country Park.

## Conservation

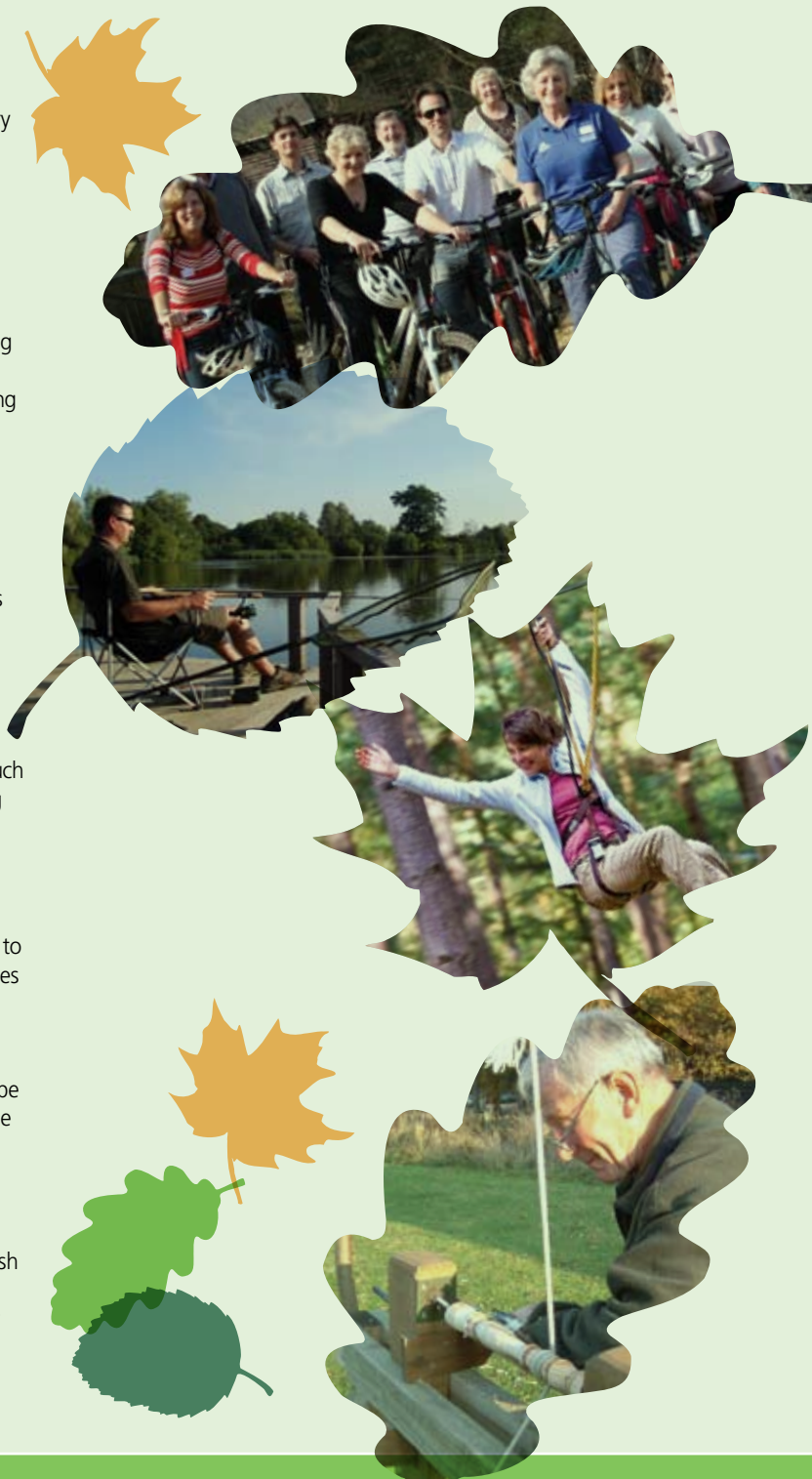
Many companies and organisations now use conservation tasks as "green exercise" in addition to making a positive contribution to the environment. From tree planting to scrub clearance, everyone can get stuck in to make a difference.

## Bushcraft

Learn the skills of the outdoors that can help in making life in the woods and beyond more comfortable, sustainable and tune you into the natural surroundings around you. Activities could include skills such as fire lighting, shelter building and wild cooking.

## Mountain Biking

We have a riding environment to suit all abilities, with many miles of traffic free routes contained within the park, as well as Singletrack and Pumptrack options. Mountain biking can be used in conjunction with a 'clue find' trail or a mountain bike orienteering event to provide an adventurous competitive element to your programme. Alternatively your staff may wish to run a sponsored event or a more gentle 'social' ride led by an experienced guide.



