



CORPORATE ESCAPE DAYS

Team building and wellbeing
sessions designed for business

www.sunflowerartistry.co.uk



WHY TEAM-BUILDING IS ESSENTIAL



The term team-building can drive a number of mixed reactions. Some people find it difficult to engage with their peers outside of the office whereas others look forward to these events, in particular a day to do something different and exciting whilst getting to know their colleagues that little bit better.

The most successful, memorable team-building events are ones that don't feel like a day at the office. Spending time together, sharing an experience or working towards a common goal allows bonding to happen more organically and far more effectively.





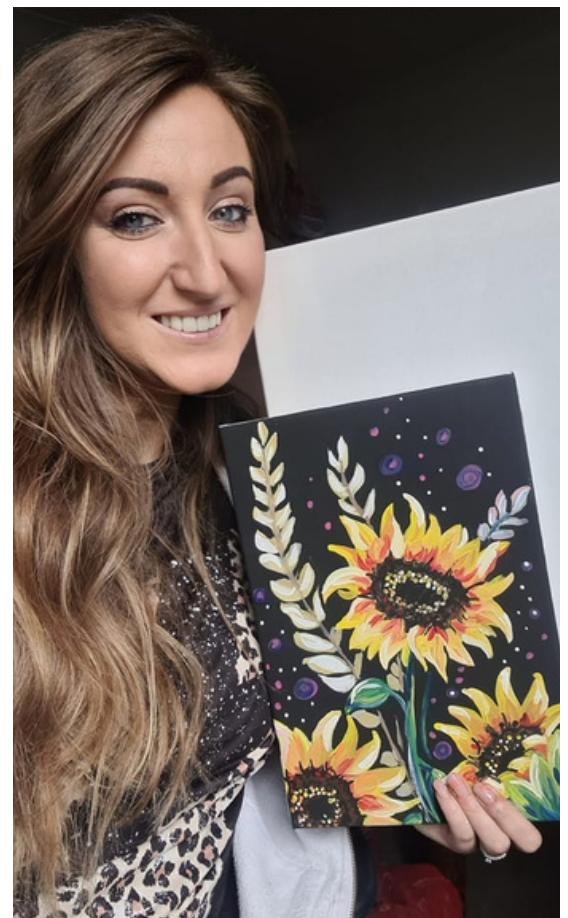
WHY CHOOSE US?

We offer the perfect blend of enjoyable activities that can be experienced at our exclusive riverside venue in Great Cornard, Sudbury, Suffolk, or they can be brought to a location of your choosing (see The Final Bits below).

We recognise the importance of being eco-friendly and helping businesses to meet their own objectives to become carbon neutral. We also support and promote good mental health, and everyone needs a bit of that!

All sessions are designed to increase and support the well-being of your workforce, as well as build resilience, encourage communication and ultimately create a stronger team. With every booking a contribution will be made towards the ongoing preservation of the delicate eco-system of the meadows that kiss the River Stour in Suffolk.

You are also in great hands; Sarah-Marie, our artistic lead, has been teaching since 2017 and champions mental health by means of creativity and bringing people together, meaning your experience will be the best it can possibly be.





OUR EXCLUSIVE VENUE - MILL HOUSE



Historic

Bakers Mill had been a working mill site for over 900 years. The Bakers bought the mill in the 1850s and remained the owners until selling the mill in 1999. The fifth generation of the Baker family still reside at The Mill House and for the first time in history, their private meadows will be made available exclusively to those attending the Riverside Escape Day.

Stunning Beauty

Our sessions unfold in this never before seen area of the River Stour which inspired the world famous local artist Gainsborough himself. There are some truly beautiful and unspoilt unspoilt views of beautiful meadow lands and the River Stour.

In addition, we have access to a building which gives us all the creature comforts needed and shelter from the unpredictable British weather.





A PROFESSIONAL SERVICE



Well-being

In collaboration with Kendall Counselling, a MBACP (Accred) Counsellor, we're excited to introduce an enhanced focus on well-being to our offerings. Now, you have the option to include well-being walks or a talk and paint session to your event line-up, providing a unique opportunity to invest in your team's mental health and creativity.

Exceeding

Our venue offers an unparalleled solution for your business needs, combining tranquility, inspiration, and professional support to craft a unique experience.

