

Heel & Toe Newsletter

Winter 2014

Events Diary 2015

- **BRAND NEW EVENT** - Sponsored Wing Walk - 26th April - Selby, N.Yorks **DO YOU DARE?**
- Sponsored Onesie Walk - Hardwick Park - Bank Holiday Monday 4th May - Suggested Minimum Sponsorship £50
- Annual Golf Day - Friday 15th May - Ramside Hall, Durham - Team of 4 only £200 - round of golf, refreshments on arrival, hot buffet after game
- Sponsored Swimathon - Organised by Darlington Lions Club - Details TBC
- Sponsored Zipwire from Tyne Bridge - June - Details TBC
- Sponsored Skydive - Peterlee Parachute Centre - TBC June
- Italian Cycle Challenge - The Heart of Toscana Challenge - TBC June - Saturday to Wednesday - 4 day cycling challenge
- Great North Junior & Mini Run Saturday 12th Sept - Register online at greatrun.org
- Great North Run - Sunday 13th Sept - **GUARANTEED PLACES**
- Children's Disability Triathlon - Sunday 20th September - David Lloyd Leisure, South Gosforth - **ENTRY DEADLINE 31st August**
- Fire & Ice (Glass) Walk - 25th Oct - Location TBC
- Mistletoe Ball- Friday 4th December - Newcastle Civic Centre - Tickets £65pp discount for tables of 10 guests

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

We've been awarded Big Lottery Fund



We are delighted to announce we have been awarded **£290,000** from Big Lottery Fund to provide an outreach service in the Durham Area for the next 2 years. The service will be available to parents, carers and schools in Durham from February 2015. If you think you qualify for outreach please contact us.

Thank you for your support in 2014

Your support and donations throughout the year allow us to continue providing free conductive education therapy to children all across the North East. With your support and donations we also subsidise children's Physiotherapy, Occupational Therapy and Speech and Language therapy. Children can now receive up to £30 off a one hour session. We just want to say.....

Support us in 2015 and help these children and more achieve goals they never thought possible.



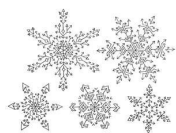
Ways to Donate:

Text Donate by texting;
'HEEL01 £(amount in sterling)' to 70070.

Visit our website;
www.heelandtoe.org.uk - Click & Donate.

Call our centre;
0191 3868606 donate with a chip and pin.

Thank you.



Black Tie & Heel's Annual Ball 2014



Registered Charity 1125695



On Friday 28th November we hosted our sixth Annual Charity Ball at the historical Newcastle Civic Centre. The Black Tie & Heel's Ball was hosted by North East Compere - Steve Walls and enjoyed a red carpet drinks reception, delicious 4 course meal, complimentary wine, live auction and live entertainment by fantastic function band - The Shakedown.

The night was a great success raising over £15,000 on the night.

We would like to thank everyone who attended the night and all who volunteered and donated items for the raffle and auction.

We hope to see you all at our Mistletoe Ball on Friday 4th December 2015. **Book your table now call 0191 3868606 or email jane@heelandtoe.org.uk.**

Achievements in 2014

This year has been very good thanks to the help and support of local businesses as we completed a huge refurbishment of the old doctors surgery in Pelton, Chester Le Street and re-located to the new building.

We would like to give thanks to the following businesses for their support and look forward to working together in 2015;



Sanofi, Fawdon raised nearly £5,000 this year adopting us as their Charity of the Year until May 2015.



Avoca Consulting Engineers have adopted us as their chosen charity to support with staff taking part in events and have already raised £487.35 thanks to their office 'Tuck Shop' sales.



Thank you to everyone who voted for us in the John Lewis 'Community Matters' scheme at the Newcastle Store. We were thrilled to be awarded £1,260 in total.





Events for 2015



Registered Charity 1125695

Take a look at our events list for 2015 and sign yourself up for a challenge. Help us raise funds so we can continue helping children in your local area.