## Art activities

From art walks to natural pottery, creativity will be required to open minds and look at the world in different ways. This can be a powerful tool to stimulate new thinking in the workplace.

## Archery

An activity that combines individual concentration and skill, but is excellent as a developmental tool for the team and provides metaphors for life, not just the workplace. Archery can be competitive or used as a way to encourage individuals to coach each other, improve on skills and find solutions to a problem.

Maximum group size: 8 on each session but can be combined in a round robin of activities.

## Fishing

Join an experienced coach and fisherman to learn the basics or improve on existing skills on our 9 acre fishing lake. Or combine it with some practice fly casting on one of our fields. As with archery, fishing can be combined with other activities. Fishing can allow time to contemplate and step back from the work environment, or just the daily stresses of life.

Due to the nature of this activity there is a maximum group size of 5 on each session, but this can be combined in a round robin of activities.

## Rural craft

For groups who require something less active. These workshops could be run as a small indoor event or a practical outdoor activity. Examples of some of the crafts would be wood carving, pole lathing, basket making or wreaths and decorations.

## De-stress sessions

Use the time away from your normal day to day environment to get a chance to step back and look at the bigger picture, whether that's at work or at home. This can be achieved as part of an event with activities such as outdoor yoga and tai chi and relaxation walks.

## Golf

Moors Valley has an 18 hole and 9 hole golf course with an additional 4 hole pitch and putt facility. Why not try half a days golf and fishing finishing with a barbeque or evening buffet.

## Boot camps

We can put a group through its paces to see how individuals really perform when the pressure is on!

## Go Ape

The ultimate high wire activity here in the park. This can be a half day activity to compliment another on site activity in the afternoon. Maximum weight restrictions apply.

The following five packages have been put together to offer our most popular options. However, for a bespoke package combine these with any of the other activities to make a day that suits your needs.

## Into the Woods

Bushcraft sessions foster personal and team development and the acquisition of practical and decision making skills. It is a totally different experience away from the workplace. It allows small groups to face fresh challenges, enriching and developing relationships with an emphasis on teamwork.

A full day of activities can include a mix of the following: tracking, fire lighting - ancient and modern day techniques, cooking on an open fire, wild food, campcraft, shelter building and making tools and natural products.



### Example timetable

9.30am	<b>Welcome coffee / tea</b>
10.00am	Introduction - 'Creativity is key' interactive workshop
10.30am	<b>Icebreaker - 'Ways of walking'</b>
11.00am	'Ways of seeing' - slowing down with nature with time to think
11.30am	<b>Team game - 'Wood for the trees'</b>
12.30pm	Lunch. Campfire cooking and discussion - 'Sustainability, me, work and the world'
1.30pm	<b>Group environmental art work - 'Mudlarks' - mud, clay, cob</b>
2.45pm	'Making your mark' ...on a colleague
3.30pm	<b>'Wood wind' - music in the woods</b>
4.30pm	Evaluation
5.00pm	<b>Finish</b>

### Example timetable

9.30am	<b>Welcome tea / coffee</b>
9.50am	Introductions and ice breakers
10.00am	<b>Navigate to shelter build area in small groups - includes wildlife trailquest</b>
10.30am	Bushcraft basics - shelter building. The shelters will be put to the test with buckets of water!
12.00pm	<b>Fire lighting and lunch preparation</b>
1.00pm	Lunch. A time for campfire chat and to practice new skills
2.00pm	<b>Campcraft - may include cordage, journey sticks, whittling and tracking. Groups learn the skills then they are put to the test with a tracking challenge</b>
4.30pm	Review around campfire
5.00pm	<b>Finish</b>

**N.B** Specialist Bushcraft events with campovers are also available. Price on request.

## Get Out, Go Creative

Creativity is one of the most effective ways to make your company more competitive, securing long term profitability. Moors Valley can help nurture creative thinking and practice within management and your team, through dovetailing creativity with team building.

Using arts based methods and natural media this is a team build with a difference. It provides an excellent way to engage your team in creative thinking facilitating individual, as well as team development. Each event can be bespoke to your business; you can choose the theme and we will build the day's activities around your idea.

## Green Team

Businesses are now looking to link with community projects and to enhance their own environmental standing by rolling up their sleeves and getting stuck in. Conservation can link in with, or provide a springboard for the development of a Corporate Social Responsibility strategy. Your team can help shape Moors Valley's rich habitats for the benefit of both wildlife and visitors and contribute to your own sustainable agenda.

