



June 2015



Reach for the Skies

Brave fundraisers took to the skies to raise funds for Heel & Toe Charity. This was the charity's first sponsored Wing Walk.

Travelling at a speed of up to 130mph each volunteer waved goodbye to their loved ones and took to the skies reaching a height of 3000 feet.

If you would like to take part in a Wing Walk for us please get in touch.

Email amanda@heelandtoe.org.uk or call 0191 3868606.



Sponsored Wing Walk at Brighton Aerodrome, Selby.

Onesie Walk in the Park

What better way to have some family fun than putting on a Onesie and walking around a beautiful park. That's exactly what we did on Bank Holiday Monday at Hardwick Park, Sedgefield. The sun decided to shine for us as we walked just over 1 mile around the lake at the park to raise funds for the charity.

The walk was opened by the Mayor of Durham - Councillor John Robinson. The group were led by local drumming group - Rhythm Train. Well done to all who took part raising around £1,400.

If you'd like to take part in next year's event email jane@heelandtoe.org.uk.



Sponsored Onesie Walk at Hardwick Park, Sedgefield.

Annual Golf Day Success

On Friday 15th May we held our Annual Charity Golf Day at Ramside Hall, Durham.

We had a glorious day once again as our golf teams competed for 1st, 2nd and 3rd place trophy.

The results were;

1st Place - Stanley Travel 86 points

2nd Place - Solar Trophies 84 points

3rd Place - Alpha Innovations 83 points

Congratulations and thank you to everyone who took part and volunteered. Next years event will be held on **Friday 13th May at Ramside Hall** on their new Cathedral Course.

To book your team or to see our sponsorship packages please email amanda@heelandtoe.org.uk.



Winning Team - Stanley Travel.



Children need your donations for therapy



Shea loves his therapy sessions at Heel & Toe Charity. He has grown in strength and confidence.

Did you know that your donations go directly towards funding a child's therapy sessions at Heel & Toe?

We are the only charity in the North East to provide FREE conductive education therapy but with no government funding we rely on your donations.

Children like Shea, (pictured left) are feeling the benefits from their therapy sessions and do not want their sessions to stop.

Speak to our fundraising team to see how you could help raise funds for Heel & Toe Charity.

Call the team on **0191 3868606** or email info@heelandtoe.org.uk.

Change a child's life today.

New Parent Equipment Board

'I struggle to find equipment for my son, it's not only hard to source but it can be expensive too!' - Parent at Heel & Toe.

We know how expensive specialised equipment can be and how hard it is to find.

With this in mind we have plans to put up an Equipment board in the parents area of our centre.

Parents are welcome to post adverts of any therapy equipment they are looking to get rid of and equipment

they are looking for. This will be a huge help to parents whose children have outgrown equipment or are looking to update or change equipment.

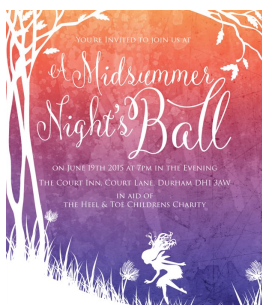
Please speak to Debora at Reception for further information.



Model Railway Exhibition in Newton Aycliffe

On Saturday 21st March the Rotary Club of Newton Aycliffe held their annual Model Railway Exhibition at The Youth Centre, Burn Lane, Newton Aycliffe to showcase some fantastic trains and railway sets and also raise funds for Heel & Toe.

Rotarian John Burrows organised the event which raised £2000 for the charity. Thank you to Barclays Bank Newton Aycliffe for matching funds raised.



Exclusive Invitation

Midsummer Night's Ball - Friday 19th June at The Court Inn, Durham.

Enjoy a Pimms Reception, Champagne Bar, Casino Tables, 3 Course BBQ, Exclusive Raffle and Live Entertainment with us. Tickets are £20 per person. Dress code is Black Tie and Cocktail Dress. For tickets call Amanda 0191 3868606 or email amanda@heelandtoe.org.uk.

Welcome To Our New Trustees

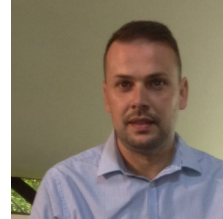
Our board of Trustees are responsible for governance, guidance and planning of the charity.

We would like to welcome 2 new Trustees to the charity and congratulate them on their new positions.

