



STONEHOUSE
COURT
HOTEL

WELLBEING

SPACE TO MEET, EAT, RELAX & ENJOY

Stonehouse Court Hotel is located just a few minutes drive from junction 13 on the M5.

As the largest conference and meeting venue in the Stroud Valley, Stonehouse Court offers facilities from 10 to 150 guests. From board meetings to product launches and awards dinners, we have a wide range of business and conference facilities to meet your needs.



The hotel offers a quiet retreat from the bustle of day to day office life and is the perfect environment to inspire fresh creativity and effective strategic thinking. We have all the facilities you'll need including complimentary WiFi access throughout the hotel. Projectors, screens and whiteboards are all available for hire.

Stonehouse Court Hotel has 4 fully equipped conference suites all of which have direct access to our terrace and gardens, perfect for a team building event or alfresco drinks and an evening party in the summer.

You will find us receptive to new ideas, welcoming to special requests and keen to do the little things that make hosting your event with us just the way you like it. Our conference and events coordinator is on hand at all stages to offer advice and personal service and help ensure your day runs smoothly.

WELLBEING IN THE WORKPLACE: A PATH TO THRIVING AT WORK

In today's fast-paced world, the concept of wellbeing in the workplace has evolved from a mere buzzword to an essential component of a thriving and productive workforce.

Creating a workplace that prioritises employee wellbeing isn't just a trend; it's a necessity for modern organisations. By investing in the physical, mental, and social health of employees and providing opportunities for growth and recognition, employers can foster a culture of wellbeing that benefits both individuals and the organisation as a whole. When employees feel valued, supported, and fulfilled at work, they are more likely to thrive and contribute to the success of the company.



A workplace that prioritises wellbeing reaps the benefits of increased employee engagement, higher retention rates, and improved overall performance. Employee wellness days are increasingly popular. A 2020 survey by the Society for Human Resource Management (SHRM) found that 76% of organizations offered some form of wellness program. These programs often include fitness initiatives, mental health support, and stress management resources.





Wellness programs or employee wellness breaks such as the one we offer at The Stonehouse Court Hotel, can help employees in a number of ways including;

1. Physical Wellbeing

Activities such as Pilates help employees build strength and flexibility, which can support posture and alleviate back pain from sitting at a desk. Walks in nature can help boost circulation, enhance creativity, reduce stress and improve mental health.

2. Social Connection

A strong sense of belonging and social connection at work is vital for employee wellbeing. Team-building activities can enhance social connections and collaboration, boost morale, and create a sense of support and camaraderie among employees.

3. Mental Wellbeing

Offering wellness programs that address physical, mental, and emotional health can be a cornerstone of a wellbeing-focused workplace. These programs may include Pilates classes, mindfulness workshops, stress management sessions, or nutrition counselling.

Additionally, promoting work-life balance through flexible scheduling and remote work options can help reduce stress and improve mental health.

ACTIVITIES AVAILABLE



PILATES

Pilates is a type of mind-body exercise that can improve your movement, strength and control.

Cost: £35 per person

Maximum 15 people per booking



INFLATABLE FUN

A great way to reward your staff in a fun yet competitive atmosphere while improving communication skills.

Cost: £90 per person

Maximum 20 people per booking



ARCHERY

From beginners to professional archers, this is a country pursuit activity everyone will enjoy.

Cost: £67.50 per person

Maximum 12 people per booking



AXE THROWING

Involves throwing an axe at our 8 ft standing wooden targets to hit as close to the bullseye as possible.

Cost: £75 per person

Maximum 12 people per booking



CROSSBOWS

Our crossbow shooting combines the skills of archery and rifle shooting to successfully hit the target using bolts.

Cost: £72.50 per person

Maximum 12 people per booking



DUCK HERDING

Attempt shepherding the ducks around an obstacle course to reach their pen using a shepherd's crook and two well-trained, sheep dogs.

Cost: £75 per person

Maximum 25 people per booking



FALCONRY

Gain a hands-on experience with a wide variety of incredible birds including owls, osprey, and falcons.

Cost: £72.50 per person

Maximum 25 people per booking

ACTIVITIES AVAILABLE



DOG HANDLING

A one-on-one experience with the dogs, enabling you to learn and participate in a range of training methods.

Cost: £72.50 per person

Maximum 12 people per booking



FARMYARD CHALLENGE

Several farm-based team challenges that will test your teamwork, problemsolving abilities, and communication skills.

Cost: £55 per person

Maximum 48 people per booking



CRAZY GOLF

A crazy, fun, and fulfilling activity, our 9-hole crazy golf course features obstacles such as slopes, tunnels, props, and blockades.

