



Registered Charity 1125695

Children's Charity Heel & Toe

Heel & Toe Newsletter

March 2011

Events Diary 2011

- Sponsored Silence at Heel & Toe, Jordan House - 9th April
- Sponsored Easter Walk - 25th April
- Tudhoe Victory Club Music Night - 14th May
- 8 Ball Pool Comp - 20th May
- Golf Day at Linden Hall Hotel, Morpeth - 27th May
- Cycle Ride - May Bank Hol
- Abseil - July
- SkyDive - August
- Great North Run - Sept
- Great North Swim - Sept
- Durham Bike Ride - Sept
- Annual Charity Ball - Nov

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

A Brand New Building For Heel & Toe

After 8 months of searching we finally found new premises to accommodate the growing needs of the Heel & Toe Charity. Since opening the centre in Spennymoor, County Durham in 2008 with only 4 children, we have increased our intake to over 50 children and want to continue to help a lot more.

Currently the charity provides upto 6 hours of FREE Conductive Education therapy per week per child.

Centre Manager, Doug Long said "We are delighted to have found Jordan House. The new building is 3 times larger than the previous premises, allowing the charity to expand even further".

Heel & Toe now have 3 large session rooms, a sensory room and a parent's lounge and offices, full disabled access and 20 car parking spaces.



Our New Premises:
Jordan House, Finchale Road, Framwellgate



The Mayor of Durham joined some of the children as they cut the Red Ribbon at our opening ceremony.

Sainsburys Shoppers Show Support



Sainsburys Deputy Store Manager - John Bell, PR Ambassador Nicky Watson and Heel & Toe Development Officer Jane Long

Sainsburys Bishop Auckland presented Heel & Toe with a cheque for the sum of £1'869.25 which their customers donated to Heel & Toe bag packers.

The store named Heel & Toe as Charity of the Year in September 2010 and will continue to support the charity by fundraising events and collections.

Thank you to all the staff and customers.

What's New at Heel & Toe?

We would like to welcome 3 new members of staff to the charity;



Conductor
Zsuzsanna Gaspar



**Development
& Fundraising Coordinator**
Monica Peters



Dyspraxia Tutor
Suzanne Quinn

We wish Zsuzsanna, Monica and Suzanne the best of luck into their positions .

Were On The Buses

Advertising is a must for the charity as we try to promote awareness and advertise our service.

This year you will see our logo and details on the SB Travel



Durham Lions Club Give A Generous Donation



A big Thank You to The Lions Club at Durham who has awarded Heel & Toe with a very generous donation of £300. The money will go towards equipment for the new Sensory Room.

A Nice Big Welcome

We were really pleased to be joined by some of our business friends at the official opening ceremony of our new building on Monday 27th February.



Angela Coull - OCN



Durham County Ladies Golf Association



Angela Kirtley - Irwin Mitchell Solicitors

Inside the Charity ...

Our sessions are available from Monday to Saturday 9am to 6pm.
Take a look at what goes on in some of our sessions.



“Since attending Heel & Toe I can see my child has gained in confidence and strength right away” - parent



Learning Can Be Fun Too!

How Can You Help?

If you'd like to help raise money for Heel & Toe but don't know how, here are some ways in which you can help;

- Take part in a sponsored event - Running, Swimming, Walking, Cycling, Parachute Jump etc.
- Hold a raffle at your local fair/church or social group
- Attend a Heel & Toe Night - Charity Ball, Sportsman's Evening etc.
- Volunteer to take part in a bag pack at a supermarket, organised by us
- Have a sponsored day in the office - dress up/down day, wear a wig to work etc.
- Setup a direct debit monthly payment to Heel & Toe
- Become a Business Friend by choosing us as Charity of the Year



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Jordan House
Finchale Road
Framwellgate Moor
County Durham
DH1 5HL

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E-mail: info@heelandtoe.org.uk

www.heelandtoe.org.uk

Heel & Toe provide Free Conductive Education to any child in the North East who has Cerebral Palsy, Dyspraxia and Other Motor Disorders at our centre in County Durham.

Conductive Education is a mixture of Physiotherapy, Occupational Therapy and a Learning Process which originated in the Peto Institute, Budapest, Hungary. We help children from the age of 6 months to 19 years old and we also hold sessions for young adults. Our centre is open Monday to Saturday from 9am to 6pm.

Our Business Friends

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workwear
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NORTH EAST REGION
Your North East Awarding Body promoting Educational and Social inclusion

www.ocnner.org.uk



Cerebra is a unique charity set up to help improve the lives of children and young people with brain related conditions through researching, education and directly supporting children and their carers. We currently help 10,000 children but we estimate that there are 250,000 in the UK suffering from a neurological condition.... we want to reach out to them all.

Cerebra
Positively Different

SUPPORT

- free telephone counselling service
- a mutual support network with other parents in the same situation
- stress counselling helpline offering relief when the pressures become overwhelming
- a sleep problem solving service providing assistance for a range of sleep issues
- private speech therapy and Wills & Trust vouchers
- our postal lending library is a free resource for books and sensory toys
- personal portfolios
- Cerebra Innovation Centre providing bespoke items
- Valletchia our adapted holiday home in Pembrokeshire

INFORMATION

Cerebra provide information on any subject related to caring for a disabled child, helpful fact sheets and an enquiry form for specific issues are available. We can help with claiming Disability Living Allowance for children under 16, our detailed booklet contains lots of useful information, tips and hints and our Regional Officers are on hand to help should you need it.

RESEARCH

The Cerebra In-House Research team carries out desk-based research into a number of areas, based upon parent and professional requests, new scientific evidence and issues raised by our staff. We aim to provide information that is relevant to parents and carers of children with disabilities, as well as the professionals who come into contact with them. Cerebra funds ground-breaking research into brain-related neurological disorders.

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Email: info@cerebra.org.uk Website: www.cerebra.org.uk

Registered Charity No: 1089812

Company limited by Guarantee, registered in England and Wales: 4336208

contact a family
for families with disabled children

www.cafamily.org.uk



www.durham.gov.uk