

# SPRING NEWSLETTER



## Launching our Charity Newsletter!

Welcome to the first edition of our new charity newsletter. We thought it would be worthwhile creating a quarterly newsletter, to give you all an insight into what is going on at Heel & Toe, the staff who work within the charity and the fundraising taking place.

We hope you enjoy flicking through our newsletter, please feel free to share this with friends, family or work mates when you're done!

## We're back in business..!

After a very uncertain 2020, we are excited that both our therapy centres are now open and our therapists are helping our wonderful H&T children once again. All staff at Heel & Toe work hard behind the scenes to ensure a safe environment is provided with full PPE and weekly fogging. We are also providing video therapy sessions for children who are shielding or unable to attend sessions due to covid19. We know from feedback, parents and children feel reassured when they visit Heel & Toe and are really enjoying being back.

We are also delighted to welcome our fundraising team back in to the Centre from 12th April and to get our fundraising events up and running again. Take a look at our events diary on page 3 and get involved. There's something for everyone!



Charity No: 1125695

## Spring 2021

### Quote

'Physiotherapists  
don't save lives,  
they make them  
worth living'

### PARENT NOTICE

If you are on facebook, please join our private parent support group, where you can see what's going on at Heel & Toe, share your child's achievements and connect with other parents:

[HTParentSupportOnline](https://www.facebook.com/HTParentSupportOnline)

## In This Issue

- Our centres and therapy sessions
- Meet our new therapy staff
- Events update/ Easter raffle
- Thank you to our supporters



## Welcome to the team ...



### Amy Cullen Aquatic Lead, Physiotherapist

Amy graduated from York St John University in 2012. She volunteered at a special needs school in Kenya after university and this made her want to

work with children and young people. Amy has lots of experience working at a special school with children who have a range of disabilities. Amy co-ordinates all our hydrotherapy and pool activities.



### Sarah McGuinness, Speech & Language Therapist (SALT)

Sarah qualified with a post grad degree in 1999 and has worked her whole career in paediatric speech and language in County Durham. She has

worked in community clinics, specialist enhanced mainstream provision for SLT and schools with children and young adults aged 2 – 19 years. She has a special interest in speech and all the many sounds that we make! Sarah will be involved in providing services to schools, as well as to see clients at our Pelton Centre.

## Pots to success

### ?? Did you know ??

If your child attends H&T you can assign any fundraising you do to create their own individual pot to help towards their therapy?

Additionally why not ask your friends, family members or work colleagues to fundraise or take part in a sponsored event and add even more to your child's pot. **Please note, with funds raised for H&T organised events, anything over the minimum target will be added to your child's pot.**

You can also ask anyone to make a monthly donation to your child's pot by clicking the 'Donate Now' button on our website homepage.

Funds added to your child's pot can then be used to pay for subsidised therapies including physiotherapy, hydrotherapy, speech & language and occupational therapy. Massage therapy will also be available in the upcoming months.

For more information please contact our fundraising officer, Kirsty:  
[Kirsty.hutton@heelandtoe.org.uk](mailto:Kirsty.hutton@heelandtoe.org.uk)



**YOU'VE GOT TO  
BE IN IT, TO WIN IT**

**Tickets for our  
Easter Raffle are  
available to buy now  
by visiting our  
website**

**[Www.heelandtoe.org.uk/events](http://www.heelandtoe.org.uk/events)**

**or pay cash or card  
at either of our  
Therapy Centres**

**Tickets are priced at  
£2**

**We have a number  
of luxury hampers  
with prizes kindly  
donated by:**

**Asda Gateshead,  
Asda Bishop Auckland,  
Co-op Birtley and  
Morrisons Birtley**



## Events 2021



**In light of the government's new four step plan, we are now aiming to start running our fundraising events again, from June onwards. Please see our proposed events list below, some dates are still to be finalised.**

