
Sherwood Park Hall

THE HALL WITH A HEART

Wellbeing with Purpose
Elevate Your Team, Empower Our Community



SHERWOOD PARK HALL
The Hall with a Heart



The High Cost of the "Empty Cup"

Staff burnout isn't just a human resources issue it's a bottom-line crisis. When your team is depleted, productivity stalls, innovation fades, and retention drops. A burnt-out workforce is the most expensive overhead your company carries.

The Wellbeing ROI (Return on Investment):

- **Boosted Productivity:** A team that has space to "reset" creatively returns to work with sharper focus and higher output.
- **Staff Retention:** Employees stay where they feel valued. Investing in their mental health is the most effective way to protect your top talent.
- **The Better Bottom Line:** Happier staff create a better work environment, leading to fewer sick days and a culture that attracts high-level performers.





What if your investment
boosted your staffs well-being,
your profit *and* provided
opportunity for someone else's
future?

Here is how..

At Sherwood Park Hall, we turn corporate wellness into community wealth. By bringing our workshops directly to your site, we ensure everyone—from part-time staff to those with accessibility needs can participate fully. You solve your internal burnout crisis and boost staff morale, while simultaneously meeting a community need. Your bottom line grows, and our community thrives.



Who we are and what we do

Sherwood Park Hall is a trusted community anchor in Mitcham, serving as a family hub, wellbeing space and cultural platform at the heart of the local community. Our projects include projects such as:

- Sherwood Buttons (60+ craft club) – Providing creative outlet, conversation and community for our older generation
- Little Learners (0–5 baby & toddler club) - early years provision, development and support for parents based on the seven learning outcomes.
- Dance, sporting activities & wellbeing programmes - accessible movement workshops that build confidence, health and belonging
- Community-led initiatives- creating safe, inclusive spaces where people feel seen and supported
- And much more!

We are a community hub, known as the hall with a heart.

A place where relationships are built, wellbeing is nurtured, and opportunity is created.



SHERWOOD PARK HALL

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*Creating High Community
Impact Social Programmes
in Merton Since 2020*

Our Corporate Wellbeing Packages

Business Paint, Auction & Donate

Our professional Art teacher offers a guided session of painting. Attendees will learn art techniques unleash their creativity and then their competitiveness by auctioning their art! Our Business paint and donate workshops offer a creative outlet developing artistic mindset skills that are transferred into the Business workplace.

- Art lowers cortisol by up to 75%, clearing the mental fog caused by workplace burnout.
- Creative engagement triggers "Flow State," the same mental zone athletes use for peak performance.
- Breaking the corporate routine fosters a culture of Psychological Safety, where your team feels safe to share new ideas and collaborate

Learning outcomes

Visual literacy and communication

Painting teaches you how to prioritise information by using **colour** to draw attention to what matters

Transferable skill - creating effective slide decks, reports and strategic organisation skills such as KPI's and executive summaries

The Blank Page syndrome antidote

Fear of making mistakes – The first stage looks ugly but you learn to work through it.

Transferable skill - building resilience, encouraging staff to propose rough ideas and proto types earlier in a projects life cycle, confident that they can refine the idea later on

Enhanced Pattern recognition

Drawing teaches the brain to see the "negative space" between objects.

Transferable skill - This translates directly to business strategy—helping staff spot non-obvious trends in data or hidden inefficiencies in a workflow.

Well being day

Yoga, mindfulness and breath work

Our professional Yoga and Mindful teacher offers a holistic wellbeing session in the workplace, these sessions will support:

Neurological Resilience (Stress Management)

Mindfulness practice strengthens the Prefrontal Cortex (the brain's CEO) and shrinks the Amygdala (the fight-or-flight center)

Transferrable skill Your team stays "cool under fire." They react to high-pressure deadlines with logic and composure rather than panic and friction.

Reversing Work Tension

Yoga targets the physical Overhead of office work—reversing the tension stored in the neck, shoulders, and spine from desk-bound posture resulting in reduced physical pain and leading to higher morale and fewer "fatigue-related" errors. A body that feels good is a mind that works well.

Psychological safety

Breaking the corporate routine fosters a culture of "Psychological Safety, where your team feels safe to share new ideas and collaborate

"Mindfulness isn't about clearing the mind; it's about training the focus. A team that can control their breath can control their output. By investing in Yoga and Stillness, you are giving your staff the 'Internal Infrastructure' to handle the demands of a high-growth business."



