



Sands End  
Arts & Community  
Centre

Sands End

Mind. Body. Soul

Wellbeing & CSR Activities

# A Haven of Calm and Connection

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Sands End combines forward-thinking design with a dedication to community, sustainability and wellbeing. Each space within this unique venue is crafted to inspire connection, promote happiness and offer a revitalising experience.

Surrounded by lush greenery and flooded with natural light, Sands End creates an atmosphere that feels both refreshing and connected to nature. To amplify this rejuvenating experience, Evolve Events has developed a curated selection of wellbeing and CSR activities and workshops - all aimed at making your event memorable and impactful.

Inside this brochure, you'll find a diverse range of options tailored to help you design the perfect event. From wellness sessions to team-building experiences with a social purpose, each choice promises to captivate, connect and leave a measurable impression on your guests.



# Tailored Wellbeing Experiences

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All our Daily Delegate Rate (DDR) packages include one wellbeing activity, making it simple to incorporate balance and productivity into your event.

We are proud to partner with [Be In Your Element](#), experts in wellbeing event design, to provide an exceptional range of wellbeing activities. Their experience and commitment to supporting personal and professional growth through mindfulness, movement and wellness are key to creating a balanced, energising event.

From calming pre-conference sessions to energising outdoor activities, their expert Wellbeing Warriors will collaborate with you before your event to design a programme that enhances and maximises your attendees' experience, ensuring they leave feeling refreshed, inspired and connected.

# DDR Packages

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Choose from mindfulness, meditation, movement or breathwork, and let us recommend the right activity for your event



## Mindfulness

Grant yourself the luxury of a pause within the whirlwind of conference agendas. Take a moment or two to maximise your productivity and engagement. Because when you connect with yourself, you're better equipped to connect with others. So, let's create something meaningful together.



## Movement

From the meditative flow of Qi Gong to the calming stretches of Chair Yoga, we offer a variety of engaging ways for attendees to connect with their bodies and raise their vibes. So, why not add a dash of fun and a sprinkle of wellness to your conference? Connect, move and thrive with us.



## Meditation

Unearth the timeless wisdom of meditation at your event and watch as focus blooms and spirits soar. Whether nestled in nature or ensconced indoors, a pre-conference calm-down session for your delegates can set the stage for a truly engaging experience. Dive into the moment, feel grounded, and let us sprinkle some wellness magic into your gathering.



## Breathwork

Before you dive into your event, take a moment. Use our fabulous techniques to take a breather, refocus, and re-engage throughout your day. It's a great addition to any event agenda - a moment to breathe, and just be. We're passionate about your wellbeing, and we've got your back with our elite tribe of practitioners. Let's connect meaningfully, and make your experience truly unique.

# Events that nourish Mind, Body & Soul

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Take your event further by adding additional activities that nourish the mind, body and soul. Choose from our curated list of wellbeing, sustainability and CSR-focused experiences that not only connect your team but also make a positive impact. Whether you select one or two activities or design an entire wellbeing festival, we'll work with you to create the perfect solution.

Speak with our wellbeing experts today to design an event that's tailored to your team's needs and values.

**Pick your favourite or mix and match**



Mind

# Mind | Activities



## Sound Bath

Dive into the soothing world of sound therapy, where healing melodies from singing bowls and gongs can wash away your worries and soothe your soul. Let pro sound healers guide you through the journey of therapeutic frequencies that can ease stress, boost relaxation, and help you find inner peace



## Mindful Walking

Pause for a moment, you've certainly deserved it. Allow yourself to be steered through a journey of absolute tranquility. Reconnecting with your body and breath, gently stepping away from the hustle and bustle of life, and tuning into your inner peace. Dive headfirst into a rejuvenating meditation that'll leave you feeling like a whole new you



## Breath Work

Open the doors to healing and transformation by sweeping away negative thoughts and emotions. Get centred in the here and now and dive into our range of sessions, like "Breathing for Business" and "Inhale, Exhale, Excel" designed to sync your breath and team for maximum success.



