

Heel & Toe Newsletter

May 2013

Law Firm Muckle LLP Raise Over £8,000

Events Diary 2013

- 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
- Inca Trek - Peru -10th May
- Bungee Jump - Saturday 11th May - Palace Green, Durham
- Annual Golf Day - Friday 17th May - Slaley Hall Golf Club
- Music Night - The Liddiard Theatre Polam School, Grange Road, Darlington - Friday 17th May
- Sunday 9th June - Blaydon Race - OFFICIAL RACE CHARITY
- Zipslide from Baltic - Sunday 30th June
- Great North Junior & Mini Run Sat 14th September
- Great North Run Sunday 15th September
- Sponsored Fire & Ice (Glass) Walk - Jordan House Car Park - Sat 2nd November
- Annual Charity Ball 'Black Tie & Heels' - Friday 29th November - Old Assembly Rooms - Main Sponsor Irwin Mitchell Solicitors

We Need Willing Participants for these events so please contact us on 0191 3868606 for a sponsor form.

www.heelandtoe.org.uk
info@heelandtoe.org.uk



Newcastle Law Firm Muckle LLP handed over a cheque for a staggering £8,397.54 recently to local children's charity Heel & Toe after appointing them as their chosen charity for 2012-2013. Senior Partner and Head of the Community Team at Muckle LLP, Hugh Welch, visited the Centre with Karen Young from the Client Services Team and met some of the children who will benefit from their fundraising efforts over the last year.

Hugh Welch commented: "Through our Community Team we appoint a chosen

charity every year and like to choose a local charity, where we can see for ourselves the difference our money is making. As part of our commitment to supporting local charities, Muckle LLP also match-fund all money raised by our people, thus doubling the donations and raising even more for charities on our doorstep, who so desperately need it.

"Our people really enjoyed supporting Heel & Toe this year and were keen to take part in the charity's own fundraising events such as the Zipslide, Skydive and Firewalk, as well as organising their own events which included a Sponsored Ramble, Recipe Book Sale and Harvest Festival. One of our staff members went so far as dying his beard bright pink to raise £340 for the charity!

It really has been a fantastic team effort and we were delighted to visit the Centre to present Heel & Toe with a cheque for £8,397.34."

Picture Above (left to right) Karen Young, Muckle LLP, Justin Curtis from Heel & Toe, Hugh Welch, Muckle LLP

Foyle Foundation Award £20,000 Grant



FOYLE FOUNDATION

We are pleased to have been awarded a £20,000 grant towards our Outreach Project. This will ensure we can provide free conductive education to parents and carers of children with cerebral palsy.

Thank you to the Foundation we look forward to starting the project.

Easter Walk Success

We would like to thank everyone who took part in our sponsored Easter Walk and Fun Day on Monday 1st April at Chester-Le-Street Riverside Park. It is estimated the walk raised around £1,300 so well done to everyone.

We would also like to say a huge thank you to the following people for their very kind help and support;

Darlington Lions, Durham Air Cadets Squadron 234, County Durham & Darlington Fire & rescue Service,

Students from Durham Sixth Form College & Framwellgate Moor School, All Drummed Up Group and Pink Inc. Entertainment.



Amazing Results From Fit Factor Finalist

Real Radio's Fit Factor Contestant Kate Pickard has amazed us by not only by losing almost 2 stone in weight but so far Kate has managed to raise over £3,200 for us. Huge well done to Kate and thank you for everyone who is supporting and donating.

To follow Kate's journey visit Real Radio's website and donate on Just Giving <http://www.justgiving.com/klgroundworks>.

Pictured Left; Kate from Real Radio Website and Kate visiting Lois in her Heel & Toe Session

Good Luck Kate!



Mongke's Fist Challenge Receive Car

The Mongke's Fist Team are almost ready for their trip to Mongolia as they received their car with a special design from our children printed on the boot.

Adam, Will and Jon will be travelling 10,000 miles to Mongolia in July with no support or back up in their Micra to raise money for their chosen charities and we are lucky enough to be one of those charities.

You can follow Team Mongke's Fist and their journey at <http://www.mongkes-fist.co.uk>



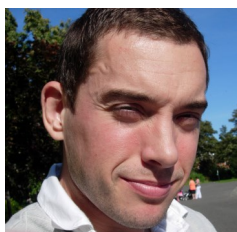
Welcome To Our New Paediatric Physiotherapist



We would like to welcome to the team **Alan MacDonald** Paediatric Physiotherapist Bsc (hons) SRPT, MCSP, PGDipCert as our Therapy Services Manager.

