



# BUDOCK VEAN

THE HOTEL ON THE RIVER

... making business a pleasure



## Calm space for creative thinking ... naturally



Set in 65 acres of gardens and woodlands on the Helford River, Budock Vean is a beautiful country house hotel combining calm spaces for creative thinking with modern presentation and meeting technology...

...and we have several activities chosen in partnership with Cornwall Wildlife Trust that could be perfect for your breakout session or coffee break.



Mawnan Smith Nr Falmouth Cornwall TR11 5LG

Call us today on 01326 250288 or email [events@budockvean.co.uk](mailto:events@budockvean.co.uk)

E: [reservations@budockvean.co.uk](mailto:reservations@budockvean.co.uk) [www.budockvean.co.uk](http://www.budockvean.co.uk)



## Make a birdfeeder

### Give your breakout sessions a brush with nature

The benefits of being in and around nature are well known and at BV we've got a few ideas that might make the most of your breakout or team building sessions. The activities, chosen in partnership with Cornwall Wildlife Trust, have been picked to be wildlife friendly and relatively easy so your teams will get some headspace ahead of the rest of their day. Let us know if you're interested and we'll make sure we're all geared up and ready for you. There is no additional charge for the activities but we do gratefully accept donations to the Trust.



### Birdfeeders

We have two different bird feeders that you could try your hand at, a simple apple feeder and a fat ball feeder ... either should have the birds flocking to your garden.



### Help us record our nature

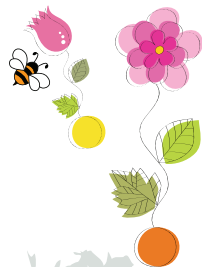
We take the stewardship of our little corner of the Helford very seriously and we'd love your help. We have woodland, ponds, shoreline and garden habitats and we always love up-to-date records. Pick a spot, sit back and note down what you see, that might be butterflies, herons, the odd deer or dragonfly. We can then note your finds on Cornwall Wildlife Trust's database and you can notch up being a Citizen Scientist for the day!



## Create Seedbombs

### Seedbombs

A perfect excuse to roll up your sleeves and get dirt under your nails. This (potentially slightly messy) activity will leave you with a little collection of seed bombs to throw and sow in your garden ... the insects and bees will love you for it!



## Record our nature

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Proud to support  
Cornwall  
Wildlife Trust