EVENTS IN THE NORTH EAST

 Sponsored Wing Walk Brighton Aerodrome, Selby, N.Yorkshire Minimum Sponsorship applies Email amanda@heelandtoe.org.uk for information. Sunday 26th April	 Sponsored Swimathon Organised by Darlington Lions Club. email amanda@heelandtoe.org.uk for further details. TBC - May
 Sponsored Onesie Walk - Hardwick Park, Sedgefield - 1 mile fun walk with Snack Pack, Charity Tote Bag and Certificate included. All Ages Welcome. Email jane@heelandtoe.org.uk to book. Suggested sponsorship £50. Monday 4th May	 Annual Golf Day - Held at Ramside Hall. Tea, Coffee and Bacon Roll on arrival. Hot buffet included. Email amanda@heelandtoe.org.uk Teams of 4 £200. Friday 15th May
 Sponsored Zipwire - From Tyne Bridge, Newcastle upon Tyne. Email amanda@heelandtoe.org.uk to book your place. Minimum sponsorship £150. TBC - June	 Challenge of Toscana - Cycling over 4 days in Italy. Flights from Newcastle, and accommodation Included. Min Sponsorship applies. Email jane@heelandtoe.org.uk . TBC - June
 Sponsored Skydive - Skydive Academy, Peterlee Parachute Centre, Durham Registration £35 Minimum sponsorship £350 Email amanda@heelandtoe.org.uk TBC - June	 Junior/Mini Great North Run & 5K Limited spaces register online then email natalie@heelandtoe.org.uk for a sponsor form. Suggested sponsorship £50. Saturday 12th Sept
 Great North Run - GUARANTEED PLACES email natalie@heelandtoe.org.uk Registration Fee £52 Minimum sponsorship £225 Sunday 13th Sept	 Children's Disability Triathlon - David Lloyd, Gosforth. Swim/Bike/Run with Josef Craig - Paralympic Gold Medalist. Suggested sponsorship £100 includes registration fee, goody bag, tee shirt, medal and certificate. Email - jane@heelandtoe.org.uk Sunday 20th Sept
 Sponsored Fire & Ice (Glass)Walk - Would you walk over Fire & Ice for charity? Join our team of daredevils. Email amanda@heelandtoe.org.uk to find out more. Minimum sponsorship applies. TBC - Oct	 Mistletoe Ball - Newcastle Civic Centre Champagne Reception, 4 Course Meal, Complimentary Wine, Live Entertainment & more. Event sponsorship available email jane@heelandtoe.org.uk for details. Friday 4th Dec

Organise an event

If you would like to organise an event to raise funds for us please get in touch with our fundraising team. We can help you with planning and will advertise your event through our social media networks.
 Call 0191 3868606 or email info@heelandtoe.org.uk.





Registered Charity 1125695

Thank you for your support



BT Durham has chosen us as their COTY 2014-2015 and visited the Centre as part of their CIN Appeal, bringing Pudsey to surprise some of the children. The team of 40 staff have so far raised over £400 with fundraising activities in their office and will continue supporting us until April 2015.

Singing Duo - 2Sum have been raising funds for us throughout the year and came to visit the children to hand over a cheque for a fantastic £1,000. Thank you to Sue Atkinson and Martyn Banks for your generosity.



Our 'Star Fundraiser' is parent, Chris Bamborough as he completed the Great North Run 2014 and raised a fantastic amount of **£4,195.73**.

Special thanks for your continued support

H2O - Cycling , Adam Marshall



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Irwin Mitchell Solicitors



Stanley Travel



Have a Merry Christmas and a Happy New Year



All the staff and children at Heel & Toe hope you have a lovely Christmas and look forward to your support in the New Year.



Our Address;
Heel & Toe Children's Charity
40 Front Street
Pelton
Chester-le-Street
DH2 1DE
Tel: 0191 3868606



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