



Unite Program Menu

Event	Comments	Food
<p>Squadron Bowling</p> <p>226-3360</p>	<p>Liberty Lanes- RAF Lakenheath</p> <ul style="list-style-type: none"> • Cosmic Squadron Bowling Minimum 10 to offer GLOW option • Squadron Train Winners Min 10 for food prizes Min 20 to offer larger prizes for best bowler/team <p>Why Liberty Lanes? You only pay for the attendees that show up. Easy access and easy to book. Custom messaging for the group! Encouraging messages to each other or custom squadron cheers. 2 hours of unlimited bowling and shoe rental.</p> <ul style="list-style-type: none"> • \$13.50 pp, fully covered by Unite 	<p>Consider using your NAF \$\$ to purchase meals at the Liberty Lanes Grill.</p>
<p>Quick Golf 9 Hole Golf Mini Scramble</p> <p>226-2223</p>	<p>Breckland Pines-RAF Lakenheath</p> <p>The program is designed to provide an outdoor activity for the squadron. The event combines skill, conditioning and competitive team building within the squadron. Each player will combine their golf score with the time it took to complete the course. PT Golf will allow squadrons an alternative training, breaking up the regular routine creating an atmosphere for team building and morale booster.</p> <ul style="list-style-type: none"> • Golf Scramble Tourney \$13.50 pp (Max 30 ppl) 	<p>Consider using your NAF \$\$ at the Club</p>
<p>Community Center</p> <p>226-1627</p>	<p>Space rental and activities at the Page Community Center.</p> <ul style="list-style-type: none"> • Squadron skating \$5 pp • Video game tournaments \$5 pp for 2 hrs on either the Nintendo Switch or XBOX • Space Rental \$50 for 2 hrs (skating rink) or \$100 for whole building for 2 hrs 	<p>Panini & Drink= \$5 pp (Variety of flavors)</p>
<p>Arts & Crafts</p> <p>226-2194</p>	<p>Mobile and on site activities provided to your squadrons. Minimum and maximum numbers for a variety of activities. Participation cost varies depending on the selected activity.</p> <ul style="list-style-type: none"> • Van Gogh Paint Class • Wood & Words • Crafternoon Tea • Clay house Façade • Etc... 	<p>Consider using your NAF \$\$ to host a barbeque or purchase meals at any of the FSS locations.</p>



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<p>Squadron Fun Day</p>	<p>Reserve FSS facilities for a day of fun and team building.</p> <p>Custom programs can be designed to include laser tag, axe throwing, Nerf wars, and other exciting ideas.</p> <p>Depending on the size of the group as well as the availability/size of the facilities, events can be scheduled throughout the day or run concurrently. This program can be tailored for any length of time, location or season.</p> <p>MOBILE COMPANIES TO ENHANCE YOUR EVENT:</p> <ul style="list-style-type: none"> • Combat Paintball Ltd. (Laser tag) 01842 769112 • Bush Adventures UK (Axe throwing, archery) 07980 701581 <p>RAFL Outdoor Rec Packages: 226-2146 + So Much More!</p> <p>Package 1- \$450 2 – Pop-Up Tent 2 - Coolers 2 – Yard Games 5 – 6 ft Tables 60 - Chairs Choose 1 : Roaster, Deep Fryer, Trailer BBQ Grill Choose 2 : Specialty Item, Sumo Suit, Soccer Suit</p> <p>Package 2 - \$350 1 - Cooler 1- Yard Game 4 – 6 ft Tables 40 – Chairs 1 – Pop-Up Tent Choose 1: Roaster, Deep Fryer, Trailer BBQ Grill Choose 1: Specialty Item, Sumo Suit, Soccer Suit</p> <p>Package 3 - \$300 1 - Cooler 1- Yard Game 4 – 6 ft Tables 25 – Chairs 1 – Pop-Up Tent Choose 1: Roaster, Deep Fryer, Trailer BBQ Grill Choose 1: Specialty Item, Sumo Suit</p>	<p>Consider using your NAF \$\$ to host a barbeque or purchase meals at any of the FSS locations.</p>
<p>Go Ape Thetford</p>	<p>Tree Top Adventure- 3 hour adventure on tree top obstacles - £23.80 pp + Unite discount= £13.80 pp out of pocket</p> <p>Forest Segway – 60 minutes in the forest - £30 pp + Unite discount= £22 pp out of pocket</p> <p>Natalie Seymour (POC) natalie.seymour@goape.co.uk 01284 771308</p>	
<p>Red Lodge Go Karting</p>	<p>Team Endurance- Team building with trophies to the Top 3 * Minimum 10 teams of 4, max 20 - £28 pp + Unite discount= £18 pp out of pocket</p> <p>Sprint Racing- For smaller teams 10-20 ppl - £22 pp + Unite discount= £12 pp out of pocket www.Redlodgekarting.com 01638 552316</p>	<p>Consider using your NAF \$\$ to host a barbeque or purchase meals at any of the FSS locations.</p>



