



# STAG, HEN & ADULTS SOCIALS

Sports Themed Events

# Our Story

Marlon Commock founded Pulse Social in 2018, with the social purpose of increasing involvement, inclusion, and confidence with all participants playing sports throughout London and Hertfordshire.

As a not-for-profit community sports social enterprise, we provide a variety of inclusive sporting activities, for all ages to enjoy with the aim of Creating a Sporting Smile on all the participants' faces.





# STAG, HENS, & ADULTS SOCIALS SERVICES

Celebrating **his / hers birthday** or preparing a **Stag & Hen groups** activities. This is an important part of the build up to one of the most momentous days of your life.

They should be memorable, fun, professional and reflect the tone of the entire weekend around sports.

We can provide a selection of spontaneously fun sports-themed activities for adults to indulge in outdoors or even at a local park. Just let us know and we will be there.

Including:

- Dodgeball
- 'Old School' Sports Day Games

All proceeds will be reinvested into local community sports projects across London and Hertfordshire.

# DODGEBALL

**60 minutes** of Dodge, Duck, Dip, Dive and Dodge. All levels are welcome and can get involved with all the fun.

The rules are super easy and quick to learn, no prior playing experience needed.

Suitable group size of up to **20 participants**.





# 'OLD SCHOOL' SPORTS DAY GAMES

For **60 minutes** relive your old-school memories of sound, laughter and enjoyment of playing old-school sports day games with your friends.

Sports day activities:

- Egg & Spoon Race
- Sack Race
- Plus, lots more...

Suitable group size of up to **20 participants.**



## CONTACT US



07375 594 559



020 8191 8507



info@pulsesocial.co.uk



[www.pulsesocial.co.uk](http://www.pulsesocial.co.uk)