



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.

### February Edition

- Hello
- A warm welcome
- Thank you
- Shine21 update and changes
- Support and Information available
- Bright Stars and therapy
- Resources
- Events and Fundraising
- Grants and Funding
- Shine21 behind the scenes
- Dates for your diary

What a windy and wild week it has been. We hope it has not ruined any of your half term plans.

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### A warm welcome...

We are delighted to say that our newest member of the Shine21 family is now home from hospital. Welcome to Maisy and her family, we hope you settling into a new routine and we look forward to meeting you soon.

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### Thank you

Thanks goes to Angie who donated £70 from the sale of her allotment to Shine21.

Another thank you goes to Kim who manned the tombola at Dunelm and raised £78.80. We hope to hold another tombola later in the year so please keep hold of any unwanted Christmas presents you have lurking around.

This month we received £61.56 from easy fundraising. Thank you to everyone who has registered to the scheme when shopping online. To find out more or to sign up please visit [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)



Thank you to Jo and Toby who attended the Pads midwife training at York University to share their experience of having Isaac and receiving a high chance diagnosis. Feedback from the students was they found it really beneficial.

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## Shine21 Update and Changes

We emailed a letter to all Shine21 families on the 20<sup>th</sup> February. We hope the changes made sense to everyone. We are in the process of updating our information and social media to reflect the changes.

If you have any queries please do not hesitate to contact either Louise, Jo or Alice.

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## Support and Information Available

As we have a number of new members to the group I wanted to remind everyone about the parent only section on the website 'Parent Support'. As the page is only available to Shine21 families it is password protected. The password is ShineStars please do not share this password with anyone.

We are in the process of updating the pages, but in this section you will find a copy of recent newsletters, information about the developmental groups and also resources available.

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## Bright Stars and Therapy

### Developmental Groups

Louise has started her tour of the Seaside Salt therapy sessions to see the amazing progress the children are making. Unfortunately storm Eunice has meant she had to postpone a couple of visits but she hopes to reschedule these for March.

### Occupational Therapy

It looked like everyone had great fun at the February OT session. We have had a little shuffle of the groups, the 9:30 session will be for children who are not yet mobile, the 10:30 session will be aimed at the children who are ready to go off exploring the equipment on their own.

The next session is 7<sup>th</sup> March 2022. Everyone welcome. If you have not attended before please contact Louise for a consent form which will need to be completed and returned to the OT team.

To ensure our therapists are giving consistent and tailored support to the children, Gwen will be attending the March OT session.

### Stay and Play

This month Handmade voices will be hosting a Gruffalo themed session. We would love to see some Gruffalo themed clothing.

Tuesday 8<sup>th</sup> March, 10-12, The Old School, Wigginton, York



### Feeding clinics with Gwen



We are lost for words at how amazing the children have been during the feeding clinics. We have now provided and support 14 children on using the honey bear cup. Transitioning onto the cup is not easy and you will all experience good days and bad days but keep going and please contact Gwen or Louise if you have any concerns or struggles.

The next slots which we have available are 4<sup>th</sup> and 5<sup>th</sup> April. If you would like to book a slot with Gwen to either discuss your child's eating and drinking or communication development please email Louise at [contact@shine21.org](mailto:contact@shine21.org).

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## Resources

### Drinking

Once your child is ready to transition from a bottle we will issue you with a honey bear cup. There is a lot of reason to encourage straw drinking and as the bottles are not cheap we want to ensure your child has resources they need.

Additional Honeybear cups and straws can be purchased from [Eg\(Training\) Ltd \(eg-training.co.uk\)](http://Eg(Training) Ltd (eg-training.co.uk))

### Developmental

We seek guidance from our Speech and Language Therapists when issuing resources. We know the importance of carrying on with the session activities at home and therefore we aim to issue you with a set of resources for use at home. All we ask is that resources are returned to us once your child has progressed onto a new set so we can loan them to other families.

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## Events and Fundraising

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### Charity Choir Concert

The countdown is on to our Charity Choir Concert. It is set to be a great event. Tickets can be purchased from our website. We would appreciate it if you could share the event with your friends and family.

### Inflatable 5k

Who would like a challenge this June? We are looking at putting a Shine21 team together. If you or a friend/relative would be interested in taking part please email Jo at [fundraising@shine21.org](mailto:fundraising@shine21.org)

### 100 Club Renewal

We have contacted all existing members of the Shine21 100 club to ask if they would like to renew their number. Please can we ask that you check your family members have renewed their numbers. We will shortly be releasing the unpaid numbers to new members. If you do not want to renew your numbers please email to confirm so we can offer them to someone else.

Numbers are £15 each and you will be entered into a draw each month with the chance to win £50.

We are pleased to say we have had some response to our plea for volunteers to join our fundraising team. We would love to welcome a few more people onboard so if you or someone you know is interested then please contact Jo Pratt.

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## Shine21 Behind the Scenes

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Our current focus is finding Shine21 a home. Louise, Jo and Alice recently attended a consultation for a new children's activity hub however it was not the right place for Shine21. We will continue our hunt and will keep you updated.

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### 100 Club

The winner of the February 100 Club was Christine Banham.

Our final draw for the 2021/2022 100 club will take place on 21 March.

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### Dates for your diary

26<sup>th</sup> February – Social at S&B Sensory Harrogate  
7<sup>th</sup> March – Occupational Therapy  
8<sup>th</sup> March – Stay and Play  
12 March – Charity Choir Concert

Wednesday evenings 8pm Sign and Whine zoom call

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## Charity Choir Concert



York Philharmonic  
Male Voice Choir

Saturday 12<sup>th</sup> March 2022

7.30pm – 9.30pm

Doors open 7pm, concert will start 7.30pm

St Helens Church, Wheldrake, YO19 6AW

Tickets £15 per person  
[www.shine21.org/shop](http://www.shine21.org/shop)

Refreshments and charity raffle will be available on the night



\* Shine21 (Registered charity no: 1191103) supporting children 0-5 across York and North Yorkshire with Down Syndrome

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We are looking forward to seeing your World Down Syndrome Day Celebrations.

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