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Wild Tracks	<p>Endurance Racing- Team building w/trophies to the Top 3</p> <ul style="list-style-type: none"> Minimum of 8 teams for up to 108 drivers <p>Sprint Racing- Formula 1 style format</p> <ul style="list-style-type: none"> Max 25 drivers <p>www.Wildtracks.td.co.uk 01638 751918</p>	
Combat Paintball Ltd. (Thetford)	<p>Paintball, Laser Tag, Air Rifle, Archery, Airsoft, Laser Clay Shooting- Forest setting</p> <ul style="list-style-type: none"> Paintballs, 300 balls incl. £16.66 + Unite Discount= £6 pp out of pocket Groups of 20+ pp get LUNCH INCLUDED! <p>www.Combatpaintball.com 01842 769112</p>	Consider using your NAF \$\$ to host a barbeque or purchase meals at any of the FSS locations.
Escape Rooms	<p>Mix together puzzles, immersive environments, and team-building exercises and you have the recipe for an Escape Room. Basically, a team is given 60 minutes to solve various clues and puzzles which enable the members to “escape” from a room. Not only are Escape Rooms fun, they also provide a controlled problem-solving environment, where teams must collaborate in order to solve a series of problems. Military teams can use Escape Rooms as a way to build communication and problem-solving skills, while gaining a better understanding of team dynamics and leadership tendencies.</p> <ul style="list-style-type: none"> Escape Rooms Suffolk (Mildenhall) 07885 221767 Lockhouse Escape Games (Cambridge) 01223 321216 Oliver Cromwell Escape Room (Ely) 01353 662062 The Evidence Room (Bury St Edmunds) 07413 183216 Puzzle Master (MOBILE!) 07592 050583 <p>Most of these are only partially covered by Unite Funds. Inquire for out of pocket expenses.</p>	Consider using your NAF \$\$ at any of the FSS food facilities as takeaway or dine in before heading to your activity.
Battle Stations Activity Centre (Snetterton)	<p>Urban setting- Laser Tag, Airsoft CQB Centre, Low Impact Paintball, Nerf, Archery, Arrow Tag, Light-Sabers, Battle Horns</p> <ul style="list-style-type: none"> Min 10 pp- £13 pp for 2 hrs of games (£3 out of pocket) <p>www.battlestationac.co.uk 01953 887174</p>	
Mr. Mulligan’s Lost World Golf (Stevenage)	<p>Corporate Parties/Packages- Min 10 ppl to book</p> <ul style="list-style-type: none"> Platinum- 2 games, 2 drinks, & premium buffet £32 pp Gold- 1 game, 2 drinks, & standard buffet £24 pp Silver- 1 game, 2 drinks, wings & nachos £20 pp Bronze- 1 game, 2 drinks £16 pp <p>***Subtract £10 pp for Unite discount</p>	



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	www.mrmulligan.com/steveange 01438 879579	
Planet Laser (Bury St Edmunds)	2 hrs of unlimited laser sessions £13 pp For groups over 20 pp, sessions extend to 3 hrs ADD unlimited mini bowling for £2 pp www.planetlaser.co.uk 01284 220102	
Bush Adventures UK (Brandon)	All our activities are designed to promote problem solving, leadership, and team cohesion with an emphasis on fun and adventure! - Canoeing, paddle boarding, raft building, axe throwing, spook whittling, archery, bush craft, team challenges, & more www.bushadventuresuk.org 01284 729060	Consider using your NAF \$\$ to host a barbeque or purchase meals at any of the FSS locations.
Explore 4x4 (Elveden Estates)	Activities on Premise: 4x4 Off Road Driving, Clay pigeon shooting, Laser Clay shooting, Archers, Crossbows, Sling Shot, Air Rifles/Pistols Mobile activities: Archers, crossbows, sling shot, and more! • Activity price would be subsidized by £10 Unite discount www.explore-4x4.co.uk 07766 223884	
IWM Duxford (Imperial War Museum)	Military Groups- Serving military personnel are admitted free but must pre-book in an online booking request. Groups of 15 or more will be charged at a group rate and must be paid in full 21 days prior to visit. • £15.20 + Unite discount= £5.20 pp out of pocket (non AD) www.iwm.org/uk	
Boom: Battle Bar (Norwich)	Officially voted the best adventure bars in the UK (by us)...our venues feature a range of; Crazier Golf, Axe Throwing, Electric Darts, Beer Pong, Shuffleboard, Skee-Ball, Pool & much more. Bring your squad or your team - everyone is sure to have a great time. We only have 1 rule - play to win! • Customize 3 activities for a 2-3 hr timeframe • £10 pp (covered by Unite) www.boombattlebar.co.uk 01603 550003	



