



Registered Charity 1125695

Heel & Toe Newsletter

July 2012

WE'VE BEEN AWARDED BIG LOTTERY FUND

Events Diary 2012

- **Funny Feet Friday** - Any school, college, nursery or business can take part in this event. £1 per person to wear something unusual on your feet on a Friday
- **Sponsored Sky Dive** - 5th August at Peterlee Airfield limited places left
- **Junior Great North Run** 15th September
- **Great North Run Sunday** 16th September
- **Sponsored Fire Walk** - Heel & Toe Centre, Durham 20th October
- **Tough Mudder** - Cholmondeley, Cheshire, Sat 17th November - limited places available
- **Annual Charity Ball** - Winter Wonderland - Newcastle Civic Centre on Friday 7th December £550 per table of 10
- **2013 EVENTS EXCLUSIVE**
- **Inca Trek** - Peru May 2013 limited places available contact jane@heelandtoe.org.uk
- **Kilimanjaro** - September 2013 limited places available contact jane@heelandtoe.org.uk

We Need Willing Participants for these events so please contact us on 0844 3350512 for a sponsor form.



LOTTERY FUNDED

Nearly 100 families and children with cerebral palsy living in County Durham will benefit from a £241,163 grant from the Big Lottery Fund (BIG).

We are pleased to announce that we have been awarded Big Lottery Funding to provide an outreach conductive education service to parents and carers of children with cerebral palsy & other motor disorders across County Durham for the next two years. Conductors will travel to families homes, schools and local community centres to provide therapy.

Charity Manager Doug Long said: "We are absolutely delighted - this funding from the Big Lottery Fund is vital to expanding our service. We have more than 20 children on our waiting list for treatment. The funding means we can expand in two ways. Firstly, we will be able to recruit more therapists to help more families who visit our centre. Secondly, some people cannot always access our service but this funding means we will now be able to take our service out to people who need it - to either a convenient community centre or even visit their home."

HEEL & TOE THERAPY SERVICES LAUNCH



Heel & Toe have launched a service providing high quality occupational therapy and physiotherapy to clients of all ages. This service is a chargeable service but it's rates are amongst the cheapest in the North East.

All our associates are highly qualified to a minimum of scale NHS 7 equivalent. Profits from Therapy Services are re-invested into Heel & Toe Children's Charity. For further information please visit www.heelandtoetherapyservices.co.uk or call 0191 386 8112.



Charity of The Year 2012 Status

2012 is turning out to be a fantastic year of support for Heel & Toe Children's Charity, with a handful of local businesses choosing us to be their charity of the year.

We would like to say thank you and welcome to the following businesses choosing to support us.

stanleytravel



We are delighted to have been chosen as local travel company, Stanley Travel's first Charity of the Year. Firstly Director Andrew Scott ran the Paris Marathon, his daughter Megan completed the Zipwire and son Gavin is running the Great North Run for Heel & Toe. The family-run business is also supporting us by selling our Competition Tickets on their day trips and Lucky Cities Cards on holiday trips. The Heel & Toe team are really looking forward to working with Andrew and the Stanley Travel team over the coming year.



Slaley Hall, Northumberland has chosen us as their Charity of the Year 2012. We are looking forward to working together with their team who will be organising fundraising activities throughout the year as well as giving monthly donations to Heel & Toe through their guests staying at the hotel.



We are very proud to announce Northern Counties Insurance have chosen Heel & Toe Children's Charity as their nominated Charity of the Year 2012.

"I can speak on behalf of all the team at Northern Counties Insurance Brokers when I say that we were genuinely delighted to have selected Heel & Toe as our Charity of the Year for the next 12 months.

Not only will all the staff at Northern Counties and our [Charity Insurance](#) division, NCI Charity, be working hard throughout the year to come up with fun and exciting ways to raise money for Heel & Toe but we will also be looking to promote the excellent work you do to our clients and business partners so they too can help raise money for you.

With so many great causes to select from, choosing a Charity of the Year is not an easy decision but my colleagues and I at NCI will be doing whatever we can to help promote and raise money for Heel & Toe in the next year."

Nicola Taylor, Media Consultant, Northern Counties Insurance

Muckle^{LLP}



Newcastle based Solicitors Muckle LLP has also appointed Heel & Toe as their Charity of the Year 2012 after being short-listed and then chosen, by staff members. Our Development & Fundraising Officer, Amanda Tweedy went to meet Hugh Welch, Senior Partner and the rest of the Muckle team recently to launch the year of fundraising. At the Launch Event Muckle held a 'Duvet Day' raffle whereby staff members made a minimum donation of £5 to win a day off work. The event raised a fantastic £483, which Muckle then kindly agreed to match. The company also organised a sponsored Ramble raising £695 recently and will be organising a variety of fundraising events throughout the year, also taking part in events organised by Heel & Toe. Hugh said: "Our charity of the year is selected by our people who suggest local charities or good causes that they would like to support. A short list is prepared and then voting takes place across the firm to choose the winning charity. This time the winner was Heel & Toe who we are all looking forward to supporting its work."



NewcastleGateshead Initiative has announced Heel & Toe its Charity of the Year for 2012, following votes from staff inspired by the charity's work with children across the North East.

