



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.

## May Edition

- Hello
- A warm welcome
- Consent required
- Thank you cards
- Development Groups
- Socials
- Makaton for friends and family
- Thank You
- Fundraising and events
- Shine21 behind the scenes
- Dates for your diary

## Shine21 HQ

Unit 1  
Sutton Grange Farm  
Sutton on the Forest  
York  
YO61 1EN



## A warm welcome...

How exciting not only do we have two new little ones to introduce we also have a bump! Welcome to Enya and Louisa, Marcia and Tahila and also Jenna and bump.

We are so pleased to welcome you to Shine21 and hope to meet you all soon.

Hello! It's been fantastic to see so many of you step through the door of Shine21 HQ for your therapy sessions this last month. The new building is fantastic and it's even better when it's full of our shining stars working on their new skills and activities! We're gearing up for a busy summer of fundraising, so buckle up...

## Consent required

In line with GDPR regulations we are seeking new consent from ALL families. This is compulsory and the form must be completed and returned by 17 June. We want to ensure Shine21 is a safe and supportive support group and we feel this is an important step in ensuring this happens. If we don't receive your consent we will be required to archive your child's details, access to support denied and remove you from the parent Facebook group.

If you have not received the link please contact Louise.

## Thank you cards

We're still looking for people to feature on the new thank you card. Our theme is: 'Thank you: your support and generosity has helped me...' The card will show photos of the children doing something they've achieved or something that has made a difference to your family which Shine21 has supported in. This could include learning to blow bubbles, learning Makaton, meeting mums on a similar journey and so on.

We have drinking, Makaton and bubble blowing already taken but if you would like to contribute and have an achievement different to those mentioned, thanks to the support of Shine21, please contact Louise.



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## Development Groups

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### Speech and Language Therapy Group News



It's been a busy but brilliant month so far for our therapy sessions. We've had several visitors who have come along to observe including Lizzie and Beverley from the OT team and Jo Byers and Shelley Snowden from the Portage team. Their feedback has been amazing and we hope to work more closely with the Portage team in the near future.

If you would like your child's setting, Portage worker, speech therapist or anyone else involved with their care to observe a therapy session, please let Louise know.



We appreciate that it can be overwhelming when you are given targets and suggested activities set by a number of different therapists. Therefore we have designed a short target and activity tracker. They detail the key focus for your child over this next term and also the resources available to help them. Louise will give them out over the next few weeks. You are welcome to share this with your child's setting and other therapists.



Louise is booking in school and nursery setting visits to share the targets and activities we are doing in the sessions. She will also ensure they have the information needed to best support your child. If you would like Louise to visit your child's setting please drop her a message.

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### Occupational therapy

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As outlined in my email, we have decided to pause the OT sessions for the rest of this term. Louise is working closely with the OT team to agree a new model moving forward and we will update you once a plan has been agreed.

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### Stay and Play

Just when we got dates booked in the diary we have had to cancel our first stay and play. Therefore there will be no stay and play on the 1 July. Watch this space to further updates!

### Feeding clinics with Gwen

All children will have the opportunity for 1:1 feeding session with Gwen this term. Louise will email you with a date and time. If you have any concerns or questions in the meantime, please email Louise or Gwen.

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### Socials

Alice is busy booking in our parent social events. Having previously held a couple in Harrogate/Knaresborough we are planning our August get together in Whitby. Plans are currently looking like a day on the beach as well as boat rides provided by local charity hot wheels. We will keep you updated.



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### Makaton Taster of Friends and Family

Following the success of the previous session we will be arranging another session. It is a great way to introduce grandparents, family members or close friends to Makaton. They will learn the key signs they will use to sign with your little one. We are just agreeing time, dates etc and will update you all soon. In the meantime please speak to your family and friends and see if they would be interested.

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# Thank You

A huge thank you to Knaresborough Studio 3 Dance Workshop which donated £100.

## Events and Fundraising

We have an impressive calendar of events lined-up to help raise vital funds for Shine21 – in addition to raising our profile and awareness of Down Syndrome. Thank you to the fundraising team for their hard work in planning these events.



**Shine21**  
Fundraising Events 2022

**Can you help?**

We continue to look for volunteers for our fundraising events. We thought it might be helpful if you knew what each event would look like and how many people are needed.

**APRIL/MAY 2022**  
**30TH - 2ND HAXBY Scarecrow festival**  
- Man an information display for a couple of hours each day- x1 person per day

**May-onwards 2022 (Sundays)**  
**Wigginton car boots**  
- Sell our beloved items. These will all be organised and boxed, ready to collect from Shine HQ. The car boot runs from 7am-11am- x2 persons.

