

SUMMER NEWSLETTER



The Future's Looking Bright..!!

After a very difficult 15 months we are delighted that things are finally starting to look a lot more positive and we are hopefully well on our way to getting back to normal life soon. We now have all our staff working back at Heel & Toe at our two therapy centres. Obviously we continue to follow current government guidelines with regards to PPE.

Due to easing of restrictions, we are delighted we can now re-establish our CE groups, so children can once again see their friends and work together in sessions.

Our fundraising team are about to embark on a very busy six months, cramming 22 events in before the end of the year, to recoup lost funds from 2020. Please take a look at our upcoming events list on page 3 and get in touch if you or your family, friends, work colleagues, etc would like to take part in, or attend any event.

H&T parents, remember funds raised can be added to your child's pot, to help pay for their therapy.

Also, we are always on the look out for volunteers to help us out at our events. It's always a great experience. Please do let us know if you would be interested in volunteering or know someone who would.



Charity No: 1125695

Summer 2021

PARENT NOTICE

BLOCK THERAPY

Please note we will be running blocks every week apart from shut down weeks (2nd-16th August) and will be also offering additional hydro-therapy each week too.

Please contact Vicky to book on 0191 386 8606

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Welcoming Denise to the H&T team

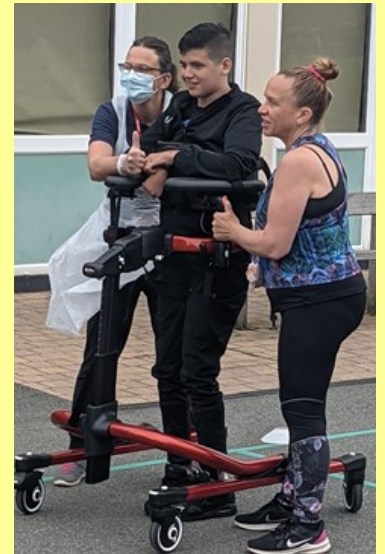


We are delighted to welcome Denise to our therapy team.

Denise is currently working part-time delivering massage and movement therapy sessions. You can book Denise in for a 1 hour session where she will work on massaging your child's chest and tummy, back, arms, hands legs and feet.

Achieving great things

We are so very proud of our Therapy team who have been working with local lad Ben at his school. Ben was involved in a horrific accident and unable to walk. However, with the support of numerous members of our staff providing a large package of therapy, he has beaten all the odds and is now walking using a frame for support. He recently completed a 100m sponsored walk, doing a full circuit of his school yard. Our Therapy Lead Jo even found stardom in the Evening Chronicle! Heel & Toe staff, helping make miracles happen every day!



New SALT equipment donation

We were delighted to be contacted by Gillian from MGL Group recently, to let us know that their charity committee had chosen to make a donation to Heel & Toe.

Our Speech & Language therapists, had been after new I pads and were very keen to purchase some new software to help children in their sessions. So we were over the moon to receive a donation of £1,328, allowing us to purchase two new I pads.



Heel & Toe Events 2021



Save
the
Date



Saturday 10th July - Yorkshire 3 peaks

Sunday 11th July - Skydive

Sunday 12th September - GNR

Friday 24th September - Sportsman's Dinner with Frank Bruno

Saturday 25th September - Hadrian's Wall

Friday 15th October - Back to the 80s night

Sunday 14th November - Sponsored Firewalk

Friday 26th November - Wonderland Charity Ball

Sunday 5th December - Kids Christmas Party

To book on to any of our events please visit:

www.heelandtoe.org.uk/events

TO VOLUNTEER PLEASE CONTACT US ON : 0191 386 8606 OR EMAIL: info@heelandtoe.org.uk

