



Registered Charity 1125695

# Heel & Toe Newsletter

July 2013

## Events Diary 2013

- **Funny Feet Friday** - Any school, college, nursery or business can take part in this event. £1 per person to wear something fun on your feet
- **Durham Bike Ride** - Little Ride (2 miles), Medium Ride (10 miles) & Big Ride (25 miles) - Sunday 1st Sept - County Hall
- **Sponsored SkyDive** - Peterlee Parachute Centre - Saturday 7th Sept
- **Durham Bike Ride - The Beast** (50 miles) - Sunday 8th Sept - County Hall
- **Great North Junior & Mini Run** Saturday 14th Sept
- **Great North Run** Sunday 15th Sept
- **Sponsored Fire & Ice (Glass) Walk** - Jordan House Car Park - Saturday 2nd November
- **Annual Charity Ball 'Black Tie & Heels'** - Friday 29th Nov - The Assembly Rooms - Main Sponsor Irwin Mitchell Solicitors **LIMITED TICKETS AVAILABLE**
- **Go-Karting** - Friday 13th Dec - Teams of 4 - FK1 Gateshead

We Need Willing Participants for these events so please contact us on 0191 3868606 for a sponsor form.  
[info@heelandtoe.org.uk](mailto:info@heelandtoe.org.uk)

### SUMMER BLOCK SESSIONS

We are offering block sessions of Physiotherapy over the summer holidays. Parents and carers can book 1 or 2 weeks of 2 hour daily sessions for their children. There is an introductory offer available to existing parents of Heel & Toe. Please contact; **Alan - (0191 3868606) email [Alan@heelandtoe.org.uk](mailto:Alan@heelandtoe.org.uk) to confirm cost and booking.**

## NEW BUILD CAMPAIGN - We Need Your Help

**BREAKING NEWS** - We are absolutely delighted to announce that Heel & Toe has purchased it's first ever building! This is a major achievement for us, as our Main Centre in Durham and our Satellite Centre in Darlington are rented properties.

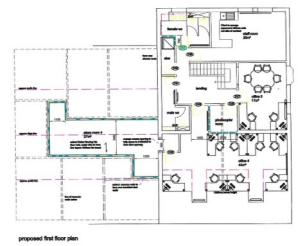
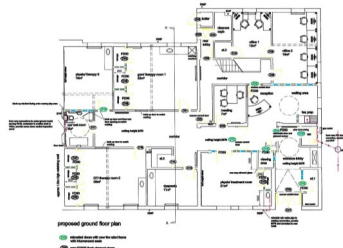
The new Centre is an old Doctor's Surgery in Chester le Street and from here, thanks to a contract from Durham County Council, we will be offering short break activities for children with physical disabilities in Durham, throughout the summer holidays and school half terms until 2016!

The new building is in need of major refurbishment and estimated costs from our Architect are **£150,000**. Work needs to start in January 2014 (to get the building ready for the Easter holidays) and so we are launching a major fundraising appeal asking people to come on board and help us in any way they can.

We are desperately looking for tradesmen such as builders, engineers, joiners, etc who will offer their services free of charge. We hope companies will make a donation towards the refurbishment costs or to donate goods such as carpets, kitchen equipment, new furniture and also for people to sign up to volunteer their time to help us clean, paint and decorate the new building and to transform our garden area.

We currently help around 80 children a week, but with the addition of our new building, we will be able to help even more children across the area.

If you can help us make our dream a reality, please contact Amanda Tweedy, Development & Fundraising Officer on [Amanda@heelandtoe.org.uk](mailto:Amanda@heelandtoe.org.uk) or 0191 386 8606.



## New Location For Darlington Centre

We are pleased to announce we have found new premises to rent in the Darlington area so we can continue our Satellite service in that area.

The building is located at

**Evan Business Centre  
Lingfield Way  
Yarm Road Business Park  
Darlington  
DL1 4QZ**

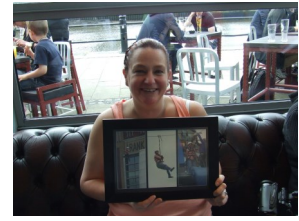


We are very grateful to Grange Road Baptist Church for allowing us to continue our invaluable service from their premises.