The Rhythm Reset

De-stress, Re-sync, Connect and Give Back

Our professional Movement specialist brings the energy of the Sherwood dance studio directly to your office. The Rhythm Reset is a mobile workshop built to help your team feel better and work better together. We help you move past the desk-hunch, break the ice between departments, and sharpen your team's collective focus.

Somatic Release:

Movement lowers cortisol and flushes out the physical stagnation of long periods of desk-bound work.

Dopamine Boost:

Learning rhythmic patterns triggers the brain's reward system, leading to higher motivation and morale.

Collective Effervescence:

Synchronized group movement is scientifically proven to increase trust and psychological safety within a team.

Learning outcomes

Mental Agility & Fresh Thinking

Learning new movements challenges the brain to step out of its autopilot mode. This builds a sharper, more flexible mind..

Transferable Skill - Enhanced Mental Pivoting—the ability for staff to switch between tasks or adapt to changing project requirements with speed and accuracy.

Non-Verbal Communication & Mirroring

Through mirroring exercises, staff learn to read physical cues and anticipate a partner's next move without words.

Transferable skill - Higher Emotional Intelligence (EQ)—improving active listening and empathy during high-stakes meetings or collaborative brainstorming sessions.

The Collaboration Groove (Team Building)

Working in small groups, teams must negotiate and create their own short routine under a ticking clock.

Transferable skill - Strategic Negotiation and Shared Leadership—learning how to reach consensus quickly and ensuring every voice is integrated into the final output.

Business Paint & Donate

Painting workshop: Business Paint and donate

Transferable Skills paint class

Team Auction

All supplies included

1- 15 attendees -Donation price £1000

16- 30 attendees - Donation Price £1500

Well-being day

Desk Yoga and breath work.

Head and neck massage

Desk yoga and breath work poster

meditation

Fruit Platter

1- 15 attendees -Donation price £1900

16- 30 attendees - Donation Price £2400

The Rhythm Reset

Dance workshop: For Corporate Wellness

Team Building

All specialised sound equipment included

Fruit Platter

Sherwood Park Hall Rhthym Reset T-Shirts

1- 15 attendees - Donation price £1700

16- 30 attendees - Donation Price £2200



Gift Aid your donation to recieve a tax reduction

Sustainability & Impact

Subscription Model

Donating Monthly £750 per Month:

2 yoga or Rhythym Reset sessions per Quarter

3 Paint and Donate per year or an alternative
creative Art workshop

This will support one of our projects for 12 months

Donating Monthly £1500 per Month:

4 yoga or Rhythym Reset sessions per Quarter

4 Paint and Donate per year or an alternative
creative Art workshop

Sponsorship advertising on our platforms.

This will support one of our projects for 24 months

Longer Term Support Benefits

Cultural Transformation

Moving beyond perks to an embedded culture of health and purpose.

Compounding ROI

Regular intervals ensure that wellness habits become a permanent productive standard.

Data-Driven ESG

Gain tangible social value data for your annual impact and ESG reports.

Community Legacy

Direct funding for Sherwood Park Hall CIO ensures all our projects including SEND families, Care Leavers and others have stability long term.

Who you are supporting

Little Learners



Your donation helps us support parents to prepare their children for school by attending our little learners weekly sessions focused on developing them in the seven areas of learning.

Sherwood Buttons



Your donation helps us support our over 60's craft club, exercise classes and trips, helping to reduce isolation and loneliness contributing to healthy longevity.

Care Leavers launch pad



Your donation helps us fund our 12 week launch pad providing care leavers with mentoring and the practical skills and confidence for independent living.

Families in Food Poverty



Your support helps us tackle local food poverty. Through vital initiatives like BriteBox, we provide nutritious meals and essential food support.

NEET Young People



Empowering NEET young people by unlocking their potential, building crucial workplace skills, providing tailored mentorship to guide them into employment or further study

Discover Our Full Range of Community Initiatives:....
www.sherwoodparkhall.org.uk/#What we offer

Teams & Partnerships

Sherwood Park Hall works with:

Local authorities

Supported housing providers

Community Partners

Your Business!

Corporate teams

Youth organisations

Volunteers

TOGETHER, WE CREATE A SAFE, EMPOWERING ENVIRONMENT FOR YOUNG PEOPLE.

We invite you to:
Join our mission and help us to
continue to support our community!

Love from Sherwood Park Hall
The Hall with a heart



Together, we can make a lasting difference.

Contact Us

Address: Sherwood Park Hall
Sherwood Park Recreation Ground
Abbotts Road Mitcham
CR4 1JP

Email: csr@sherwoodparkhall.com

Phone: 0208 187 0456

www.sherwoodparkhall.org.uk



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