**June 2022**  
**4th wigglyfest**  
-Man a stall approx. 10-4 selling sweets/tombola other items- x2 persons.

**18th inflatable 5K (Sponsorship)**  
-Please come and join us anytime to support and cheer Team Shine21 on!

**25th Summer Raffle**  
-Selling raffle tickets (as many as possible @)

**July 2022**  
**2nd Copmanthorpe Carnival**  
-Man a stall approx. 10-4 selling sweets/tombola other items- x2 persons

**9th Haxby Carnival**  
-Man a stall approx. 10-4 selling sweets/tombola other items- x2 persons.

**10th York Dragon Boat**  
-Man a stall approx. 10-4 selling sweets/tombola other items- x2 persons.

**AUGUST 2022**  
**7th Shine21 Fun Day**  
-Man a stall approx. 9-4 selling sweets/tombola/games other items, help set up and decorate the venue- x15 persons.

**24TH A NIGHT WITH ADAM COLLIER**  
- Selling tickets

**DECEMBER 2022**  
**TBC WREATH DECORATING**  
- Volunteer's to run their own local event. All items needed will be supplied x6 persons

**10TH CHRISTMAS CRAFT FAIR**  
-Man a stall approx. 9-4 selling sweets/tombola/games other items, help set up and decorate the venue- x10 persons.

**We hope this helps, please contact Jo on [fundraising@shine21.org](mailto:fundraising@shine21.org) for more information/ volunteer**

However... we need your help! We're struggling for volunteers to help support at these events so any support and or time you can give would be much appreciated. You'll find more information on the poster below or please contact Jo.

We welcome new ideas and fundraising initiatives so if you'd like to join our fundraising team or organise a fundraising event, please contact Jo.

### Car boot sales

Car boot season is now in full swing. Thank you to our volunteers: Cath, Daynor, Keri and Katrina. We've raised £258 so far. Lots more dates are booked in so if you can spare a Sunday morning to help, please let Jo know.

### Shine21 Summer Raffle

You guys have been so amazing at selling raffle tickets that we've have had to buy more! Keep on selling and let's raise an amazing amount for Shine21. Please remember to drop your stubs and money off at Shine21 HQ.



### May fundraising events success

#### Haxby Scarecrow Competition

A huge thank you to Jo and Janet who represented Shine21 at the event - it was a huge success! We'll update you with the money raised very soon.

A big thank you to Jess, Ben's older sister who, alongside making a Shine21 Mr Tumble Scarecrow, sold sweet cones and raffle tickets. Over the three day event she sold 100 sweet cones and 90 raffle tickets!

#### Duncombe Park

Thank you to Christine and Jo who ran a tombola and stall at the Duncombe Park show. They raised £191.

### June's fundraising events

#### Inflatable 5k

For those of you taking part in the Inflatable 5k as Team Shine21, we really hope the training is going well. We still have two places remaining if anyone feels up for a fun challenge. We'll cover your entrance fee and provide you with a t-shirt; we ask that you aim to achieve £150 in sponsorship. Please get in touch with Jo if you'd like to take part

We would love to see families there supporting team Shine21 and cheering them over the finish line.

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## Can you help?

### Tombola prizes

There are several events on the horizon at which Shine21 will be hosting a tombola. We're therefore in need of suitable prizes. We'd be extremely grateful if you could donate a bottle of wine or spirits, a box of chocolates or an unwanted gift from great aunt Ethel! Items can be dropped off at Shine21 HQ.

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## Grants and donations

Our ambitious target of achieving £70,000 is in full swing. Our application to The Albert Hunt Trust was successful and we were awarded £2,000; Nimbuscare has awarded us £5,000 and Two Ridings has granted us £2,000. There's still a long way to go however, so continued help with fundraising and grant applications would be much appreciated!

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## Shine21 Behind the Scenes

### Shine21 - behind the scenes

Louise, Jo, Alice and Julie are in the process of agreeing a new structure to ensure Shine21 can keep on growing. We'll shortly be advertising the key areas of support where we need help. If you can spare a few hours a month, or know someone else who would like to join our team, then please let us know.

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### Resources library

We've recently purchased resources and literature for our library. These include toys and resources used in the therapy sessions such as a jack in a box, and also literature which parents may find useful. Louise is busy setting up a new library system and once it's ready, will let you know how you can access it. If there's anything you think would be a beneficial addition to the resources library, please let Louise know.

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### NHS and Shine21

Following Louise's email regarding NHS Salt provision, we want to reiterate that accessing Shine21 will not reduce your support from the NHS. The email was written with and agreed with both Scarborough and York Trust, so there should not be any argument to the contrary if you query it with them. If you are struggling to access NHS support please contact Louise.

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### 100 Club

April's 100 Club is Jo Pratt— congratulations! Best of luck for the next draw on 21 June 2022.

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### Dates for your diary

30 May – 03 June – no groups due to half term holidays

01 June – Zoom social 8pm.

06 and 07 June – no group sessions only individual feeding clinics which have been prebooked.

17 June – deadline to return consent form

18 June – Inflatable 5k

21 June – 100 Club draw

25 June – Raffle draw

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**Have a wonderful jubilee filled half term break**

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