-  **Annual Golf Day - Wednesday 14th July, Ramside Golf Club, Durham - 8.00am to 5.30pm**
Volunteers will be asked to help set up, sell raffle tickets/mulligans, help run competitions on the golf course.
-  **Mini/Junior Great North Run - Saturday 11th Sept, Quayside Newcastle - 9am to 1pm &/or 1pm to 5pm**
Volunteers will be asked to cheer runners on and congratulate them as they cross the finish line.
-  **Great North Run - Sunday 12th Sept, South Shields - 12pm to 5pm**
Volunteers will be asked to be part of our cheering squad, greet runners at finish line and in our charity tent.
-  **Sportsman's Dinner - Friday 24th Sept, The Grand, Gosforth - 11am to 3pm and/or 5.30pm to 11pm**
Daytime volunteers will be setting up the Grandstand Suite. Evening volunteers will be asked to sell raffle tickets, assist with raffle prizes, help with auction spotting and taking payments.
-  **Hadrian's Wall - Saturday 25th Sept, Crawfields Quarry, Haltwhistle - 8:30am to 10:30am**
Volunteers will be asked to help set up registration tables, sign participants in and give out refreshments.
-  **Brick Services Ball - Friday 1st Oct, The Grand Hotel, Gosforth - 11am to 3pm and/or 5pm to 11pm**
Daytime volunteers will be setting up the Grandstand Suite and Foyer. Evening volunteers will be asked to sell raffle tickets, favours, assist with raffle prizes, help with auction spotting and taking payments.
-  **Wonderland Ball - Friday 26th Nov, Hilton Hotel Gateshead - 11am to 3pm &/or 5pm to 11.30pm**
Daytime volunteers will be asked to help set up the Gateshead Suite and Foyer. Evening volunteers to help sell favours, assist with raffle prizes, help with auction spotting and taking payments.
-  **Kids Christmas Party - Sunday 5th Dec, Pelton Community Centre - 1pm to 5pm**
Volunteers will be asked to set up room, cook/serve snacks and drinks, make crafts with children.

Thank you to everyone who supported H&T by buying a Easter Raffle ticket.
In total you helped raise £642.

SUMMER RAFFLE

Tickets for our Summer Raffle are available to buy now by visiting our website:

<https://heelandtoe.org.uk/>

Alternatively you can pay cash or card to enter the raffle, at either of our Therapy Centres

Tickets are priced at £2

Prizes include hampers full of Summer goodies

CLOTHING BINS

Can you support Heel & Toe by having one of our Charity Recycle Clothing Bins at your premises?



These are now available for you to have at your place of business to help raise funds for the children at Heel & Toe Children's Charity.



If you have space in your car park or outside your business for one of our bins we will arrange safe and secure FREE delivery. As soon as the unit is full, give us a call and we will have the donations collected.

Some businesses that are fundraising for us with this scheme include Stanley Travel, Costain Group, Nissan Motor Manufacturing UK Sunderland, Nettlesworth Primary School, Co-op retail logistics Birtley, Mac Security & Fire Ltd & Tesco Express Sacriston.

Email: mandy@heelandtoe.org.uk or call our Centre on 0191 3868606 ext. 104.

Contact Us



If you have any queries contact us on 0191 380 8606 or email 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
Caroline@heelandtoe.org.uk
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 'HEELTOENOINFO' to 70085

Thank You

Great North Abseil - On Sunday 6th June, John, Barry and Ian took on the challenge to abseil down the castle walls at Langley. John and Ian enjoyed the experience that much, they have signed up for the Halloween abseil in November. The team raised £800.



Skydive - Lauren, Allison, Richard and David finally did their skydive last month. After many cancellations due to weather and local restrictions the team finally got to jump!! Well done you raised over £5000 between you.



Spark Health and Fitness - We contacted local gyms last year to see if they were able to transform their fitness classes to a Halloween theme. Spark Health and fitness also did their own fundraiser on Boxing Day and in total they raised £346.50.



Peter Bartley - H&T Trustee Peter and a group of friends got together to raise much needed funds for the charity. The team of keen cyclists cycled 100k around the beautiful sights of Beadnall. In total they raised £393.00



2021 Sponsorship

Huge thanks to Malcolm Johnstone and SRL Traffic Systems for once again agreeing to sponsor our GNR vests for 2021. We are so grateful for their continued support. The company have also offered us a support vehicle again for our Yorkshire Three Peaks Challenge.

We would also like to thank one of our parents, Gary Maskill who's company Hunter Security Services have come on board as our Mini and Junior GNR t-shirt sponsors this year.

And once again our Trustee Angela Kirtley has helped us secure event sponsorship from Irwin Mitchell, for our Sportsman's Dinner and Charity Ball. Their ongoing support is invaluable with our key corporate events.