

Wellbeing Away Days

Let us give your team a bespoke away day to remember





Leading mental health & wellbeing across Lancashire.

Let us give your team a bespoke wellbeing away day to remember.

Join us at the picturesque Bowland Tipis, where we, Lancashire Mind, the county's leading mental health charity, will host your team providing you with a space to focus on employee wellbeing and team connections.

Our activities are accessible and inclusive. They are designed to boost wellbeing and reduce stress whilst bringing your team together away from the day-to-day noise.

Book today and enjoy the benefits:

- Exclusive use of Tipis and surroundings
- Refreshments and a hot lunch
- An onsite event manager

All for just £54 per person!
(Based on a minimum of 50 people)

Put your away day in the hands of:

The winners of the Health & Wellbeing Award at the Red Rose Awards 2025, recognised for our excellence service.

The organisation who has worked with over 1,000 Lancashire businesses and organisations.

The organisation that 96% of people would recommend to another person.

We will work with you to create the perfect event for your organisation. Our event team will support you from start to finish - helping you to select activities and build your ideal day, then joining you on site to run the event leaving you to enjoy the day with your team.

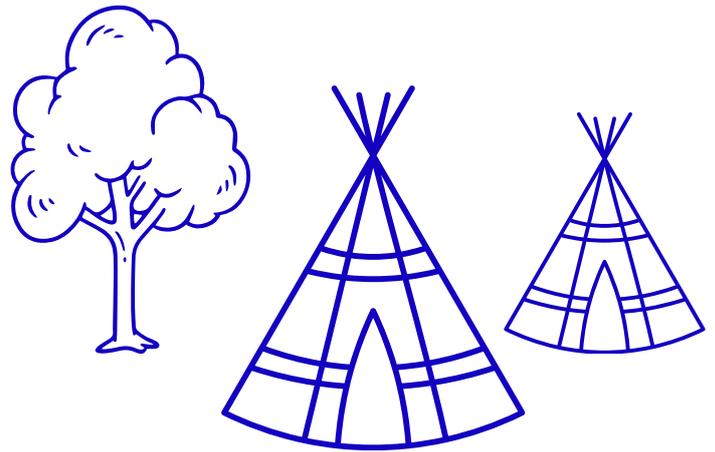


Tailor your away day!

You can build a day to suit you and your team. Each activity is individually priced and runs for three 45 minute sessions.

Prices based on up to 75 people.
Prices for larger groups can be discussed.

**Take your pick of the activities below,
we recommend choosing 3-4.**



Yoga

Enjoy a gentle stretch and breath session delivered by a qualified instructor focused on using breathwork techniques to enhance flexibility and promote relaxation.

Cost for 3 sessions
£190

Lego Building

Join North West Bricks for a session that encourages creativity and imagination. With builds for all abilities the session can improve mood through mindfulness.

Cost for 3 sessions
£110

Party Games

Guaranteed laughter for all through fun, friendly and engaging classic and new party games. This session is led by a professional party host who knows how to bring people together.

Cost for 3 sessions
£200

Crafting Zone

Take time out to enjoy a range of crafts from adult colouring, friendship bracelet making and more. Encourage focus while creating a sense of accomplishment.

Cost for 3 sessions
£75

Bowland Kitchen Garden

Enjoy a tour of the beautiful kitchen gardens and learn about the food grown, see the insect habitats and beehives.

Cost for 3 sessions
£200

Boar Park

Visit the Boar Park to meet the animals. From meerkats to alpacas - with over 40 different animals including the wild boars themselves, there is something for everyone to enjoy!

Cost for 3 sessions
£100

Bowland Tipsis, Bowland Country Park, Chipping, Preston, PR3 2HB



**Enjoy delicious gyros
options for lunch included
in your venue hire cost.**

Wellbeing Training Session

Choose from one of Lancashire Mind's 1hr courses. Give your team the time and space to learn about their own mental health and how to look after it and that of others around them. Cost for 3 sessions: £350

Presentation and Group work

Need some time in the day for group work or presentations? Bring along any IT equipment and make us aware of any seating needs and we can accommodate.

Evening Entertainment

Relax at the end of the day with drinks outside and live entertainment. Price dependent on requirements. Please enquire for details.



**For more information
and to start planning
your bespoke away
day contact:**

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