

Heel & Toe Newsletter

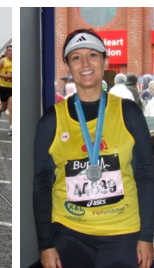
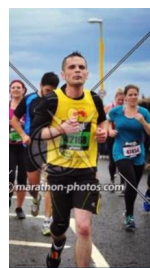
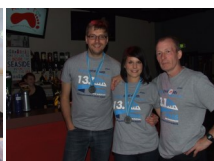
Jan 2014

Events Diary 2014

- Music Night at Hallgarth Hall Social Club, Blaydon - Sunday 29th March
- Yorkshire Warrior - Harrogate - Saturday 12th April
- Sponsored SkyDive - Peterlee Parachute Centre - Saturday 26th April
- Sponsored Onesie Walk - Venue Hardwick Park - Bank Holiday Monday 5th May
- Golf Day - Northumberland Golf Club - Friday 16th May
- Italian Charity Cycle - From Bari to Reggio di Calabria- 3rd June to 8th June
- Zipslide from Baltic Building - Gateshead - Sunday 6th July
- Great North Junior & Mini Run Saturday 6th Sept
- Great North Run - Sunday 7th Sept - LIMITED PLACES
- Sponsored Dog Walk & Dog Show - details TBC
- Sponsored Fire & Ice (Glass) Walk - Venue TBC - Saturday 2nd November
- Annual Charity Ball 'Black Tie & Heels' - Friday 28th Nov - Newcastle Civic Centre - LIMITED TICKETS AVAILABLE

We need willing participants for these events so please contact us on 0191 3868606 for a sponsor form.
info@heelandtoe.org.uk

Great North Run Places Available Now



We have 100 places available for the Great North Run 2014 so dust off your running shoes and start the New Year focused and fitter than ever.

If you're looking for the perfect North East event take part in the largest! With over 55,00 runners taking part to raise funds for their causes.

Choose Heel & Toe Children's Charity to run for this year and you can take pride in knowing your sponsorship will be going directly to local children with cerebral palsy receiving free therapy at our centres across the North East.

Registration fee is £49 and the minimum sponsorship is Only £225 (not the average charity cost £350). Call Natalie to register on 0191 3868606 or email natalie@heelandtoe.org.uk.



After the run we hold a **private party** at **Bar 44** where you can relax, enjoy some free food and a well deserved beverage on us. Also avoid the 3 hour Metro queue (which no-one prepares you for).

Sign up today before places go!

Celebrate in Style at our Annual Ball 2014



On Friday 29th November our guests showed us glitz and glamour as we held our largest fundraiser at The Assembly Rooms, Newcastle. Sponsored by Irwin Mitchell Solicitors and hosted by our wonderful Patrons Stu & Kelly from Metro Radio the night was a roaring success. Our guests enjoyed a champagne reception, 4 course meal, complimentary wine, live auction and live entertainment from 'The Last Fakers'.

The night raised **£20,000** which is the highest amount raised so far by this annual event.

This year's ball will be held at Newcastle Civic Centre on Friday 28th November. Tickets are £65 per guest discount for tables of 10. Contact Jane on 0191 3868606 or email jane@heelandtoe.org.uk. Join us and help us beat last years total.



Yorkshire Warrior - Are You Feeling Brave?

Join our team in Yorkshire Warrior and challenge yourself to the 10 mile assault course through Fire, Ice, Mud and Electricity.

The event takes place in Harrogate, North Yorkshire on Saturday 12th April 2014.

All you need to do is visit the Yorkshire Warrior Website

www.yorkshirewarrior.com and join team 'HT Elite' paying your registration fee of £40 then email jane@heelandtoe.org.uk for a sponsor form.

Minimum sponsorship is £200.

Find your inner warrior!

Sky Dive from 13,000 Feet!

Are you a dare devil, thrill seeker or simply looking to challenge yourself?

If so our sponsored skydive is the perfect opportunity to tick that box on your list. The skydive takes place at Peterlee Parachute Centre on Saturday 26th April.

You will be given training beforehand then strapped to an instructor ready to take that leap of faith and dive into the clouds from 13,000 feet.

Sound like the challenge for you?

Contact Debora on 0191 3868606 or email debora@heelandtoe.org.uk to secure your place.

Registration fee is £35 and minimum sponsorship required is £350.



Our brave Sky Dive team from 2011



Gaynor Marshall from Metro Radio braved our Sky Dive in 2012



Gavin Quinn braved our Sky Dive in 2013

Sponsored Onesie Walk

Here's a chance to show off those Onesie's you received at Christmas time by joining us for a 1 mile sponsored walk on Bank Holiday Monday 5th May at Hardwick Park, Sedgefield. Anyone can join us, all ages (dogs included but must be on a lead). The walk will start at 11am and after the walk all children will receive a snack pack and a certificate of completion.

There will also be a Fire Engine and Crew, An American Cop Car, Face Painter, live music and a raffle for your family to enjoy.

