



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

- Hello
- A warm welcome
- Know anyone who needs Shine21?
- Shine21's new home
- Bright Stars and Therapy
- Events and Fundraising
- Grants and Funding
- Shine21 behind the scenes
- Dates for your diary

Hello! We hope you're enjoying the new season and the longer, lighter days that await. It's been a momentous month here at Shine21 with premises progress, new arrivals and exciting fundraising plans in the pipeline. Plus it's World Down Syndrome Day this month – always a reason to celebrate our shining stars!

A warm welcome

Welcome to Elijah and also Ailsa and their fabulous families. It has been lovely to meet and we look forward to you both joining our groups.

Know anyone who needs Shine21?

We're delighted that new families are finding Shine21 and joining us. If you know anyone in North Yorkshire aged six and under who has Down Syndrome, please don't hesitate in suggesting that they get in touch.

Shine21's new home

We're over the moon to announce that we've found the perfect new home for Shine21! Once we've progressed further with the lease and the solicitors we'll share the details with you. Fingers crossed our May social event can be our new home celebration where we can give you all the grand tour!

The developmental groups will be transferred to the new premises. We're currently looking at logistics and timescales, but we'll keep you updated.

Bright Stars and Therapy

Bright stars

Our youngest Shine21 members have now joined their developmental groups. They will start with the Makaton signing for babies and families course and, after the summer, they will be supported by Gwen. We can't wait to see them grow and develop.

Feeding clinics

Due to the May bank holiday we will only have availability on Tuesday 3 May. If you would like to book a session, please contact Louise.

Occupational Therapy update

The March Occupational Therapy (OT) session was another fun one! It was lovely to have Gwen attend and to see what the children do in their sessions; it ensures our therapists are working together to best support the children.

The OT ladies have asked if a student midwife could observe the April session. The student is training to be a specialist health care advisor and is keen to learn more, which is amazing. She will no doubt introduce herself but please be aware that she will be there.

Events and Fundraising

Our new home has brought a significant increase to our expenditure. We will be reviewing all the support and services we offer to ensure they are cost efficient. However we need you more than ever to help us fundraise and ensure Shine21 can keep on shining. If you have an idea for a fundraising event or if you know a business which offers charity support, please get in touch.

Car boot and events

The arrival of warmer weather will mark the start of car boot season once again. To date, we have raised over £4,000 from selling pre-loved items which have been donated to us, so we're keen to continue with car boots however we do need your support in running a stall. If you could spare a few hours on a Sunday morning, please contact Jo.

Shine21 is also booked to attend a number of events such as Haxby Carnival and the York Dragon Boat race. We'll soon share with you a full list of events. If you could support us by helping to run a stall, please also contact Jo.

Choir concert success

A huge thank you to Emma Thompson who organised the choir concert. She pulled out all the stops – even making appearances on the radio and in the newspaper to ensure it was well attended and a success. The evening was indeed a success and everyone expressed how amazing it was. An incredible £3,645.78 was raised for Shine21 with more donations still coming in.

A 100 Club thank you!

Thank you very much to everyone who renewed their number or joined our 100 Club draw. The draw raises £900 for Shine21 which goes directly into funding the therapy and support for your children. Draws will continue to take place 21st of each month.... Good luck!

Shine21 Behind the Scenes

Down Syndrome Research Forum

Louise recently attended the annual Down Syndrome Research Forum. It was a jam-packed two days featuring numerous speakers who outlined ways to aid our children's development. We are pleased that we are already providing some of the therapy and support discussed; the forum also provided new ideas and areas which we can further explore. Watch this space.

Survey

Thank you to everyone who has already completed the survey regarding the social and stay and play sessions. We are keen to ensure Shine21 continues to offer the support you and your families would like.

100 Club

The lucky winner of this month's 100 Club was Michelle Hitchin. The next draw takes place on 21 April, so keep your fingers crossed!

Dates for your diary

4th April – Occupational Therapy

5th April – Stay and Play session

April social tbc
