



### Case Study:

# Ashfield Family Hub Team Day at ATTFE College's Low Street Venue

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**The Ashfield Family Hub Team Day**, held at the Low Street site from 9am to 3pm, was a vibrant and uplifting event that brought together around 40 to 50 individuals who work within the Family Hub. The day was designed as a team-building opportunity, giving staff the chance to relax, connect with colleagues, and enjoy a shared experience outside of their usual work environment. While the overall aim was to strengthen team bonds, the underlying theme of health and wellbeing ran throughout the day's activities.

As part of the event planning, I took the lead in organising a wellbeing-focused session by inviting a colleague from ABL to deliver chair-based exercise activities. These took place between 10am and 12pm and proved to be one of the highlights of the day. The exercises were accessible and fun, and they brought a sense of joy and movement to the group. Alongside the sessions, I offered free health checks and remained on hand to ensure everything ran smoothly. It was also a fantastic opportunity to raise awareness of the current services we offer, and I made sure to engage with attendees individually, distributing leaflets and answering questions about the support available through both ABL and our wider work.



The response to the event was overwhelmingly positive. Many of the participants shared how much they enjoyed the activities, with several commenting that they hadn't laughed so much in a long time. This feedback was incredibly heartwarming and reinforced the importance of carving out time for connection and wellbeing in busy work lives. There was a genuine sense of appreciation and enjoyment throughout the day, and it was a pleasure to see so many people leave feeling more energised and connected.

Hosting the event at Low Street gave the space a renewed sense of community spirit, showing just how versatile and valuable it can be for events that promote positivity and togetherness. It felt incredibly rewarding to contribute to such a successful day, and I'm proud of the role we played in supporting the Family Hub team. Looking ahead, we are excited to continue building on this partnership and to support more team days in the future. Events like this truly highlight the power of collaboration, community, and shared wellbeing.