We work with you to ensure we deliver the memorable experience and service your team deserves.





STRESS-FREE

All Inclusive

Booking with us makes your experience completely stress-free, as our prices cover it all! No hidden extras! So no need to find extra budget. We include the venue, materials, instructors, food and drinks, including complimentary Bucks Fizz in some packages. Packages are easy to book too.



Choice

We can cater to many dietary requirements. We work with the wonderful Painters in Sudbury who work magic with their food. Simply let us know your needs and let us take care of the rest.



Just Bring Yourself

We include everything you need for your chosen activities so all you need to do is show up ready to enjoy your time with us.



DELICIOUS DELIGHTS

Our lunches are all eco-friendly, locally sourced and hand-created in Sudbury. Each one comes in ecological packaging and all guests are provided with a palm leaf plate and sustainable cutlery. You can choose your lunch option, unless specifically advised in your selection of package. Gluten-free and vegan can be catered for, but, sadly, we cannot guarantee a nut-free environment for the options below. We can, however, provide a separate menu for nut allergies, on request.



Buffet

A choice of 4 sandwich fillings, crudité's with home-made dip, quiche of your choice, sausage rolls, mini cakes, and fresh fruit.

Afternoon Tea

Your choice of sandwich, homemade scone, butter, jam and clotted cream. three mini cakes and macarons.

Sandwich choices: Honey Roasted Ham & Cheese/Cheddar & Pickle/Tuna Mayo/ Prawn Marie Rose/ Bacon, Brie & Cranberry BLT/Salmon, Cucumber & Cream Cheese/ Egg Salad/ Roast Pepper, Hummus & Lettuce/Avocado, Tomato & Lettuce. **Quiche Choices:** Cherry Tomato & Pesto/Spinach & Feta Cheese/Ham/Mixed Vegetable/Bacon & Mushroom/Smoked Salmon & Soft Cheese/Goats' Cheese & Caramelised Onion

Graze

3 x cheese, 3 x cured meats, grilled peppers, olives, pickled onions, cornichons, nuts, dried fruit, pretzels, crackers, chutney, breads, variety of tropical fruits and vegetables, including melon, pineapple, grapes, berries, carrots, tomatoes, cucumbers, broccoli, cauliflower, bell peppers, celery, asparagus, radishes and more! (Ingredients may vary depending on season.) Served with hummus and sour cream and herb dips.



RIVERSIDE PACKAGES

PACKAGE TYPE	PRICE
<p>Half Day Vibrance</p> <p>Clients will engage in a two hour guided art session producing a masterpiece from a pre selected design from our collection</p>	<p>£60pp</p>
<p>Half-Day Landscape</p> <p>Clients will engage in a two-hour supported art session creating sketches and artwork, using a range of mediums, of the beautiful natural surroundings.</p>	<p>£70pp</p>
<p>Half-Day Croquet & Scones</p> <p>Clients will be able to enjoy this delightful game set in our historic site beside the River Stour, followed by a delicious afternoon tea, complimentary Bucks Fizz and fruit juices.</p>	<p>£65pp</p>
<p>Half-Day Team Art</p> <p>Clients will each be given a part of a larger painting to paint. All pieces once aligned will form one large masterpiece! Perfect for businesses that have a wall to showcase a collaborative piece.</p> <p>The artwork for this is unique to your business and a short consultation will be required prior to the event to allow it to be designed.</p>	<p>£85pp</p>
<p>Full-Day Escape</p> <p>Choose two activities to enjoy from:</p> <ul style="list-style-type: none"> Vibrance Art Session Landscapes Pottery Painting Croquet Wellbeing Walk Paint & Talk <p>The day includes lunch and refreshments</p>	<p>£120pp</p>



THE FINAL BITS

Minimums

Packages are charged at a minimum of six people and we can accommodate a maximum of twenty at our site. Large parties would need to get in touch to discuss alternative packages.

Already have a venue?

We can bring a number of activities to you! For example, Vibrance Art sessions start at just £25pp for locations within 15 miles of Sudbury. Please get in touch for more information.





Sunflower
Artistry
UNIQUELY VIBRANT



GET IN TOUCH

Phone Number

07468522463

Email Address

info@sunflowerartistry.co.uk

Website

www.sunflowerartistry.co.uk

www.sunflowerartistry.co.uk