## Mindfulness

Elevate your event to a serene and soulful gathering with our Mindfulness Workshop. Our team will guide you through meditative practices, mindful team-building exercises, and an appreciation of the present. Together, you'll uncover valuable insights and walk away with a renewed sense of unity and inner peace.

# Mind | Activities



## Crystal Workshop

With seasoned crystal gurus as your guides, you'll unlock the secrets of these enchanting stones, learning about their distinct energies, properties, and applications. Discover how crystals can uplift you and encourage mindfulness, bringing balance to your daily routine.



## Mindful Walking

Get ready to dip your toes into the tranquil waters of mindful walking. Picture a serene stroll that whispers relaxation, clarity, and inner zen. It's like a warm hug for your body, mind, and soul. Time to treat yourself to this wellness gem!



## Master-peace

Illustrations aren't just about pretty pictures. It's a tool to sharpen your creative thinking skills, unleash your imagination, and boost productivity. So, pick up a pen, and create your own master-peace!



## Calming Calligraphy

Embrace the charm of letter artistry with our calligraphy maestro. Ditch the dull, and plunge into a realm of dynamic strokes and fluid elegance, as you master the finesse of calligraphy with paint pens. Unearth a variety of lettering styles and customise a self-care postcard for yourself or a note of high-five for someone deserving



Body

# Mind | Activities



## Yoga (traditional)

Rediscover the time-tested dance of yoga. Feel your body and breath move in sync, a rhythm as ancient as time. Amidst the hustle and bustle of modern life, let this be your sanctuary. A space where you reconnect with yourself, Dive into this unique and engaging journey of self-discovery and meaningful connections with us.



## Yoga (modern)

Believe you've mastered at yoga forms? Fancy twisting to 80's tunes, grooving with Disco Yoga, striking a pose with Voga, serenading with Harp Yoga, or even embracing the chair-bound Zen? Whatever tickles your tranquility, we've got your back, blending fun with all the wholesome benefits yoga has to offer.



## Reiki / massage

Treat your team to a little TLC with one-on-one Reiki or massage sessions! These tailor made experiences are like mini vacations, melting away stress and rejuvenating the spirit. It's a fantastic way to give a hearty 'thank you' and keep those team vibes buzzing.



## Sync with Sleep

Get ready to snooze like a pro! Discover the secrets to a top notch night's sleep, from the right mindset to snooze-inducing methods, nourishment to hydration, and all the fabulous factors in between. Because, let's face it, better zzz's means better performance!

# Mind | Activities



## Flow Movement

Find your flow with this embodiment practice to wake the body up from a cellular level. This invigorating practice uses Qigong techniques and breath work to move energy around and through the body grounding you deeply in to the present moment.



## Aromatherapy

Aromatherapy is a delightful practice that uses essential oils to give your mind and body an all over boost. It's like a mini vacation for your senses that combines the therapeutic power of smells with team bonding and wellbeing. It's not just about sweet scents; it's a fragrant journey that transforms the mind, builds bonds, supercharges productivity.



## Herb Workshop

Get down and dirty with some earthy knowledge and discover the secrets to cultivating your very own herb garden! From sowing seeds to nurturing each unique plant, our expert guidance will give you hands-on experience and a deep understanding of how to grow, care for, and utilise each herb.



## Forest Bathing

Welcome to the art of forest bathing, where nature becomes your personal therapist. Slip into the serene embrace of the forest, letting its natural rhythms wash over you. As you ease into its peaceful pace, prepare to be rejuvenated and refreshed from the inside out.

Soul

# Soul | Activities



## Flower Press

Dive into the enchanting world of floriography. You'll uncover the secret language of flowers, their unique properties, and the folklore that surrounds them. You'll be guided through the art of flower pressing, getting insider tips and tricks and create a masterpiece with pre pressed blooms and leaves on high quality card stock, ready to be framed or sent as a special greeting.



## Positive Planting

Take a breather and sprinkle some magic on seeded paper with your heartfelt intentions and positive vibes. Take these tiny treasures home and witness a garden of positivity bloom before your very eyes. Giving back to nature never felt so good!



