



Benefits of team building with Forest of Hearts

- Suitable for delivery at all venues
- Supporting local environmental projects
- Outdoor activities with a green theme
- Supports CSR and ESG goals
- Practical team tasks which help companies give back
- Unique, innovative and memorable events
- We tailor the event to meet your company goals
- [Forest of Hearts](#) creates edible gardens



Overview of activities



Tree Planting

Plant native broadleaf trees each to help us create Barn Owl Wood where this year six barn owl chicks have hatched in our nesting box. The trees will soak up carbon emissions and provide a much needed preserved habitat for wildlife on our five acre nature reserve.

Nature Positive

Mood boosting activities which make a positive contribution to nature. The season will decide what you do. You may find yourself building a butterfly bank, creating seed bombs, making bee hotels, surveying biodiversity, detecting bats, pond dipping and more!

Go Green

Create beautiful green living walls that will be installed at our local NHS hospital in this fast moving and fun team challenge. Fill up planters with colourful and edible plants to soak up nitrogen dioxide and provide habitats to boost biodiversity and improve wellbeing.

Race to Net Zero

The ultimate goal is to race to zero emissions in order to save the planet. Each activity will earn your team a range of options to reduce your emissions and save money and time. Gain practical ways to reduce your carbon footprint and make sustainable changes to reach Net Zero.

Quest for Wellbeing

You'll find yourself lost in the outdoors as you aim to work together to find locations, the nature related clues and solve puzzles to discover the source of wellbeing which is hidden at this beautiful country location. An energising and enlightening treasure hunt in nature.



RACE TO ZERO

A FUN AND FAST MOVING ROUND TABLE TEAM CHALLENGE TO REACH NET ZERO, GO GREEN AND DO SOME GOOD!



Power of Wind



Pots of Plants



Seeds of Success

COMPETITIVE TASKS TO TEST YOUR TEAM SKILLS AND REDUCE YOUR CARBON FOOTPRINT

Tree Planting

We will plant native broadleaf trees to create Barn Owl Wood where this year six barn owl chicks hatched in our nesting box. The trees will soak up carbon emissions and provide a much needed preserved habitat for wildlife on our five acre nature reserve near to Stratford upon Avon.



Go Green



Create beautiful green living walls that will be installed at our local NHS hospital in this fast moving and fun team challenge. Fill up planters with colourful and edible plants to soak up nitrogen dioxide and provide habitats to boost biodiversity and improve wellbeing.

A lush garden scene with various green plants, including leafy herbs and flowering plants. A large, bright red heart outline is superimposed over the center of the image, framing the main text. The background shows a variety of green foliage, including some plants with white flowers and others with red flowers.

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Quest for Wellbeing



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An energising and enlightening treasure hunt.



“We really enjoyed all the activities and it provided some simple inspiration for our own gardens along with actions we can take to reduce our CO2 at work and home. It was perfect – fun, adding value, the NHS benefits and we thoroughly enjoyed the event!”

Forest of Hearts

We boost biodiversity, wellbeing and employability with edible gardens



Forest of Hearts year in numbers



SUSTAINABLE DEVELOPMENT GOALS



We are focusing on four key global goals



Forest of Hearts Social Impact Targets 2023

People

1. Sixty volunteers recorded with 20 being new
2. 500+ visitors a year with 10% with disabilities
3. 1000 volunteer hours annually recorded
4. Two Kickstart placements created
5. Six local self employed people contracted
6. Six people trained in horticulture and/or Coaching for Health
7. Ten companies involved through employee engagement & CSR activities
8. Three case studies demonstrating improvement in wellbeing
9. Four seasonal events delivered to engage the local community
10. 10,000 people reached through social media

Planet

1. Two new wildlife ponds created
2. 12000 square metres of land enhanced
3. One wildflower meadow created
4. 2021 trees planted
5. 100 metres of new hedgerow created
6. 1000 edible plants propagated with 10 drought resistant plant species planted
7. One pair of barn owls nesting
8. Six biodiversity audits carried out to record birds, bats, butterflies and bees
9. Reduction in Nitrogen Dioxide (NO₂) through Living Walls and planting (measure TBA)
10. Carbon Dioxide (CO₂) sequestered

Place

1. Six Gardens of Wellbeing created on hospital sites
2. One new five acre green space created at Pathlow
3. 100 Grid Gardens distributed for people to grow at home
4. Two accessible outdoor Green Therapy facilities created
5. 100 metres of living walls installed
6. 500 linear metres of accessible pathways created
7. One outdoor cooking area created with pizza oven
8. One Off Grid pavilion sited
9. One accessible Compost Toilet
10. One Grey water recycling and one Rainwater harvesting system

We will plant 2023 trees this year in the UK





“Here’s a living wall we are creating for our hospital. The three columns were planted at different times so you can see how they mature over a few weeks.”

Groups who will benefit





Green Space and Forest Garden

1. Wildflower meadow – Field of Life *
2. Damselfly Ponds *
3. **Gazebo**
4. Lawn area for fete, archery etc
5. Parking and turning circle
6. Willow Hedge and logs
7. Native hedge
8. Barn Owl Wood
9. **Forest Garden & labyrinth**
10. Butterfly banks *

Your event will help fund our five acres at CV37 0JA

Other ways to support Forest of Hearts

- **Sponsorship**

You can bring your team to one of our tree planting locations to plant trees with us for a tailor-made corporate tree planting day. Get out of the office into the great outdoors and improve employee engagement with this fun team building activity whilst giving back to the environment. We fully manage the event for you and provide a day of education, tree planting and commemorative photography as well as food and drink refreshments and providing planting equipment.

Donate

You can make a donation of your choosing or one which will plant a specific number of trees as part of our 'Plant Trees Plant Hope' campaign and we will plant the trees on your behalf.

Donation Matching

Your employees can make donations through a personalised Donation Campaign Microsite then your company matches employee giving 1-to-1, multiplying the impact of each staff members generosity.

PR & Marketing

We will upload social media posts with relevant company tags and hashtags and a blog entry on our website specific to your organisation's involvement in our tree planting campaign. We will also provide photos from tree planting days on a shared photo album for your own personal use.



Recent clients



What's included?

A tailored event to meet your objectives for 2-4 hours in Warwickshire.

Fees are £500 per team of 4. Price includes:

- Planting of 10-20 trees per person (we plant for you if out of season)
- Preparation and agreeing objectives
- Design and facilitation of the event
- Use of indoor and outdoor locations
- Refreshments during activities
- Development of tasks
- Management of the event and photography
- Team challenge activities
- All materials and equipment
- Social media posts (if desired) to promote success
- Public liability insurance
- Team prizes
- Minimum group size of 12
- 100% of fees go to support projects such as <https://forestofhearts.com/green-therapy>