Alan has been working as a physiotherapist since 2002. He has vast experience in Neurological paediatric conditions with children from birth to 19 and transitioning young adults to the age of 25, he has experience in all aged musculo-skeletal and sports injuries and chronic pain. He is Bobath trained.

New Ambassadors Join The Charity



Paul Alexander - Owner & Personal Trainer at Elite Physique Fitness

Paul Alexander is the owner of Elite Physique Fitness.

Based in Newcastle they specialise in weight loss and body transformations. They provide all of their clients with specialised training plans and nutritional plans. Paul and his wife have had two extremely premature boys over the last few years and have always been aware of the Heel & Toe Charity.

"I feel extremely honoured and proud to be associated with such a fantastic charity. I'm passionate to spread the word about Heel & Toe's amazing work!"



Amanda Douglass BSc (Hons) MRICS

Amanda is Managing Director of ECoRegener8 Community Interest Company. She has a wealth of experience in the successful delivery of significant multi-million pound regeneration schemes across the country, including helping charities to deliver and manage their property schemes.

Amanda has family connections to the area, her mother coming from Sacriston. Her mother's family were heavily involved in community work in the area.

"I know how difficult it can sometimes be for a person with a neurological condition, and their immediate family. This is a wonderful charity providing much needed therapy and support to children and their families, making a huge difference to all of their lives".

Amanda is working with the charity to deliver our expansion plans, providing valuable property and regeneration expertise.



Adam Marshall - Royal Navy Air Traffic Control Officer & Team Mongke's Fist

Adam is a Royal Navy Air Traffic Control Officer from Gateshead.

A keen fundraiser and supporter of great causes, he fell in love with the centre, the children and the work we do when he visited in 2012. He is now dedicated to concentrating all his efforts on raising funds and awareness for Heel and Toe through a series of epic long distance adventures.

"I am delighted and at the same time humbled to be named as an ambassador for Heel & Toe. The charity provides an important and superb service to a great many of the region's wonderful children and it's an honour to help them in any way I can".

Adam is also part of the Mongke's Fist Team taking on the challenge of traveling 10,000 miles to Mongolia in a Micra with no support or back up.

You can follow their journey at www.mongkes-fist.co.uk.





Registered Charity 1125695

Local Band To Release Charity Single



We are thrilled to announce 5 Piece Band 'The Last Fakers' have written an official Charity Single for us.

The band is made up of Richard Stout (guitar/vocals), Leon Chadwick (drums), Paul Storey (bass/vocals), Anthony Turner (harmonica/vocals/any other instrument they can think of) and Richard "Bill" Boddy (guitar/vocals/keys).

The Single is scheduled for release on iTunes on 1st June with a Launch Gig date of 22nd June at Durham University with supporting act 'Beth Macari' and her band. Details will be printed nearer the date.

Donations and Local Support



County Durham Community Foundation awarded us £4,600.



Leeds Building Society awarded a grant for the sum of £1,600.

The Sobell Foundation

Sobell Foundation awarded us a grant for £3,000.



Nissan Company Car Draw Fund awarded us £1,000 presented to us by Colleague Council member Paul Cox.



Hedley Foundation awarded us a grant for £2,600.



Darlington Lions donated £1,000 as we are their chosen charity of the year.



Proctor & Gamble kindly donated a grant to the sum of £1,600.



A Big thank you to Lauren Sutherland and her Boot Campers who donated Easter Eggs to our parents and children. To find out more about Be-neFit visit <http://be-nefit.co.uk/> or call Lauren 07817792432



Thank you to Irwin Mitchell Solicitors, Newcastle Branch for sponsoring our corporate pens.



We would also like to thank Thompsons Solicitors for sponsoring our Leaflets for the Blaydon Race packs.

If you would like to sponsor our corporate wear and see your logo across the UK & Scotland please email jane@heelandtoe.org.uk or call 0191 3868606.

Well Done and Thank You to the following people;



Parent Vicki Careless donated £775



Parent Claire Middleton raised £352 from her fundraising night



Douglas Arter Foundation awarded us £500



Mrs. Johnston, Grandparent donated £300



Durham Rotary Club Donated £500



Vocaltutor singing coach - Helena Davison Webber held a showcase featuring some of her students and raised £400

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



HeelandToe Charity



@HeelToeCharity