Cost: £72.50 per person

Maximum 26 people per booking



Wellbeing package pricing starts from just £85pp*

**Example includes delegate package and pilates activity.*



MENU

BREAKFAST

Green Smoothie

Bacon, Egg & Potato Hash

Carrot Cake Chia Pudding

Sweet Potato Bacon Hash with Egg

BUFFET LUNCH

Tuna Salad Stuffed Pita

Creamy Dill Salad with Chicken

Lemony White Bean & Quinoa Bowl

Lemony Hummus Pasta

Mixed Greens & Cherry Salad

Mushroom & Kale Stuffed Sweet Potato

SNACKS

Oil-Free Roasted Chickpeas

Strawberry Skewers with Chocolate

Grapes & Almonds

Mini Banana Muffins



ROOM CAPACITIES & ROOM DIMENSIONS

Room	Boardroom	Cabaret	Reception	Dining	Theatre
Caroline Suite	56	100	150	120	150

Room	Length	Width	Height	Access
Caroline Suite	15.7 m	9.1 m	2.9 m	6'5 x 9'9



The Caroline Suite

The Caroline Suite is an exclusive conference room overlooking private lawns and gardens. The suite seats 150 delegates theatre style and can accommodate 120 guests for private dining providing the ideal venue for team building events, exhibitions, training seminars and product launches. The private bar and lounge area provide an alternative setting for refreshments and lunch.





WHAT'S INCLUDED

- Meeting room hire
- Mineral water throughout the day
- Flipchart, paper and pens, stationary, projector, projector screen and name cards
- Fruit bowl in the room
- Unlimited tea/coffee with cookies
- Nutritional breakfast, buffet lunch and snacks
- Access to outdoor terrace for breaks
- Complimentary Wi-Fi
- Event management
- Car parking

The above day delegate package costs £50pp, plus your choice of activities.

Minimum numbers of 10 people per booking.

Contact 01453 794950 or email sales@stonehousecourt.co.uk to book, or for more information.

STONEHOUSE COURT HOTEL IS PART OF GREEN TOURISM

At Stonehouse Court we are passionate and committed to reducing our carbon footprint and becoming a more sustainable business. From finding ways to reuse materials, growing our own veg to working with our community, looking after our vital wildlife and looking after the environment around us. Our team are committed to reducing our waste materials, sorting, dividing and recycling daily. We are continuously looking at ways to reduce our landfill and working towards 90% of recycled materials.

We now use 100% renewable electric through our provider Ecotricity. We have also replaced 95% of our lighting with LED lightbulbs and changed to more efficient heating and kitchen equipment.

Our gardener has created a kitchen garden for our restaurant. Aiming at reducing our food miles and carbon footprint, we hope to produce 20% of our own veg. We are also working with more local suppliers. A new range of refillable Eco Boutique toiletries have been placed in all our guest bathrooms. The products are ethically produced, refillable and use fully recycled bottles ensuring that we minimise our plastic waste.

We are delighted that we now have our Green Tourism Silver Award and working hard towards our Gold Award.



ESPECIALLY FOR YOU

We understand each business has different needs. If there is something special you would like us to arrange or you are working to a particular budget, please contact our dedicated sales team and we will do our best to meet your individual requirements.

DIRECTIONS

The hotel is easily accessible being just 1.5 miles from junction 13 of the M5.

Railway Station	Stonehouse (Intercity)
Motorway	M5, Junction 13 - 1½ miles

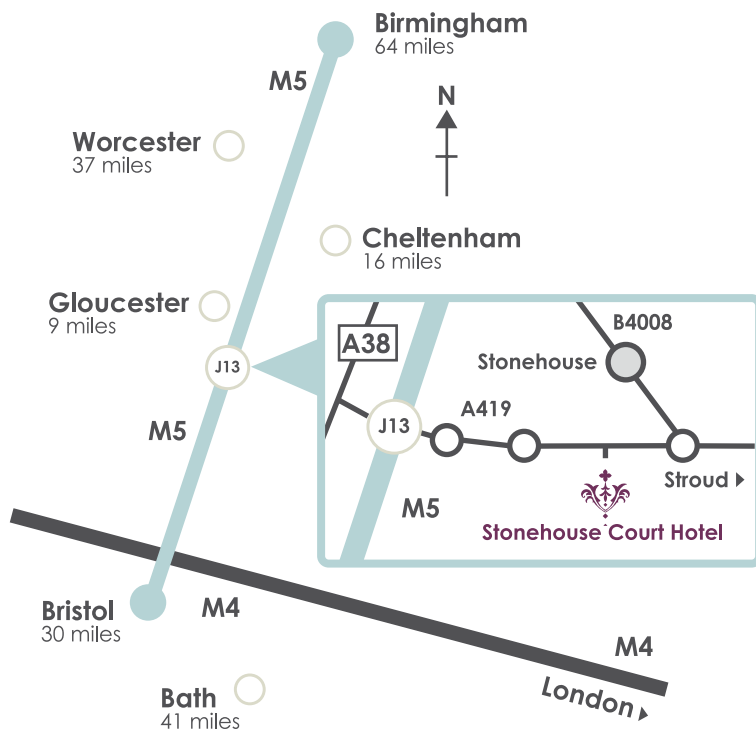
Places of Interest

Stroud	5 miles
Slimbridge	9 miles
Gloucester	9 miles
Berkeley Castle	10 miles
Westonbirt Arboretum	14 miles
Cheltenham	16 miles
Severn Valley railway	20 miles
Bristol	30 miles
Bath	41 miles
Stratford upon Avon	42 miles

Airports

Bristol	35 miles
Birmingham	70 miles
Heathrow	105 miles

**Bristol Road, Stonehouse,
Glos GL10 3RA**





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“bespoke”
HOTELS