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<p>Si5 Spymissions (Cambridge)</p>	<p>Si5 is a purpose-built, indoor experience, open all year round, ideal for corporate team building events. Teams need to work together to complete a top secret training mission which tests your mental and physical capabilities and your ability to work as a team.</p> <ul style="list-style-type: none"> - Package 1 10-15 players 2 hrs <ul style="list-style-type: none"> ➤ Mission ➤ Fun “Spy” Quiz ➤ Refreshments ➤ Team stickers ➤ Certificate for Winning Team - Package 2 10-15 players 2ish hrs 16-30 players 2-2.5 hrs <ul style="list-style-type: none"> ➤ Mission ➤ Ops Centre Challenge ➤ Refreshments ➤ Team Stickers ➤ Certificates for winning team - Package 3 20-29 players 2.5-3 hrs <ul style="list-style-type: none"> ➤ Mission ➤ Ops Centre Challenge ➤ Decode nuclear bomb ➤ Refreshments ➤ Team Stickers ➤ Certificate for winning team ➤ Medals for winning team <p>www.spymissions.co.uk 01908 394522</p>	
<p>Hunt Fun</p>	<p>Interactive Team Building Fun The treasure hunt will take you past many local attractions, opening your eyes to so many things you would ordinarily just walk straight past and have your teams hunting for answers and completing scavenger hunt challenges and tasks.</p> <ul style="list-style-type: none"> • Group pack (5 teams) £54.99- printed • Downloadable for 30 ppl £35 • GPS event £9 pp 1 hr £12 pp 1.5 hr £14 pp 2 hr <p>www.huntfun.co.uk 01904 410975</p>	



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<p>Paxton Lake Sailing Club</p> <p>Com: 01480-843734 DSN: 268-3734</p>	<ul style="list-style-type: none"> • Open Wednesday (1500-1900) & Saturdays (1200-1800) • \$13.50 per person (100% covered by Unite Program) • Grills and pavilion area included • Outdoor games are optional upon request, free of charge 	<p>Host a BBQ at the lake with a BBQ Package from the Club</p>
<p>Unique Events (LARGE groups) Mobile Companies</p>	<p>Comments</p> <p>**Partner with another Squadron if you are interested in any of these LARGE group options**</p>	<p>Food</p>
<p>Knights Of Middle England (KOME)</p>	<p>****MINIMUM 100 participants****</p> <p>Jousting training is at the forefront of this Medieval Experience Day, where corporate teams will get a taste of what it is like to dress in medieval costume and armor, take up a lance and battle it out in a competitive Jousting Tournament. They will be shown some of the great skills and tricks of the mounted knights, given weapons training, then mount their trusted steeds to participate in jousting workshops using their very own lance! There will also be the opportunity to partake in sword fighting and archery.</p> <p>www.Knightsofmiddleengland.com 01926 400401</p>	<p>Consider using your NAF \$\$ to host a barbeque or purchase meals at any of the FSS locations.</p>
<p>Forensic Minds</p>	<p>Diane Ivory is a former Scotland Yard Fingerprint Expert and Crime Scene Examiner with over 29 years' experience. She offers a variety of CSI based activities for your team building or social events and will work with you to ensure that the program fits in with your requirements. All activities are fun and designed to get the grey matter working. Your staff will get a real buzz out of our events and thank you for "something a bit different".</p> <ul style="list-style-type: none"> • Fingerprint Masterclass 1-1.5 hrs Fully immersive activity delving into the fascinating world of fingerprints and forensics • How To Get Away With Murder 1.5-2 hrs Activity reviewing forensic and other evidence that Police use in their investigation of murders. <p>www.forensicminds.co.uk 01953 607150</p>	<p>Consider using your NAF \$\$ to host a barbeque or purchase meals at any of the FSS locations.</p>