Due to the remote location of this centre, could all parents please come prepared to stay for the duration of their child's session due to our safeguarding policy guidelines.

## Baltic Brave Zipslide Success

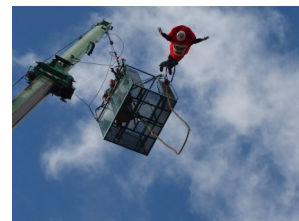
Sunday 30th June saw 25 people jump from the top of the Baltic in Gateshead for us and we hope to raise thousands of pounds from this event. There were some fantastic outfits on the day and we were delighted some of our zippers and their supporters joined us at the Pitcher and Piano afterwards.



## Bungee Jump

For the first time ever we were able to offer places on a bungee jump, thanks to our friends at DUCK (Durham University Charities Kommittee). Ten brave souls jumped 175 feet from a crane on Palace Green, Durham and we even had one of them, Steve Nunes, dressed as a giant bottle of Tomato Sauce!

We love people doing crazy things to raise funds for us!



## Blaydon Race

Blaydon Race as the chosen charity for this year's Blaydon Race, we had over 40 runners take part to raise funds for us this year. Thanks to Lynn and everyone at the Blaydon Harriers, the race organisers, who chose us and were so supportive in helping us raise funds and raise awareness of our charity. Thanks also to Helen Hope and Katy Eland who volunteered to man the Heel & Toe stand on the day.



## Golf Day

We were delighted to welcome 26 teams to our Golf Day on 17th May at Slaley Hall, where the sun shone for us and the team from PWS picked up our Winners Trophy. Thanks to Clive and the team from Principal who sponsored the event and helped us raise over £4,000 this year. Big thanks also to our volunteers from Muckle LLP who made sure everything ran smoothly and everyone had a fantastic day. Next year's Golf Day will once again take place at Slaley Hall on Friday 16th May 2014.



Winning Team - PWS, Newton Aycliffe.

## Our Little Stars Are Awarded

Every year we nominate some of our children who have been exceptional in their progress throughout their time at the charity, to receive a Star Award through The Children's Foundation. This year the award ceremony which is hosted by Steve & Karen from Metro Radio was held at The Biscuit Factory and our lucky winners were Shea and Leighton.

Shea was so excited just to meet Steve and Karen who are his favorite radio presenters and Leighton took the whole event in his stride.

Thank you to TCF staff and to Steve and Karen, and well done to our little stars, we are very proud of you.



Steve & Karen - Metro Radio with Shea



Steve & Karen - Metro Radio with Leighton

## Legal Advice and Support



### Have you been affected by cuts to Public Spending?

Everyone is concerned about local and national spending cuts. Councils and the NHS have to manage with less money to spend on services and this is impacting upon the help that is available for adults and children with disabilities and their families. Also, many people are finding that “changes” or “reconfigurations” to services mean that they receive less. But this does not automatically mean that the Council or the NHS is entitled to cut your support and a number of cases are challenging decisions to cut services, leading to local authorities having to rethink their financial strategies and to continue to provide much needed services to vulnerable people.

Not every decision can be challenged, but if you think that your Council or the NHS is acting unfairly by reducing your level of support or leaving you without services completely, it may be that they have breached your legal rights.

The law says that there are certain standards that your council must comply with, regardless of the spending cuts.

### Assessment

Your Council must assess any child where they think that s/he might need extra support because of a disability. This applies even if the Council is not sure there is anything they can do to help.

### Personal Services

Your Council might be able to cut the money it provides as part of its personal budget if it thinks that someone's health has improved or if they think that the same services can be provided more cheaply. But they must reassess you properly to make sure. Cutting your support without checking to see if you can manage may well breach your legal rights.

