

# SPRING NEWSLETTER



## A hands-on approach to help achieve your goals ....

Heel & Toe Children's Charity is delighted to have launched a specialised therapy service in the form of Hippotherapy. The charity has been awarded funding from The National Lottery Awards for All to pilot a project where 18 children will receive 6 sessions of Equine Facilitated Physiotherapy (EFPT).

EFPT, also called hippotherapy, is a physiotherapy technique that uses the movement of a horse to treat a variety of conditions, in this case children with physical disabilities and complex needs. The horse's regular rhythm of walking can be used to improve balance, strength, joint range, righting reactions, tone, flexibility and sensory processing essential in the development of motor skills. Heel & Toe Charity's Clinical Lead - Jo Parsons is a Fully Qualified Paediatric Physiotherapist and is coordinating the new Hippotherapy service in partnership with Washington Riding School. If the pilot scheme is a success, Heel & Toe Charity will look to apply for further funding to continue running this amazing new service.



## A Night with Phil Tufnell

A night with Phil Tufnell, organised by The Sporting Club and hosted by Ian Stafford.

Phil Tufnell is a former English spin bowler and international cricketer. He played in 42 Test matches and 20 One Day Internationals for the England cricket team, as well as playing for Middlesex County Cricket Club from 1986 to 2002.

The event is taking place on Friday 15<sup>th</sup> July at Ramside Hall Hotel, Durham from 6.45pm – 11pm and includes a drinks reception, photos, 3 course dinner and Q&A.

Tickets booked through Heel & Toe are discounted to £75 per person + VAT or £700 table of 10 + VAT. If you would like to book a table please contact - Natalie: [Natalie@heelandtoe.org.uk](mailto:Natalie@heelandtoe.org.uk)



Charity No: 1125695

## SPRING 2022

### PARENT NOTICE

#### Closures

Both centres will close on Thursday 14th April and will reopen on Monday 25th April

#### All sessions will resume

Monday 25th April

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# Therapy Pots

## 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 from 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, massage therapy and occupational therapy. For more information or to set up a fundraising pot for your child, please contact our fundraising officer, Kirsty: [Kirsty.hutton@heelandtoe.org.uk](mailto:Kirsty.hutton@heelandtoe.org.uk)



**Heel & Toe Children's Charity** has been nominated to be part of the Asda foundation-UK Green Token Giving Scheme through our local ASDA (Metrocentre).

Please vote online for us to be in with a chance to receive £500, £400 or £300 from The Asda Foundation - depending on how many votes we get!

The vote will be live from 1st February and voting will close at midnight on 31st May.

You will be able to vote for us by visiting:

[www.asda.com/green-tokens/store?store=4149](http://www.asda.com/green-tokens/store?store=4149) – click 'vote' under Heel and Toe.

(You can vote once a week).

Thank you for your support.



# New Charity Ambassadors

**Simon Atkins – Pertemps Recruitment** - We are delighted to appoint Simon Atkins as a Charity Ambassador. Simon has supported Heel & Toe throughout the years by taking part in a number of our sponsored events. He also has been able to secure funding from Pertemps and continues to spread awareness within his workplace and home community. Thank you for your continued support Simon.



**Gary Maskell – Hunter Security Services** - We are delighted to appoint Gary Maskell as a Charity Ambassador. Gary has supported Heel & Toe for many years as his son attends the charity for weekly therapy sessions. Gary offered to sponsor the children's t-shirts for the Mini/Junior GNR in 2021 and has very kindly offered to sponsor the t-shirts for the run again this year, along with being our Drinks sponsor for the Sportsman's Dinner in June. Thank you Gary, your support is greatly appreciated.



# ★★★★ Well Done Kids ★★★★★



Great to see group therapy sessions back at Heel & Toe.

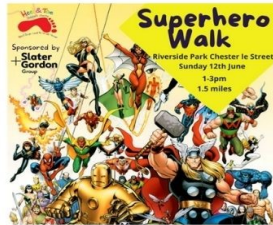
These children had a fantastic conductive education session earlier this month. Well done we look forward to seeing you again soon.



# Events Pinboard

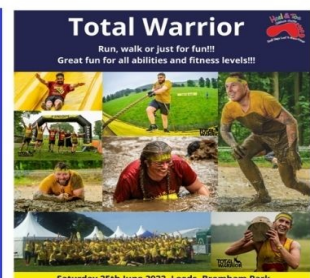
We have something for everyone, suitable for all abilities and fitness levels.

## FOR THE KIDS



## FOR THE ADULTS

### Adrenaline Events



### Ticketed Events



To sign up to one of our events visit our website: <https://heelandtoe.org.uk/events/> or call our fundraising team on 0191 386 8606.

Do you work for a company who could help us?

Would your company like to sponsor an event or would your work colleagues like to enter a team at one of our events?

Contact kirsty: [kirsty.hutton@heelandtoe.org.uk](mailto:kirsty.hutton@heelandtoe.org.uk) for more information

# Good Luck

The staff, parents and children at Heel & Toe would like to wish all participants good luck in their chosen events throughout 2022.

## Ross Tomkins - 12 month 4 Summit Challenge.

Ross our charity Ambassador has decided to take on this huge summit challenge in support of Heel & Toe. Ross is due to climb Mont Blanc, Europe - June 2022, Aconcagua, South America - November 2022, Carstanz Pyramid, Australasia - March 2023 and Denali, North America May 2023. Thank you and good luck.



## Denise Wood - Easter Run.

Denise is a massage therapist at Heel & Toe and decided she would like to take part in an event to raise much needed funds for the charity. Denise is part of a ladies running group in Seaham and between them they have organised a sponsored Easter Run along the sea front. Good luck ladies and thank you for your support.



## Tony Taylor - 100km Ultra Marathon

Tony will conquer the epic St. Oswald's Way on Saturday 28th May, taking in the rugged moorlands, forests and coastal trails. The route winds through Northumberland National Park, finishing at the impressive Bamburgh Castle. Good luck Tony!!



## 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, please contact one of our fundraising team.

[Kirsty.hutton@heelandtoe.org.uk](mailto:Kirsty.hutton@heelandtoe.org.uk)  
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[Natalie@heelandtoe.org.uk](mailto: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 'HEELTOENINFO' to 70085



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

Tickets for our Easter Raffle are available to buy now at both of our reception desks or online at <https://heelandtoe.org.uk/events/easter-hamper-raffle-2022/#tribe-tickets>

Please ask a member of staff for more details.

Tickets are priced at £2 each or 3 for £5.

Entries close at 12 noon Monday 11th April and will be drawn Tuesday 12th April.