Mark Hooper -
Managing Director at Avoca
Consulting Engineers



Neil Parkinson -
Contracts Manager at
Pertemps Network Group



Meet Our New Therapist - Krisztina

We would like to introduce you to our new therapist - Krisztina.

Krisztina is joining our therapy team in June after working in Kuwait for 4 years since qualifying at The PETO Institute in 2011.

We look forward to you all meeting Krisztina and welcoming her to the charity.



Parent Quote -

'Like many parents we don't get a lot of help, Heel & Toe Charity provides a fantastic service, we appreciate the hard work you put in constantly raising money'.

Spennymoor Town Football Club Raise £1,900

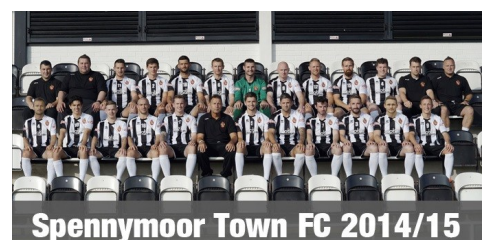
At the beginning of the year we announced that we have been chosen as Spennymoor Town Football Club's official charity. We are delighted to announce club Chairman - Brad Groves has come on board as a charity Ambassador.

To raise funds the club held a bucket collection at the ground

and supporters took part in a football match. The total raised from each event was then matched by Brad giving us a grand total of £1,900.

Next season we are organising a trip to the ground for children from Heel & Toe Charity. If your child would be interested in visiting the club on a match

day please let us know. Call Jane 0191 3868606 or email jane@heelandtoe.org.uk.



Spennymoor Town FC 2014/15

Heel & Toe Children's Charity

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Like our page on Facebook -
Heel & Toe Children's Charity



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@HeelToeCharity



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Heel & Toe Charity



Heel & Toe Children's Charity provides FREE conductive education therapy to children with cerebral palsy and other physical disabilities. The charity also provides a wide range of subsidised services such as Physiotherapy, Occupational Therapy and Speech & Language Therapy. Children between the age of 6 months to 19 years old are attending therapy sessions at the charity's centre based in Pelton, Chester-le-Street to help with their conditions.

The charity is not government funded and relies solely on donations to survive.

Your support and fundraising will help children continue to receive vital therapy which is allowing them grow and develop in ways they were told would never be possible.

Please support Heel & Toe Charity.

Upcoming Events



Italian Cycle Challenge – 30th May to 3rd June – Cycling - Flights from Newcastle, accommodation, meals, support vehicle and more. Sponsorship applies. Places are now full. To donate see our website.

Sponsored Zipwire – Sunday 7th June - From the Tyne Bridge, Newcastle upon Tyne. Minimum sponsorship £150. Places are now full but please come and support us.

Sponsored Skydive – Sat 18th July - Skydive Academy Peterlee Parachute Centre, Durham. Registration £35. Minimum sponsorship £350. Email amanda@heelandtoe.org.uk.

Children's Disability Triathlon – Sunday 30th August – David Lloyd Leisure, Newcastle – Run, Bike, Swim. Registration fee £20, Sponsor form required. Children will receive a goody bag, tee shirt, certificate and medal. Email jane@heelandtoe.org.uk for information.

Junior/Mini Great North Run & 5K - Saturday 12th September - Limited spaces register online then email natalie@heelandtoe.org.uk for a sponsor form. Suggested sponsorship pledge £50.

Great North Run - GUARANTEED PLACES - Sunday 13th September - Registration fee £52. Minimum sponsorship £225. Email natalie@heelandtoe.org.uk to register. ONLY FEW PLACES LEFT.

Captains Charity Golf Day - Saturday 26th September - Prudhoe Golf Club, Teams of four are £80 which includes bacon sandwich, tea/coffee on arrival. There is also an evening event following on from the Golf Day, tickets priced at £10 per person and include buffet, live music and disco. Please get in touch if you would like to take a team and/or join us at the Music Night afterwards. Email amanda@heelandtoe.org.uk.

Sponsored Fire & Ice (Glass) Walk – Saturday 17th October – Would you like to walk over fire and ice for charity? Email amanda@heelandtoe.org.uk for further details. Minimum sponsorship applies.

Mistletoe Charity Ball – Friday 4th December – Newcastle Civic Centre – Hosted by North East Entertainer Steve Walls, Champagne Reception, 4 Course Meal, Complimentary Wine, Live entertainment & more. Event Sponsorship available. £65 per guest tables of 10 discounted. Email jane@heelandtoe.org.uk.

