



Empowering parents to help their little stars

Welcome to our Shine21 parent newsletter.

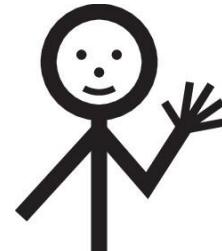
Our mission and goals are detailed on the Shine21 website however our overall aim is to empower you, the parents to help your little ones shine. We aim to do this by providing you with resources and activities to enhance their development, run developmental sessions by qualified therapists and be there for you whether you need some guidance on completing DLA forms, Makaton tips or just someone to talk to.

March Edition

- Welcome
- World Down Syndrome Awareness Day
- Thank you
- Makaton
- Brightstars
- Fundraising
- Maths Mum
- Volunteers needed
- Dates for your diary

Welcome

Welcome to Esme and her family. We are so glad that you have found Shine21 and we look forward to getting to know you and your family.



World Down Syndrome Awareness Day

We hope you had a lovely day wearing your colourful socks and celebrating all things DS. We loved seeing your photos.



Thank you to those who sent a video or picture for the Shine21 see the person campaign. We loved spreading the word that there is a lot more to our little people than their diagnosis.

Thank You



A big thank you to Leanne and Alice for running 21km to raise money for Shine21. You both did incredible!

Thank you to Helen for hosting a quiz night with her friends and raising £100.

Thank you to Daynor for volunteering to work with Emma to complete grant applications to fund the continuation of the development sessions and also tumble tots.

We look forward to sharing the results with you.

Makaton

Emma Thompson's Makaton business Handmade voices is now live. Shine21 has an agreement with Emma that should any Shine21 parent wish to attend the Level 1 Makaton training Shine21 will fund this. If you wish to attend a course please visit Emma's website and book onto either a morning or evening course. You will not be required to pay or provide any payment details. Please book your place before 9th April.

We believe that Makaton is a huge part of your child's development but at £72.50 per course per parent, it is not always possible for parents to attend. A big thank you to Emma for making this possible for Shine21.

[Makaton Training Courses | Handmade Voices | York](#)

Brightstars

Those who expressed an interest in attending the Shine21 Development sessions should now have received an invitation with the dates and time for their child's group. We have agreed the dates for the spring term, we will keep you updated with dates and plans beyond that.

Once you have confirmed that you wish to attend, I will issue you with more information and the covid-19 safety requirements. We are working hard to ensure the sessions are as covid safe as we can make them. We will also invite you to a Whatsapp or Facebook message group for your 'team' so we can update you with any updates regarding your particular group.

We are hoping to expand the content of the sessions after summer to cover other developmental areas such as Maths Mum etc so watch this space.

Resources

Thank you to everyone to has joined our Wednesday evening sessions.

So far we have learnt the Makaton for the Dear Zoo book, Old MacDonald, Twinkle Twinkle and Wheels on the Bus nursery rhyme. We hope that you have found it useful and now have the Makaton signs to use alongside your resources we provided. We are working on some more resources however we are mindful that we do not want to overload you so we will recap on some of the stuff we have learnt too.

Remember everyone is welcome even if you have not requested a resources pack.

If you would like more information regarding the resources we can provide please contact Louise.

Wednesday evening zoom code, 8pm
Meeting ID: 981 196 2618
Password: DS

Suggestions

Shine21 is here to support you and your child so if there is anything you would like providing or therapies you would like exploring please let us know. We will look into them further and see what we can provide.

Fundraising

As you are aware Shine21 is run purely from donations and grants. We are always looking for new ways to ensure Shine21 has the necessary funds to continue our offering and commitment to you and your family. If you have any suggestions or would like to help with fundraising please contact Helen Kel.

Helen has lots of ideas which she is working on but more hands and support would be greatly appreciated.

100 Club

A huge thank you to everyone who has promoted or bought a ticket for the shine21 100 club. We have just 25 numbers left to sell so please promote to your friends and family. For a one off cost of £15 they will be placed into 12 monthly draws with the chance of winning £50 each month.

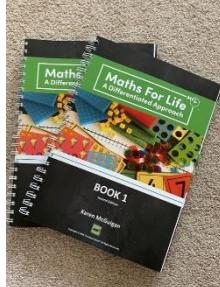
Good luck to all those who have bought a ticket. [Shine21 100 Club | Shine21](#)



Maths Mum

This month we hosted the Maths mum course. It was lovely to see both parents and schools wanting to gain a positive understanding of making Maths accessible. Shine21 have copies of the Maths Mum workbook which is available from the resources library if you wish to borrow a copy.

We believe that it is a fantastic approach in which the child will thrive from using. We will therefore be incorporating elements into our developmental sessions. We have also supplied two schools with the workbook to enable them to incorporate it into their approach. This is an offer which will be made to all schools moving forward.



Volunteers Needed

We are still looking for volunteers to support in a range of areas. These are now advertised on our website, please signpost any friends or family who may be interested.

We particularly need a volunteer to research into professionals, people and services in which we can promote Shine21 to. We want to ensure Shine21 is advertised and available to families in North Yorkshire. This will include locating their contact details and posting out Shine21 flyers or directing them to our website.

We are also seeking a volunteer to write the newsletters (this internal parent one as well as introduce an external one).

If you or anyone you know would be able to volunteer in these areas or any of the areas advertised on the website please let Louise Mouncey know.

[Vacancies | Shine21](#)

Dates for your diary

Potty training advice by June Rogers
Wednesday 31st March at 7:30pm

Drinking and Feeding advice by Wendy Uttley
Wednesday 07th April at 7:00pm

Future dates

We are hopefully (don't want to jinx anything) planning some social events for summer once covid-19 restrictions are eased. We will keep you updated.



Have a lovely Easter.

Stay safe and we look forward to seeing you at the Shine21 Brightstars sessions.