On the partnership, Sarah Stewart, Chief Executive at destination management & marketing organisation NewcastleGateshead Initiative, said:

"We are delighted to be supporting Heel & Toe throughout this financial year. The work they do to enrich the lives of so many children and their families across the North East is incredibly important. At NewcastleGateshead Initiative we understand our support can help to gain exposure and funds for local charities and we're committed to working in partnership with Heel & Toe in order to grow their profile across the breadth of our partnership network, where we work with around 165 businesses."

There are many opportunities and benefits to adopting us as charity of the year.

Please visit our website for further information www.heelandtoe.org.uk

To find out how you can help please contact Amanda or Jane - 0191 3868606.

Mayor of Durham chooses Heel & Toe



The newly appointed Mayor of Durham - Mr. John Wilkinson has chosen Heel & Toe Children's Charity as one of his charities to support through fundraising in 2012.

Our staff joined the Mayor and his wife on the Riverboat Cruise to raise funds for the Mayor's chosen charities.



Mayor's Charity Fund promotes Durham Big Ride

Welcome To Our New Conductor Nelli



Pictured to the right here with The Mayor of Durham is our new conductor Nelli who has joined us from the PETO Institute.

Welcome to the team Nelli.

The Mayor of Durham is supporting Durham Big Ride this year and asking for people to come forward and register for the event which is held on;

Sunday 2nd September (2 mile, 10 mile, 25 mile)

Sunday 9th September (50 mile)

To register visit the website

<http://www.durhambigride.co.uk/>

A Big Thank You Also To



stanleytravel

Andrew Scott from Stanley Travel took part in the Paris Marathon on 15th April 2012 running 26 miles in total and raising over £3,350.

Andrew said:

"When I heard all about Heel & Toe I jumped at the chance to go out to see the Centre and sit in on sessions with the children, to see how conductive education helped them. The fact that the charity offers this service free and receives no government funding, convinced me that I needed to help them in any way I could."

"Stanley Travel is a local family-run business and we felt it was important to show our support, not only to a charity on our doorstep, but also to one where we could see we were making a difference. It was a real eye-opener to see the children taking part in the sessions and see how happy and positive they were. We really want to do as much as we possibly can to help Heel & Toe continue their fantastic work with these inspirational children."



NORTHUMBRIAN
WATER

On 15th June to 17th June the Northumbrian Water Cycle Team joined by our own centre manager Doug cycled 184 miles from Durham to Whitby and return to raise funds for Heel & Toe. The group of 18 men and women cycled through tough terrain and weather conditions to raise vital funds for Heel & Toe.

The team have raised an estimated £2,500 to date. Well Done and Thank You.



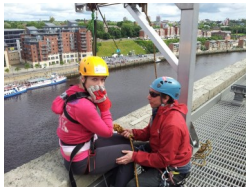
Ernst & Young Staff held a quiz night in aid of Heel & Toe which raised £386 which Ernst & Young then matched that amount giving us a grand total of £772. Thank you to Jonathan Thomas who organised the event and to all the staff that took part.



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Donations and Local Support

Zipwire From The Baltic



Huge thanks to our 52 brave volunteers who accomplished the Zipwire from the Baltic across the River Tyne.



Our team included Metro Radio's Kelly Hinch, Gaynor Marshall from Metro Radio's Night Owls, Louise Bennison, Colin & Matt from Amazing Radio and BB2011's Jay McKray.

You've all helped us raise an estimated **£3,500**. WELL DONE!



A Huge thank you to Ebony Champagne Bar, County Durham for raising **£1247**. by holding a fundraising night on Thursday 31st May 2012. Thank you also to Moet & Chandon for donating Champagne.

www.ebonychampagnebar.co.uk



Our very own Alex's Uncle put us forward to receive a generous donation of **£2,500** from Alba Northern Platform where he is employed. Thank you so much.



Ladies Leisuretime held at the Radisson Blu, Durham raised **£565**.

Thank you to everyone who attended and gave their time.



Well Done and Thank You to the following people;



Marks & Spencer raised £2,283.79 whilst we were Charity of the Year 2011



Sherburn House Charity awarded us £2000



Greggs awarded us £1,300 towards a dance /drama group



Cleadon & District Rotary Club awarded us £1000



Luke Walker organised a Karaoke Night at the Cosmopolitan Hotel in Hartlepool which raised £920



Kids 1st Nursery, Wansbeck raised £613.25 through their Easter Fair



DUCK awarded us £600 towards Social Chef Project



Rotary Club Durham donated £600



The New Inn, Hartlepool raised £500



Tudhoe Victory Club raised £500 at their Annual Fundraiser 'Live at the Vic'



Rock Night at the Ravensdene Lodge raised £396.23



Agency Against Crime donated £500



Durham Lions Club awarded us £300



Lanchester Centurions MCC allowed us to collect at their annual bike rally which raised £230.45



Jan and Chris Cooper from Cooper Travel raised £225 through their Easter trips



Kings Church Darlington awarded us £200



CastleView Nursery held a raffle which raised 180



OCN (Open College Network) raised £170.70



Vocaltutor singing coach - Helena Davison Webber held showcase featuring some of her students to raise £167



Newton Aycliffe Masons awarded us £50



Caroline Adgar from Northern Daleks raised £48.16

You can now follow us on



HeelandToe Charity



@HeelToeCharity