The day is spent learning tasks and skills that will enable the team to practically contribute to enhancing the landscape and wildlife habitat. Activities such as coppicing, green woodworking and tree planting provide a day of satisfying physical team work that leaves a positive legacy for all to enjoy.

### Example timetable

9.30am	<b>Welcome tea / coffee</b>
9.45am	Introduction and icebreakers
10.00am	<b>Map read to conservation site</b>
10.30am	Overview of what needs to be achieved, instruction in practical skills such as bow sawing, fire lighting, coppicing and species identification.
11.00am	<b>Practical woodland management</b>
12.30pm	Lunch during which delegates will also start thinking about the design of a plaque to take back to the workplace.
1.30pm	<b>Practicing woodland crafts- this may include polelathing, charcoal, hurdle making and willow weaving. Some of the group will be responsible for making the final plaque.</b>
4.30pm	Review and clear up
5.00pm	<b>Finish</b>



### Example timetable

9.30am	<b>Welcome tea / coffee</b>
9.45am	Introduction and icebreakers - a few warm up tasks to get you energised and to introduce methodology e.g 'Challenge by Choice', 'Plan, Do, Review'
10.00am	<b>'What makes a team tick?' - an interactive session analysing teams, what makes teams effective and perform well, identifying strengths and weaknesses in the team.</b>
10.30am	Team tasks - teams carry out a number of tasks around the park and forest and review their performance.
1.00pm	<b>Lunch</b>
2.00pm	Group task - teams are set a task that requires planning, effective communication and liaison. Activities may include mountain biking, archery, orienteering, tree climbing. The day finishes with a group finale.
4.30pm	<b>Back to the workplace - a review of the day and how it can benefit working practices.</b>
5.00pm	<b>Finish</b>

## ALL FOR ONE

A day in the outdoors using experiential learning to develop key skills in your teams, including decision making, creative thinking, communication and confidence building.

The morning will be spent doing initiative tasks, which require the skills of leadership, problem solving, communication and effective time and resource management. Your team will be working in smaller groups building to a whole group outcome in the afternoon.

# All mapped out ↘

Orienteering is an excellent activity for highlighting the strengths and weaknesses of colleagues in a competitive environment. It encapsulates many skills but can be adapted for all abilities and is an enjoyable challenge that everyone can participate in. Used as a whole day event it can be made as difficult or as easy as you decide.

The example program could be used with a group of 100, but can be equally as challenging and rewarding with a much smaller number.

Moors Valley itself is an excellent facility for the sport and all of its resources have been developed to maximise its use. A foot orienteering challenge can also be combined with a mountain bike orienteering challenge which can incorporate a much larger area of forest.



## Example timetable

9.30am	Welcome tea / coffee
9.45am	Introduction and icebreakers
10.00am	<b>Split into working groups (Groups of 10)</b> <b>There will need to be physically able participants in each group.</b> <b>Each group will be instructed in orienteering skills such as line orienteering, score orienteering, map memory, short courses, loops etc).</b> <b>This session will be inclusive to all abilities.</b>
12.30pm	Lunch
1.30pm	<b>Competition (Groups of 5)</b> <b>- Each team will be given a variety of orienteering challenges</b> <b>- The groups will need to decide amongst themselves how the tasks will be achieved and apply the training from the morning session</b> <b>- There will be 4 courses set out and ordered as relays</b> <b>- 4 members of each team do a task at a time</b> <b>- One electronic dibber per map</b> <b>- First team to complete the tasks and solve the problem is the winner</b>
4.30pm	Presentations, refreshments, round up
5.00pm	Finish

# Terms & Conditions ↘

## Confirmation & Payment

To confirm your booking, a non refundable deposit of 20% of the event cost is required. Full payment must be received 2 weeks prior to the event. This can be paid by cheque, credit or debit card or BACS.

Once the booking has been confirmed there can be no reduction for reduced numbers.

## Cancellation

A cancellation fee of 100% of the total cost will be charged if booking is cancelled within 7 days prior to the event. A 50 % charge will be levied if booking is cancelled within 8 - 31 days prior to the event.

If we have to cancel the event for any reason the payment will be fully refunded.

## Insurance

Moors Valley Country Park comes under East Dorset District Council's Public Liability insurance. The Events are covered to a minimum of £25 million. Please contact us if you require a copy of our Certificate of Insurance.

# Additional Information ↘

## Medical Issues

Please advise us of any medical conditions of any of the participants that we should be aware of, or that may restrict their ability to participate in the event.