## Candle Making

Brace yourselves, everyone! The verdict is in from the world of science: the magic touch to uplift your spirit might just be hiding in scented candles. Blend this with some crafty sparks and the soothing scent of tranquility, and you'll be ablaze with creativity. Immerse yourself in an experience where creativity and serenity collide.



## Tea Blending

Step into our world of tea tranquility. Delve into the rich history and properties of tea while mastering the art of the perfect brew for you. Whether you're in search of tranquility, energy, a good nights sleep, or a delightful break. We craft an experience that's steeped to perfection, just for you.

# Soul | Activities



## Tarot

Ignite curiosity and deepen connections with a mystical tarot reading journey. This team building venture is more than just a fun diversion - it's a chance to explore, engage, and grow together. Ideal for lifting spirits and encouraging fresh viewpoints, it's a playful and profound path to strengthening your team's bond and wellness.



## Astrology

This mystical experience is a fusion of timeless star wisdom and activities that build bonds and promote self-improvement. It's more than just charting your horoscope; it's a cosmic voyage of exploration, connection, and personal growth.



## Comedy

Get your squad into the spirit of our event with a 'Comedy Night'! Kick off with a joke writing and performance workshop to unleash everyone's inner comedian. With new skills in their portfolio, they'll be ready to deliver some top-notch office giggles and guffaws.



## Positive Pebbles

Dive into a pool of creativity by spicing up a pebble with vibrant colors and let your inner artist shine! Team up and create a masterpiece, then bask in the good vibes by placing it on your desk or taking it home. This daily dose of cheer is sure to lift your spirits!

Sustainable

# Sustainability Workshops.



## Bee Hotel

Whether you're a bee lover or just curious, this hands-on workshop lets you create bee-friendly habitats that support these vital pollinators and champion sustainability. Guided by experts, you'll design unique, functional sanctuaries, explore eco-conscious practices, and take home your completed bee hotel as a meaningful keepsake.



## Bird House

In this interactive workshop, you'll tap into your DIY skills to create a personalized birdhouse for local wildlife. Guided by experts, teams will design eco-friendly, functional, and visually appealing birdhouses while deepening their understanding of environmental stewardship and sustainable practices.



## Kokedama

Dive into the Japanese art of Kokedama, where plants become living works of art! In this hands-on workshop, you'll team up to create beautiful, self-sustaining botanical compositions, guided by experts. Choose your plants and moss, weave them together, and strengthen communication and teamwork skills, creating lasting bonds in the process.



## Living Art

Welcome to our Living Art Sustainability Workshop - a creative journey blending art, community and eco-consciousness! Guided by experts, your team will transform old items like clothes and shoes into unique, green masterpieces with a renewed purpose. Beyond crafting, this workshop fosters teamwork, allowing you to connect, share ideas, and celebrate each other's creativity as you bring your visions to life.



# Sustainability Workshops.



## Living Wall

Transform your workspace with a vibrant living wall! This team-building workshop brings creativity and camaraderie as your team collaborates to add lush greenery and colorful blooms to your office. With everything provided, you'll select plants, design the layout, and work together to create a unique, eco-friendly masterpiece that fosters both teamwork and a shared sense of responsibility.



## Terrarium

Using mud as your canvas, dive into the art of terrarium building! This hands-on workshop fosters creativity, teamwork, and eco-consciousness as your team collaborates to design beautiful mini-ecosystems in glass vessels. With a focus on sustainability, this experience deepens understanding of environmental stewardship and the importance of adding green spaces to our urban lives.



## Foraging

Nature enthusiasts and food lovers, embark on a journey that will excite your team's taste buds! Start with a 30-minute talk on foraging essentials, then enjoy a guided exploration with an expert who will reveal nature's edible treasures. Conclude with a delicious 3-course meal featuring the ingredients you've foraged along the way.