- Virtual Blaydon Race - Wednesday 9th June
- Great North 10K - Sunday 4th July
- Total Warrior - Saturday 10th July
- The Yorkshire 3 Peaks -Saturday 10th July
- Sponsored Sky Dive - Sunday 11th July
- Annual Golf Day - Ramside Golf Club – Wednesday 14th July
- Mini/Junior Great North Run - Saturday 11th September
- Hadrians Wall - Saturday 25th September
- 80's Night - Holmeside Club, Dunston - Friday 15th October
- Annual Charity Ball - Hilton Hotel – Friday 26th November
- Sportsman's Dinner - The Grand Gosforth - TBC
- Bingo Goes Bonkers - Ryton Social Club—TBC
- Firewalk - Heel & Toe Pelton - TBC
- Ziplide/Abseil/Bungee - TBC
- Children's Christmas Party - TBC





# Thank You



**The staff, parents and children at Heel & Toe would like to express our sincere thanks to all who have supported us throughout a very difficult 2020. We have had so many people fundraise for us over the last year, here is just a snapshot ....**

**Lucy Lockett Loves** team came together last year and hoped to take part in the Great North Run. Despite the run being cancelled the team have continued to support us in virtual events and have so far raised over £11,000.

**Ian Marley** has supported the charity for many years taking part in various events. Last year he created his own fundraiser to raise vital funds for H&T. Ian's C2C, 70.3 triathlon and Virtual London Marathon raised £5,000.

**Elle Carcamo** and friend **Pam Marley** ran the H&T virtual valentines run in February, despite being one of the coldest days with ice, snow and snow drifts. Elle and Pam raised £1000. Elle also ran the virtual GNR 10K last year for H&T and raised over £1000.

**Chris Robson** and his good friend Carl decided to run 2 marathons in a month to raise money to pay for his nieces therapy at Heel & Toe. Despite testing weather conditions throughout the month, the pair still got out and managed to raise £930.

**Ian Taylor** gathered a team of 24 runners to run a 24 hour relay. Each member of the team ran 1 hour of the day until the 24th hour hit! Fantastic challenge and the team raised a total of £1000.

**Tony Gent** and the Darlington Lions have supported the charity for many years and last year gave us a donation of £1,500 to help make up funds lost from cancelled events.

**Catherine Watson** joined the Heel & Toe Rainbow challenge in 2020. This challenge involved 7 different challenges in 7 different coloured t-shirts in 7 days. Catherine raised over £1500.

**Mark Ward** has supported the charity for many years, even when in lockdown last year. In June last year Mark pledged to clock up 400 miles, either by running, cycling or walking. A total of £840 was raised.

**Co-op Birtley** has supported us in many activities throughout 2020, including a skydive, Halloween raffle and Christmas jumper day. The team raised over £1,650 for us in 2020.

Staff at the **Halifax in Consett** worked together as a team to raise much needed funds during lockdown last year. Following government guidelines each team member completed 50k in the month of July. They raised a total of £810.

**Indra Shah** was all signed up to take part in the GNR 2020, due to coronavirus the event was cancelled. Indra decided to sign up for the Great North Solo event and still raise vital funds for Heel & Toe. A total of over £1500 was raised.

## Contact Us



If you have any queries contact us on 0191 386 8606 or email [info@heelandtoe.org.uk](mailto:info@heelandtoe.org.uk)

If you are interested in fundraising for H&T or would like to create a pot for your child, please contact one of our fundraising team.

[Kirsty.hutton@heelandtoe.org.uk](mailto:Kirsty.hutton@heelandtoe.org.uk)  
[Caroline@heelandtoe.org.uk](mailto:Caroline@heelandtoe.org.uk)  
[Amanda@heelandtoe.org.uk](mailto:Amanda@heelandtoe.org.uk)

To donate direct to Heel and Toe, Text 'HEELTOE' to 70085 (texts cost amount donated plus the cost of a standard message rate from your mobile provider. You will be opting into receiving updates on fundraising from us via telephone and SMS. To opt out Text 'HEELTOENINFO' to 70085 to simply donate but not be contacted.



**Durham Benevolence** gave us a £10,000 donation last year, which the Masonic Foundation also kindly matched. We also then received an additional £1,000 donation from the Lodge.

Last August **Pelton Parish Council** members kindly donated £2,000 to support our emergency appeal.