## Dietary Requirements

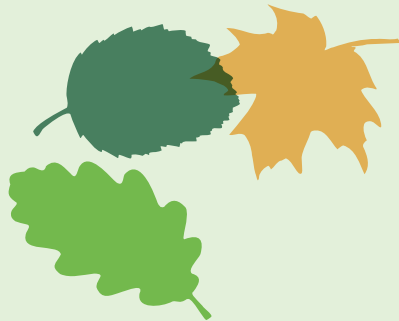
Please inform us of any dietary requirements, if refreshments are included.

## Recommended

The event will be predominately outside all day. Please ensure that everyone who participates is aware of this and brings appropriate clothing for the day. Suggested items include:

- Layered clothing
- Waterproof top
- Sturdy footwear
- Sun cream if weather is good
- Rucksack for any medication or drinks

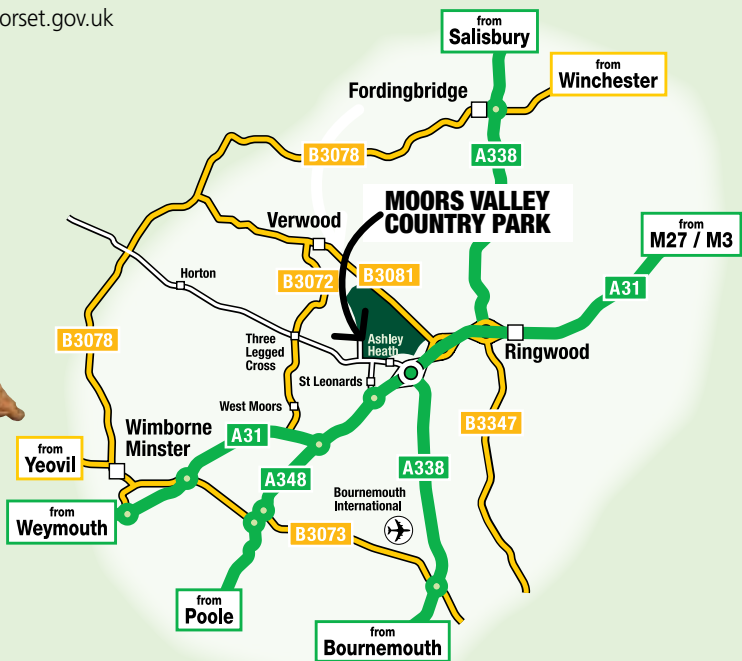




## How to find us ↘

Moors Valley is situated 10 miles north of Bournemouth and 4 miles west of Ringwood in Ashley Heath. Follow the brown signs from the Ashley Heath roundabout at the junction of the A31 and the A338.

Moors Valley Country Park, Horton Road,  
Ashley Heath, BH24 2ET  
**Tel:** 01425 470721  
**email:** moorsvalley@eastdorset.gov.uk  
www.moors-valley.co.uk



## BOOKING FORM ↘

Before completing this booking form please read the Terms and Conditions and call **Marc on 01425 470721** to arrange the event date and your requirements. Once we have received the booking form we will send out an invoice and confirmation will be confirmed upon receipt of a 20% deposit.

<b>Date</b>	/ /		
<b>Group name</b>	<input type="text"/>		
<b>Name of contact</b>	<input type="text"/>		
<b>Telephone</b>	<input type="text"/>		
<b>Event date</b>	/ /		
<b>Email</b>	<input type="text"/>		
<b>People per group</b>	<input type="text"/>		
<b>Please tick</b>	Full day <input type="checkbox"/>	Half day <input type="checkbox"/>	To arrange food contact Seasons Restaurant on 01425 470537
<b>Age range</b>	<input type="text"/>		
<b>Please tick your EVENT</b>	Into the woods <input type="checkbox"/>	Get out, go creative <input type="checkbox"/>	Green Team <input type="checkbox"/>
	All for one <input type="checkbox"/>	All mapped out <input type="checkbox"/>	
<b>and / or please tick your ACTIVITIES</b>	Team tasks <input type="checkbox"/>	Orienteering <input type="checkbox"/>	Conservation <input type="checkbox"/>
	Bushcraft <input type="checkbox"/>	Mountain Biking <input type="checkbox"/>	Art activities <input type="checkbox"/>
	Archery <input type="checkbox"/>	Fishing <input type="checkbox"/>	Rural craft <input type="checkbox"/>
	De-stress sessions <input type="checkbox"/>	Golf <input type="checkbox"/>	Boot camps <input type="checkbox"/>
	Go ape <input type="checkbox"/>		
<b>Transport</b>			
Number of...	Coaches <input type="checkbox"/>	Minibuses <input type="checkbox"/>	

### FOR OFFICE USE ONLY

<b>Date received</b>	/ /	Invoice sent <input type="checkbox"/>
<b>Payment received</b>	/ /	

