



Employee Wellbeing and Team Challenge sessions



Stepney Bank Stables is a charity on a mission to bring joy and enhance the lasting life chances of young people growing up in disadvantaged urban areas through caring for and riding horses.

For more information or to book your day please contact sara.newson@stepneybankstables.com

We provide young people with somewhere to go, something positive to do, and trusted adults to speak to 363 days per year.



We have 16 horses and ponies who rely on us for their every need, and who reward our care with incredible love, hard work, and the opportunity to be involved alongside them in changing the lives of young people in our local communities.

Being with and caring for horses has huge emotional, social and health benefits for people of all ages; quite simply it enriches the lives of everyone who does it.

Studies show that slowly stroking a horse can reduce both horse and human heart rates and that humans get a boost of oxytocin (bonding hormone) and a decrease in cortisol (stress hormone), making a day with us the perfect antidote to a busy and stressful working life.

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Our offer to you:

Spend a day (or half a day if you prefer!) at our stables where you can get involved with a range of activities which will provide a refreshing and rewarding change from your usual stresses and worries and help your team bond over the unique experience of spending time with horses and helping us change lives.



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Our location is the beautiful and culturally rich Ouseburn riverside where our neighbours include the City Farm, various pubs, artisan shops, eateries, and scenic walking routes. Wear old clothes, pick a local spot for lunch and come and spend the day doing something wholesome and worthwhile.

We can offer you abundant fresh air, new experiences, and laughter, and the satisfaction of having helped a really special charity and worked to benefit the local community.



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A day with us runs from 9.30am until 3pm and activities include:

- Feeding the horses
- Grooming the horses
- Stroking the horses
- Cleaning up after our horses (if you're tough enough!)
- Gardening
- Painting
- Cleaning tack
- Cleaning our premises
- Washing rugs, blankets, towels, etc
- Sweeping the yard, stables, and ramp

We can accommodate teams of up to 15 people and ask for a suggested donation of £200 for a day. All our activities are risk assessed, fully insured and can be adapted to suit individual needs.

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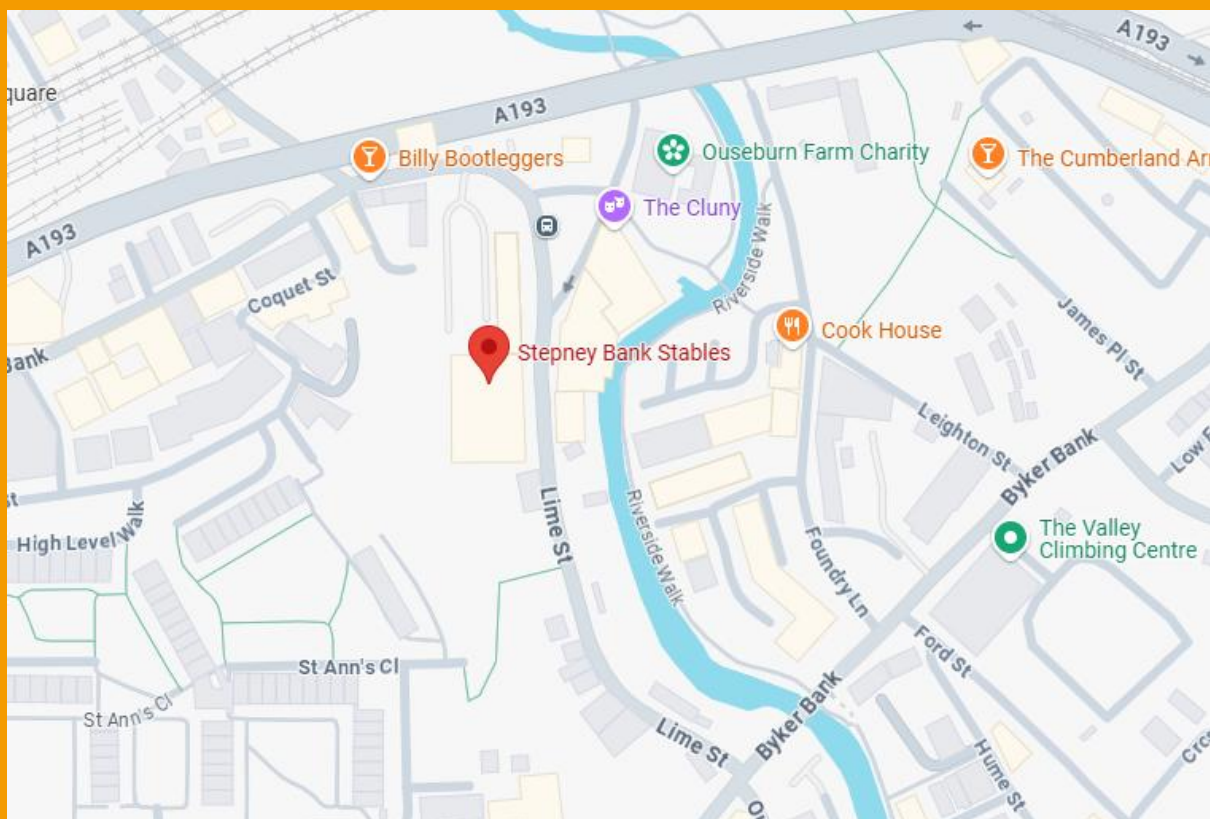
Stepney Bank Stables Reg Charity No. 1084687

Stepney bank

Ouseburn

Newcastle upon Tyne

NE1 2PN



Contact Us: 0191 261 5544

We will respond to your message as quickly as possible. Please note that our usual office hours are Tuesday to Saturday 9-5, Sunday 10-4.

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sara.newson@stepneybankstables.com**