

# BUSINESS CREATIVE & WELLBEING SPACES

HOTEL · WEDDINGS · CONFERENCE · RETREAT · LEISURE

WWW.MANGREEN.CO.UK





Mangreen Country House is in a tranquil location set in its own landscaped grounds near Swardeston, Norwich in the heart of Norfolk. It is an idyllic setting, which provides a superb backdrop to your *Business, Creative* & *Wellbeing events and* gatherings.





### Business Spaces

Mangreen has four conference rooms. **The Sanctuary** is self-contained in a picturesque setting for meetings of up to 40 delegates. The main house has the **Robert Kett Room** for formal style board meetings. Adjacent to the main house is the self-contained **Orchard Complex**. Within the complex is the **Pat Duffield Room** which allows for 14 board room style seats, with doors opening onto the main lawns. The **Orchard Room** has space for up to 70 delegates, and opens out into a small orchard and gardens. All these rooms enjoy natural light.

The Day Delegate Rate, from £19.95, includes tea or coffee on arrival, mid-morning tea or coffee with Mangreen baked flapjacks, lunch, afternoon tea or coffee plus room hire. We require a minimum of 10 delegates at the above rate.

### Staying at Mangreen Country House

Our recently refurbished Queen Anne House, combines modern sophistication with stylish design and is the perfect place for your delegates to stay. We have ensuite bedrooms, allowing your trainers or delegates to stay and relax before and after your conference. There are many unique features here at Mangreen offering you the flexibility to transform both indoor and outdoor spaces to suit your specific needs.

### Creative Spaces

Mangreen offers the perfect space for all sorts of creative small businesses, sole traders, digital, visual, production, arts and craft groups. We work hard to offer a tranquil and peaceful atmosphere, to help bring inspiration, encourage ideas and give you space to create.

## Wellbeing Spaces

From our Sanctuary Light Centre and Candle Chapel to our Stone Circle and gorgeous landscaped grounds, we offer spaces for you to hold your retreats, yoga sessions, meditation classes, mindfulness coaching, counselling, educational classes and NLP for individuals, groups and organisations.

All inclusive Delegate and Room Hire packages are available - **for further details please visit our website www.mangreen.co.uk** 

You can also add the additional services shown right at the time of booking.



THE AMBIENCE AT MANGREEN MADE FOR OUR MOST PRODUCTIVE TRAINING DAY EVER

Norfolk Charity



#### **Additional Services**

Data Projector £25 per day Flip Chart & Stand £5 per day Bottled Water £1.50 per bottle Tea or Coffee £1.95 per delegate Flapjack/Cake £2.95 per delegate

We always strive to provide the services you require to meet your needs, so please let us know at the time of booking of any additional requirements you may have.



#### Mangreen Country House is a trading expression of the Mangreen Trust

Mangreen Country House, Mangreen, Swardeston, Norwich NR14 8DD Telephone: 01508 570444 Email: events@mangreen.co.uk Web: www.mangreen.co.uk

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