## Clean Up

Urban gardening enthusiasts, unite! Join a purpose-driven team-building day filled with digging, planting, and community spirit as you transform local spaces into green havens. Whether you're a seasoned gardener or a plant novice, there's a place for you. Choose a full or half day—all supplies included—and leave with a sense of accomplishment and a detailed CSR report highlighting your impact.

# CSR Activities

# CSR Workshop - Sleep Pods

## HOW DOES IT WORK?

In teams, participants engage in action-packed and thrilling challenges that will allow them to win material parts for the sleep pods. They are encouraged to be competitive, creative and silly while working together and using their skills (or hidden talents) to complete a variety of engaging and fun tasks. All this will lead to a special mission: Using the materials earned and with expert training from charity representatives, each team will build a life-saving compact sleep pod, which will eventually reach a vulnerable person in need of emergency shelter.



## HOW WILL THIS EVENT MAKE A DIFFERENCE?

Unfortunately, those facing homelessness are frequently exposed to fatally cold temperatures and extreme weather conditions. A sleep pod provides temporary shelter in an emergency situation. This charity activity not only includes the sleep pod materials, but you also directly contribute to our partner charity's capacity to distribute sleep pods to those in need by assembling them during the event.



# CSR Workshops



## Bike Build

Charity team building combines teamwork with making a real impact. In just 2.5–3 hours, teams work together to build bikes for underprivileged children in Africa, enhancing problem-solving skills in a fun, hands-on way. Starting with a basic frame, each team completes tasks to earn bike parts. Supported by mechanics and instructors, teams use a full toolkit to complete their builds, ending with a group presentation of the finished bikes.



## Paws for a Cause

With supply chain challenges, animal welfare organisations are struggling to provide essential feeders and furniture. In collaboration with charities across the UK, we've designed a bespoke event where teams build, safety check, and donate much-needed enrichment items for animals in care. Guided by our event manager, your team will work together to create these items, with support throughout.



## Supply Drop

A team-building event with a charitable twist! Teams create care packages to support nations in need, facing challenges that test knowledge, creativity, and teamwork. The event begins with a quiz to earn bonus points, followed by a task to gather essential items for the charity. Teams then race against the clock to categorize items, ensure accuracy in delivery, and build parachutes to drop the packages on target.



## Putt for Purpose

We've reimagined mini golf with a charitable twist! Teams create their own golf hole using items purchased within a set budget. After learning about the charity, teams gather the most relevant items to design their section. Once all holes are complete, teams play the full course, and the lowest scores win. At the end, we donate the items to the chosen charity or family in need.

# CSR Workshops



## Bake Off

The event kicks off with an introduction from your head chef, who'll explain the nominated charity and the tasks ahead. Split into teams, you'll bake goods using provided ingredients, all while learning about where your creations will be donated. We'll cover health and safety checks at the end to ensure everything is safe for donation. With friendly competition and a touch of flour, you'll tackle baking challenges to support those in need.



## Skateboard Build

Divided into groups of 10, teams receive a kit with all the components to build a skateboard, then design their boards with unique graphics. To earn parts and materials, teams complete games and challenges to earn Monopoly-style money. Professional artists and designers assist in bringing designs to life. All boards are donated to either a single or range of children's homes and charities



## Challenge 100

Teams choose challenges worth different points, earning fun money to spend at the "stall of dreams," where they can buy items for donation to a chosen charity. Each team receives a booklet with challenges and a box of supplies, from scissors to pipe cleaners. It's not the equipment, but how teams use it and their creativity that counts



## Charity Gift Box

Charity Gift Box is a challenge that tests teams' mental agility and common sense with a feel-good factor. Teams earn fun money by completing challenges and can spend it at the "stall of dreams" to buy items. All purchased items are donated to a charity of the company's choice.

# Events with wellbeing at the heart

With over 150 wellbeing activities and world-class practitioners available, we're ready to craft an unforgettable experience for your team.

Get in touch today to explore your options and let us curate the ideal event for you.

We're confident Sands End is the perfect venue for your next event - reach out now and let our team help bring your vision to life!

**To book your activities at Sands End contact the team on  
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