

AUTUMN NEWSLETTER

Our marvellous mini's & rapid runners!

Well done to all of the runners who ran for Heel and Toe in the MJGNR and the GNR on Saturday 11th and Sunday 12th September. In total we had 330 runners raising money for Heel and Toe, which has raised over £50,000. A huge thank you to our volunteers who came along on both days to congratulate and cheer on the runners over the finish line. Dates for the MJGNR and the GNR have now been released, if you are interested in registering for the MJGNR please visit our website. To register your interest for the GNR please contact Natalie: natalie@heelandtoe.org.uk



A Night with Frank Bruno...

A big thank you to everyone who attended Heel & Toe Children's Charity Sportsman's dinner on Friday 24th September at The Grand Hotel, Gosforth. The night was a resounding success and raised a whopping £10,500!

We hope to see you all next year at the same venue on Friday 10th June for **An Evening with Paul Merson**. Tickets are now available on our website or contact Natalie: natalie@heelandtoe.org.uk.



BOOK NOW



12 Mile Hike along Hadrian's Wall

On Saturday 25th September, 26 hikers walked 12.5 mile along Hadrian's Wall to raise money for Heel and Toe. It was a very challenging hike, but the weather was kind to our walkers and they all completed the walk between 6 and 7 hours. A huge thank you to our guides Brian, Mick and Dunmail from North East Guides, who made sure each participant completed the walk safely. Well done to everyone who took part.

If you are interested in our hikes, we are repeating the Hadrian's Wall challenge on Saturday 7th May 2022. If you are looking for a bigger challenge, why not join us on Saturday 16th July to hike the Yorkshire Three Peaks. Contact caroline@heelandtoe.org.uk for more details.



Autumn 2021

PARENT NOTICE

Closures

Both centres will close on Friday 23rd October and will reopen on Monday 1st November 2021

All sessions will resume Monday 1st November

In This Issue

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Meet our Occupational Therapy Team

Caroline Clay is an experienced Occupational Therapist running sessions at the Heel and Toe Sensory Gym. Caroline is a trained Ayres Sensory Integration Practitioner and a trainer in Developmental Play.

Stephanie Snowball is an expert in dyspraxia and in movement coordination difficulties.

Both therapists are highly experienced and have a wealth of knowledge and expertise working with children. Occupational Therapy is a very popular therapy and has excellent feedback from the parents of the children who attend these sessions.

We do have capacity to take on new children and are currently taking referrals for the Autumn Term. Caroline and Stephanie will be happy to speak to parents about concerns or achieving new goals for their children.

If you would like to speak to one of our Occupational Therapists please call our clinical administrator, Vicky Toulmin on 0191 386 8606 to arrange a telephone appointment.



What is Occupational Therapy?

Children's Occupational Therapy (OT) is all about improving function in children. OT covers a wide range of conditions and problems to promote function in relation to many activities children complete on a daily basis.

Some of the common conditions include: Autism, Attention Deficit Hyperactivity Disorder (ADHD), Attachment disorders, Cerebral Palsy, Dyspraxia, Hemiplegia and Sensory Processing problems (SPD).

Some of the common problems we can help with include: delayed developmental milestones, sensory issues, poor handwriting, struggles to dress, undo buttons/zips, clumsiness, poor ball skills, difficulty balancing, poor hand eye co-ordination, poor fine motor skills, poor gross motor skills, low confidence and social and emotional difficulties.

Children learn through sensory experiences that include touch, movement, body awareness, sight, sound, smell, taste and the pull of gravity. The process of the brain organising and interpreting this information is called Sensory Integration. Sensory Integration (SI) provides a crucial foundation for later, more complex learning and behaviour. Some children learn differently and need more help to build foundational and functional skills.

Welcome to the H&T team

BEC CLARKE

We are delighted to welcome Bec to our therapy team.