### Community Services

Any cuts to community services, for instance day centres or a hospital service, must be carried out lawfully. The law says that a Council or the NHS must take time to understand the impact that the cut will have on patients or service users and it must also look carefully to see if the cut can be avoided by making savings elsewhere. This means that they will usually have to prepare an equality impact assessment and carry out a consultation to ask patients and service users what they think about the proposals. This also applies to changes to services that are not actually described as a “cut”.

### The Future

While cuts to public services are inevitable so too are the legal proceedings that will be brought to challenge public bodies who do not take these decisions in accordance with the law. If service users, families and professionals who work with them become aware that a service is to be withdrawn or reduced, local groups or individuals could raise a complaint with the local authority asking for a decision within 7-10 days and if either no response is received, or the response is not satisfactory, it is advisable that they instruct a specialist solicitor dealing with public law. Legal aid is available for many disabled, vulnerable people. Challenges must generally be brought promptly and within 3 months from the date of the decision.

### More Information

For more information contact Alex Peebles on 01912790118.

For information about Birth Injury claims contact Angela Kirtley on 01912790127.



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## 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](mailto:Alan@heelandtoe.org.uk)

## Patron News

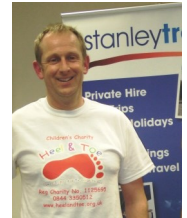
### Kelly Hinch - Metro Radio Presenter

We are thrilled to welcome baby Ava-Lilly Elizabeth Pegg into the world and congratulate our Patron, Metro Radio's Kelly Hinch & husband Chris Pegg. Ava-Lilly was born on Saturday 20th July weighing 7lb 13oz. The children at Heel & Toe wanted to give Kelly something really special at her recent Baby Shower and so worked hard with the help of Alison in our office to knit squares for a baby blanket. Kelly and Chris were over the moon with the special gift and Kelly said; *"Such a precious gift which we will treasure forever. Thank you to you all especially the wonderful children at Heel and Toe xx"*



### Andrew Scott, Stanley Travel – Four Events in Four Months!

Ambassador Andrew Scott has undertaken not only one fundraising event for us this year, but an amazing four events and all in 4 months! Andrew firstly took part in the Blaydon Race in June, then the Great Manchester Swim in July. He will shortly be doing the Great North Bike Ride and finally the Great North Run in September. If you would like to support Andrew's fundraising efforts this year, please donate to: <http://uk.virginmoneygiving.com/AndrewScott4x4>



## Donations and Local Support



Thank you to Carolyn Adgar and her husband from Northern Charity Daleks who together with their Dalek 'George' collected £40.20 for Heel & Toe at recent events.



John Iley our regular Marathon Man took part in 2 fundraising events for us this year. John ran the Blaydon Race in June and then just 2 weeks later took part in the Great North 10k. John has now raised over £700 for us since starting his fundraising challenges for Heel & Toe.



Tony Gent, President of Darlington Lions Club invited Amanda Tweedy our Development & Fundraising Officer to the Lions Charter Evening and presented another cheque for £2,000. Tony chose us as his nominated charity this year and members of the Lions Club have raised over £4,500 for Heel & Toe so far.



Thanks to Barry and Chris from SMARTT Training who came in to our centre recently and offered our staff a free Paediatric First Aid Training course.



Wolsingham Jolly Girls organised a Ladies Afternoon Tea on Saturday 13th May on a glorious sunny day.

Over 50 people attended the day, the first fundraiser held by the group who chose us as their charity this year.

Jenny Johnson from the Jolly Girls also took part in our Zipline and will be doing the Fire & Ice Walk in November. She has already raised over £600 for her triathlon challenge.

### Well Done and Thank You to the following people;

★ Newker Primary School held a Funny Feet Friday and raised £366, thanks to supporter Jill Blackwood for helping with this fundraiser.

★ Thanks to local supporter Mark Bell who won a Glidebike at our Charity Ball last year but donated it back to us for this year's ball.

★ M&S Washington raised £4,667.27 for us being COY 2012 - 2013. Big Thanks to Keith Potter and his team for their fundraising efforts.

And Everyone Else Who Has Donated To Us.

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

You can now follow us on



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