

Teams Together

Giving local organisations the chance to come together, meet people from other businesses and improve the health and wellbeing of their organisation.



Could your company benefit from a team get together?

Could your team benefit from social and teambuilding activities?

Could your team benefit from networking with other companies?

[If so, then sign up now!](#)

Welcome to TeamsTogether

TeamsTogether aims to help local organisations work together more effectively, bring local businesses closer together, and all in a fun, healthy and active environment.

Think of us as a teambuilding, networking, socialising, relaxing and exciting adult 'sports day'!

On Thursday 25th June 2009, teams from organisations and workplaces across North Somerset will be meeting at Wyvern Sports Centre where they will enjoy each others company as well as taking part in lots of different activities, all designed to help build team morale, aid companies to interact with others from the area and to have great fun in the sunshine (please note...sunshine not guaranteed...we can't do everything!)



What is TeamsTogether?

Put simply, TeamsTogether is whatever you want it to be. We will create an area where each team can set up their own 'camp', and will provide you with entertaining and exciting games for your team to try out, the rest is up to you.

You may bring as many people as you like with you, as long as you have 5 people who want to get involved in the activities...they don't even have to be the same 5, you can bring a squad of 10, or 100 and take turns to have a go at the activities if you prefer...it's all about having a go.

We will have 3 different sets of activities, each set designed to test a different aspect of your team's togetherness.

Activity 1:- A series of short, fun races. Your team members will race individually against others from different companies. Activities will include sack races, an egg and spoon race, space hopper racing, and others.

Each individual will score points, whether they come first or last and the cumulative scores will be added up to see who wins. This is a good chance for your team to cheer each other on, discuss tactics, and find out which team takes overall glory
...and yes, there is a trophy!



Activity 2:- Your team will be given the chance to take part in teambuilding activities. There is no competitive element to this, your team will work together to solve puzzles, take on challenges and play short games all designed to test your teamworking skills. You will get the chance to take part in two different activities, both will be for your 5 teammates only, so no worrying about how other teams did!

- Keep your cool to stop yourself and your team plummeting into the volcano!

- Can your team cross the shark infested waters? (no real sharks will be used! Again, we're good but we're not that good!)
- Can your team defuse the Nuclear Bomb in time?

Activity 3:- Everyone, well 5 from each team, will take part in one big game of rounders... points will be won and lost, but no-one will be out, you just keep going until the time is up, then the other team will go and see who get's the most by the end of your allotted time. Your team will be split up in this one, so you will get a chance to meet people from the other teams as well as get a chance to beat your own teammates who may be on the other side!



There are no prizes...it's just for fun!

Who Can Take Part?

As we said team sizes can range from a minimum of 5, to a maximum of...well, however many you want!

Teams can consist of any combination of people you like, for example, you can bring non competing work colleagues, or you are welcome to bring your friends, family, or people from other companies. We will not be checking that you all work at the same company...far from it, infact why not make up a team from two different companies and bring your families along to cheer for you. We don't mind how your team is made up, we just want you to have fun!

You are welcome to bring your own food if you like, why not bring a team picnic! Please feel free to bring your own drinks too, although please be aware that if you are bringing alcohol, this is a teambuilding event so please drink sensibly!

We will have a BBQ where you will be able to buy food and the Sports Centre has vending machines and soft drinks you can buy also.

Facilities Onsite

TeamsTogether will be held at Wyvern Sports Centre and you will be able to use all the usual facilities you would associate with such a site. Showers and changing facilities will be available before and after the event, as will toilets and drinks/vending machines.

As we said before, we encourage you to bring picnics and any other refreshments you need, please bring along your own chairs and blankets, and feel free to set up a gazebo or similar if you feel like making your own 'team fort'!

Bring along any signs or advertising literature for your company and set them up around your site, this may encourage other teams to come and pay you a visit...providing you aren't too rowdy of course! We will have a BBQ on site for those of you who would rather leave the catering to us, and soft drinks will be available to purchase from the Sports Centre.

Benefits of **Teams**Together

The benefits of taking part in this event for your company are varied and numerous...

Firstly, teams will work together in many different ways, from supporting individual endeavour in the early races, to working as a cohesive unit in the teambuilding games. This will encourage your team to think about how they work together, from the importance of effective planning, through to selecting the correct plan from the options given, and choosing the right people to lead the team. All of this is crucial to succeeding, not only at **Teams**Together, but also in your everyday workplace. This, if nurtured correctly will lead to increased togetherness, a happier working environment and better performance.

Secondly, **Teams**Together will give you a fantastic opportunity to network with other companies in a relaxed and team centred environment. As hectic as the

schedule may sound, we have set plenty of time aside for you to relax with your teammates, and meet up with other teams. Make the most of this by bringing signs, wearing company uniforms, anything you can that will create awareness of your company and get others to interact with you. We will be putting together goodie bags with details of all the teams involved, so make sure you put something interesting about your company on your factsheet and see if this sparks new business.

Thirdly, but by no means is this the end of the benefits, a healthy team is a happy team. Exercise can be boring and we know this, so why not have fun while you work out. You won't even realise you have been doing any exercise you will be having so much fun! But you will be well on your way to creating a healthy and active work environment.

There are lots of benefits to you as an individual too...

All the **Teams**Together activities involve agility, quick movement and quick thinking. This will help you to both feel healthier and to be more alert. This in turn will help you feel more motivated, can improve your performance around the work environment and will also make you feel healthier and more alert at home.

The NHS recommends that everyone take part in 30 minutes of activity 3-5 times per week, **Teams**Together will see you well on your way to this, and you won't even realise you have been working that hard because you will be having too much fun!

TeamsTogether will give you an opportunity to spend time with your colleagues, friends and family in a relaxed environment, and let's be honest we don't do enough of that do we?

What else do we need to know?

You can enter **Teams**Together for just £25 per team.

Your team must have at least 5 members, these do not have to be full time employees of your organisation, you can make a team up however you like, as long as you all want to have fun and work together. There is no limit to how many non-competing team members you bring...the more the merrier.

The event will be held on 25th June 2009, from 6pm-8pm. Activities will start at approx 6.20pm so please be set up by then. Wyvern Sports Centre has plenty of parking and has facilities to change and shower before and after the event. The sports Centre is based on Marchfields Way in Weston-super-Mare, the postcode (For Sat Nav or Multimap users BS23 3QP)

We will be running more **Teams**Together events locally and nationally over the next year or so. We can run events like this for your organisation at your workplace or at one of our top quality venues across the region, so please get in touch if you would like your own teambuilding day.

There is more information on our website at www.sole-events.co.uk, follow the link to **Teams**Together on the left hand toolbar.

If you need to know any more information that is not included, please contact us by e-mail marc@sole-events.co.uk

Or by phone on 01934 425510 / 07894 144595

We hope to see you at the event

TeamsTogether