Bec graduated in 2016 from University of Worcester with a BSc in Physical Education and Sport Science. After travelling for a year Bec went back to university to complete a MSc in Physiotherapy and graduated in 2020. Bec has worked with children in a sports and educational setting for a number of years. As a physiotherapist, Bec has predominantly worked in ICU and MSK outpatients but has been keen to get back to working with children!

MICHAEL LONG

We are delighted to welcome Michael to the Heel and Toe team. Michael started his role as an admin apprentice in September after finishing school this summer. Good Luck Michael, we wish you well in your new role.



DARE DEVILS NEEDED...!

We are still looking for more Dare Devils to sign up to our last two sponsored events of 2021. Your last chance to raise funds for Heel & Toe this year. Heel & Toe parents, remember anything above the minimum sponsorship can be added to your child's therapy pot.

Why not dress up in your favourite Halloween costume for the Langley Castle, Hexham Abseil on Saturday 30th October or walk across hot coals at our Pelton Therapy Centre rear car park on Sunday 14th November. Go on, we dare you..! For further information or to book visit our website or contact Kirsty: Kirsty.hutton@heelandtoe.org.uk



We are delighted to be holding a Children's Christmas Party next door to our main Therapy Centre at Pelton Community Centre. We are excited to see Santa and hope you will all join us!

 You are invited to the
Heel and Toe

CHILDREN'S CHRISTMAS PARTY

Pelton Community Centre
Sunday 5th December 2-5pm

£5 per child
Adults free

Sign and sing
along

Meet and Greet
with Santa

Raffles and Stalls

Children's entertainment

Gift for each child

BOOK NOW
Tickets on sale at H&T reception
Visit our website www.heelandtoe.org.uk/events
or contact caroline@heelandtoe.org.uk

Thank You

Birtley Harriers - Team Birtley AC teamed up and ran the coast to coast relay, approximately covering 142 miles!!! The oldest member of the team filled a bottle of water from the Irish Sea at Whitehaven and when the relay finished in Roker, the youngest member of the team emptied the water into the North Sea. The team raised a phenomenal £1812.00



Philip Dawes - Philip attended sessions at Heel & Toe a few years back and as a thank you he decided to hold his own fundraiser at school. Philip really enjoyed organising this event and was very happy he raised £1,500. Thank you to all staff and pupils at Ingleby Manor School for supporting Phillip's event.



Stanley Peddlers - Following on from the success of previous fundraising cycle rides, the team decided that this year's ride would take place over 3 days, covering 155 miles, starting on Walney Island and following the W2W cycle route to the Wear at Sunderland. The team raised £1,002 in total.



Lily Davison - Raised a whopping £583 from her challenge! Lily cycled every day throughout August, even in the rain and on a family holiday. Lily cycled 32 miles in total. Well done Lily and thank you again for supporting all the children who attend Heel & Toe.



Helen & Bill Hope - Huge thank you to our ambassadors Bill & Helen who organised a street party with their neighbours on Saturday 11th September. The neighbours organised entertainment, games and a variety of stalls on the day to raise money for Heel & Toe. In total they raised £315.00.



Robert Scott - We would like to send our extended condolences to Robert and the Scott family, on the loss of Ann. Robert, founder of Stanley Travel requested that donations be made to H&T in lieu of flowers at the funeral. Collections were also made at Stanley Travel offices, totaling £514.



Park Electrical - Big thank you to Park Electrical Distributors for once again taking part in the Total Warrior and raising a fantastic amount for Heel & Toe Children's Charity! Park Electrical have chosen Heel & Toe as their charity of the year, and have dedicated their time to support the charity.



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, please contact one of our fundraising team.

Kirsty.hutton@heelandtoe.org.uk
Caroline@heelandtoe.org.uk
Amanda@heelandtoe.org.uk
Natalie@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

Mark Ward, Brick Services - Huge thank you to our trustee and parent Mark Ward and his company, Brick Services for holding a charity ball on behalf of Heel & Toe. It was a fantastic night and everyone thoroughly enjoyed themselves. In total the event raised over £8,000.