To register for the walk please call Jane on 0191 3868606 or email jane@heelandtoe.org.uk.

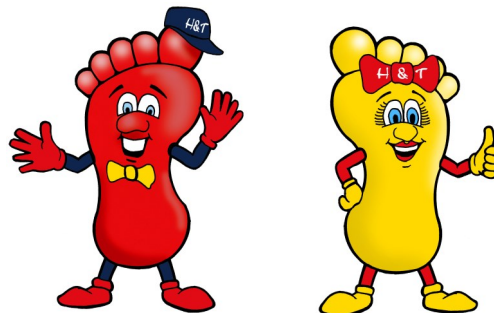
This event is Inclusive and Wheelchair friendly.





Charity Mascots

Say hello to our new Charity Mascots Hannah Heel and Tom Toe!
You will be seeing them soon at our charity events.



Corporate Partnership

Is your business looking for a charity to build a working partnership with?

Heel & Toe Children's Charity would like to help your business grow whilst supporting a great cause. You and your colleagues could help us fundraise through participating in our events, volunteering your time, organising your own events and sponsorship of events.

In return for your support our charity will promote your business through our contacts, engage your staff to encourage giving back into the community and fulfil your company CSR (Corporate Social Responsibility) policy targets.

To find out how you can become a charity partner

call **Jane** or **Amanda** on **0191 3868606**

or email jane@heelandtoe.org.uk,

amanda@heelandtoe.org.uk.



**Irwin Mitchell Solicitors,
Newcastle Office**



Stanley Travel

Gestamp Tallent Help Us Raise Funds



**GESTAMP GMF
TALLENT AUTOMOTIVE**

Gestamp Tallent Automotive at Newton Aycliffe chose us as one of their Charity of the Year partners for 2013.

They held a Summer Fete, staff signed up for sponsored events and organised a sponsored walk which helped raise a grand total of £3,877 for us.

Huge thank you to Mel Jameson for leading his team throughout the year and to all the staff involved in raising such an amazing amount for us.



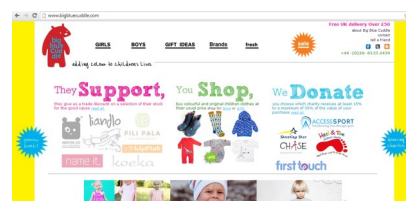
**Mel Jameson presenting
cheque to Jane Long -
Development Manager
Heel & Toe**

Big Blue Cuddle

Online Children's Clothing and Accessory Company, Big Blue Cuddle have taken on Heel & Toe as a charity partner.

The concept behind the company is to provide top quality clothing and accessories for children at affordable prices whilst donating a huge percentage of profits to local causes. Between 15 and 50% of the total will then be donated to us thanks to Big Blue Cuddle.

Visit www.bigbluecuddle.com.





Registered Charity 1125695

Charity Products

Help us raise funds by purchasing some of our charity products.

Here's what we have for sale;



Wristbands
(adult & child size) £2.00



Chloe's Charms
£5.00



Keyring £2.00



Fridge Magnet £2.00



Car Fresheners
£2.00



Pens (black ink) £1.00

Patron News

Our yummy mummy Patron - Kelly Hinch has been a busy bee raising her gorgeous daughter Ava-Lily and writing her journal on her views as a new mum. Kelly's Baby Diaries is full of help, advice and tips that Kelly has picked up along her journey through her pregnancy and as a new mum.

Visit Kelly's page for more information www.kellyhinch.co.uk



Ask Us About SDR Rehabilitation

As our services expand we are now offering block sessions of pre and post rehabilitation therapy for children who are having the SDR operation (Selective Dorsal Rhizotomy) which is available in the US and UK.

Do you know someone who will be going through the operation and may require additional rehabilitation physiotherapy?

Contact our **Therapy Service Manager - Alan 0191 386 8606** or email Alan@heelandtoe.org.uk

Donations and Local Support

We are very grateful to Bishop Auckland Methodist Church who presented us with a cheque for £1,250 this month. Clifford Laverick (the Church Secretary) participated in the Great North Run in 2013 raising hundreds of pounds towards the Project to add to a donation from the Project Day held in August 2013. The money will go towards our new centre in Chester le Street, which needs to raise a total of £150,000 for refurbishment.



Well Done and Thank You to the following people;



Our Ambassador Andrew Scott donated a Christmas coach trip to **Leeds German Market** in December which raised £750.
Thanks to Andrew and the team at Stanley Travel and all who came to Leeds.



Tesco Market Place, Durham for the donation of small gifts.



Durham Cadets Squadron 234 raised £296.17 from a coffee morning at All Saints Church, Newton Hall.



Phillip Wenn from Hartlepool raised £829 through a music event at Raglan Club.

And Everyone Else Who Has Donated To Us.

Our Address;

Heel & Toe Children's Charity
Finchale Road
Framwellgate Moor
County Durham
DH1 5HL

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@HeelToeCharity