

# Stepney Bank Stable's 8-11's Project

Information Guide for Young People and Parents



## About Us

Stepney Bank is a 'Not for Profit' organisation. The lessons that we run fund all the activities, workshops, qualifications and trips that we provide to our volunteers.

We also raise funds through funders and sponsors. All our activities that we run have goals that include building self esteem, increasing physical fitness and well being, and education.

To help us achieve these we are required to work to certain objectives. This means our volunteers are required to help us by occasionally taking part in very simple questionnaires and monitoring forms. Without this we cannot receive funding.

We regularly run fund raising events, such as pet shows, craft fairs and open days. All our volunteers are encouraged to be part of these events and to come along and support in any way they can.

We value our volunteers hugely and hope to make their time with us rewarding and enjoyable.

## How it Works

Our mission is to use horses to enrich people's lives; helping to develop employability skills, emotional and social wellbeing and health.

Being part of the junior volunteer and youth work clubs gives young people a chance to learn about the horses and make new friends.

During the two hour sessions, they will spend time learning practical skills, like how to groom a horse and leading, as well as gain knowledge such as the names for different colours and parts of the saddle and bridle.

If they attend regularly, they can work towards achieving ABRS rosette awards and tests. As well as learning about horses, they will learn important key skills like team work and communication, and it is a great way to develop confidence and make new friends. When young people reach 12 they can progress into the 12-18's project, opening up more opportunities.



"I love Stepney so much. They have helped me become so confident and I have made many friends that have been with me throughout the good and the bad."



Our Young People's Account is called 'Tim Stepney'

Contact Us: [aidan.marsden@stepneybank.co.uk](mailto:aidan.marsden@stepneybank.co.uk)

Phone: 0191 2615544

Web: [www.stepneybank.co.uk](http://www.stepneybank.co.uk)

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## What next?

After filling in your **Expression of Interest Form**, you will be able to book onto Junior volunteer sessions through the computer system, just like booking a lesson. Sessions are very popular so are limited to one session per person per week.

Sessions are available on:

Mondays 5-7pm

Fridays 5-7pm

Saturdays 1-3 pm

During school holidays we run extra sessions and activities such as team building, games and much more.

## Funding

The cost of Junior volunteering sessions is £10 per session, we do however have a number of free places available, please ask in reception.

Please contact: [aidan.marsden@stepneybank.co.uk](mailto:aidan.marsden@stepneybank.co.uk) 0191 261 5544



## Some of the things we did in 2016

- A trip to Burgham horse trials
- A series of workshops to build 'Vertical Veg' planters
- A walk from St Mary's light house along the beach for Fish and Chips
  - A 6 week cookery course with Food nation.
  - Hacking at Kimmerston

# 8-11's Expression of Interest form



Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Post code \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

Contact number \_\_\_\_\_ Email \_\_\_\_\_

Parent/ Gaurdian \_\_\_\_\_ Relationship \_\_\_\_\_

Contact number \_\_\_\_\_ Email \_\_\_\_\_

2<sup>nd</sup> Emergency contact \_\_\_\_\_ Number \_\_\_\_\_

Any illness' or medical conditions \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

School Name \_\_\_\_\_

Do you have a religion? If so what is it? \_\_\_\_\_

What is your Ethnic Background? \_\_\_\_\_

Who do you live with? Parent/Grandparent/Other Relative/Foster Carer/Social Care/Other \_\_\_\_\_

Do you have any other additional needs? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How did you hear about SBS? \_\_\_\_\_

Why would you like to volunteer? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What skills are you hoping to develop through volunteering? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you have any other hobbies or take part in any other sports? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

We sometimes take photos during sessions to use as evidence for our funders, and to use on our social media sites, notice boards etc. Please tick the appropriate box to let us know if you are happy for this to happen.

We may on occasion ask for parental feed back we appreciate any help you can offer with this.

I **am happy** for my child's photograph to be taken and used by the stables

I **do not wish** my child to be photographed

Signature of Parent/Guardian(if under 16) \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Date received	Charge applied	SS Updated	BS Updated	Contacted	1 <sup>st</sup> Session



## Parents / Guardians to fill in

If you could indicate if any of the below apply, and give any appropriate additional information this will help us understand and support your child better. This information is confidential.

Struggle to make friends

Has problems at school

Quiet/shy

Young carer

Lacks confidence/self esteem

'Looked after'

Any other information