



# ANNUAL REPORT

SEPTEMBER 2022 – AUGUST 2023



TRANSFORMING THE LIVES OF YOUNG PEOPLE



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# WHO WE ARE

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## WHAT WE DO

We are a Dorset based charity working locally to support young people to improve their physical and mental health. We partner with schools, youth clubs and other charities to offer a choice of wellbeing courses. Our courses help young people to build friendships, increase knowledge and inspire them to engage in activities promoting their physical and mental health and build healthy coping mechanisms developing their emotional resilience.

We also run health and wellbeing events. The Shine Project Wellbeing Event promotes healthy behaviours, connects young people and schools to support services using interactive stands, workshops and speakers.

For the last 16 years The Shine Project has directly impacted 3,271 young people. This year saw The Shine Project deliver more wellbeing courses than ever before.

**Anne Clarkson**  
Operations Manager

*'50% of mental health problems are established by age 14'*

- [mentalhealth.org.uk](http://mentalhealth.org.uk)

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## MISSION STATEMENT

We provide a safe space for teenagers using interactive workshops, large-scale events and online engagement. Young people are supported to explore their ability to connect with others, be active, keep learning and engage in mindful activities, promoting the development of healthy physical and mental wellbeing.

Our early intervention approach provides young people with a toolkit to build their ongoing emotional resilience. We are dedicated to having a positive impact on those around us, encouraging all who engage with The Shine Project to feel confident and empowered by their experience.

# VISION STATEMENT

The Shine Project wants to support every young person to develop and maintain good physical and mental health, providing a firm foundation with which to achieve a successful and happy future.

... TRANSFORMING THE LIVES OF YOUNG PEOPLE

## VALUES

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**Welcoming** - Everything The Shine Project does with young people, volunteers, staff or when relating with any individuals outside of the organisation, displays openness, warmth and integrity, creating a welcoming environment for all.

**Compassionate** - At the root of Shine is compassion and respect for all individuals, ensuring acceptance and understanding are core to our beliefs.

**Empowering** - The Shine Project aims to empower all who associate with it, enabling all to be their best selves and creating a positive and creative landscape to develop the charity.

## FACTS

About 7% of children have attempted suicide by the age of 17 and almost one in four say they have self-harmed in the past year, according to a paper in the British Journal of Psychiatry, and experts say the figures could rise as a result of the pandemic.

British Journal of Psychiatry

One in six school-aged children has a mental health problem. This is an alarming rise from one in ten in 2004 and one in nine in 2017.

NHS Digital, 2020

In England, around one in eight men has a common mental health problem such as depression, anxiety, panic disorder or obsessive-compulsive disorder (OCD) - Mental Health Foundation

[mentalhealth.org.uk](http://mentalhealth.org.uk)

Boys with social, emotional and mental health difficulties (SEMH) but no statement were around 3.8 times more likely to be permanently excluded than a non-SEN child while girls were around 3.0 times more likely after controlling for other factors

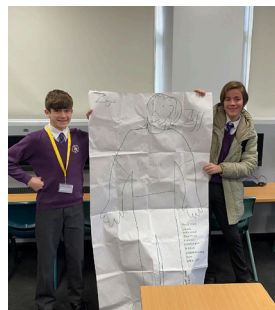
## WELLBEING COURSES

The Shine Project offers two choices of wellbeing courses, **The Shine Course** and **The Thrive Initiative**, designed as an early intervention tool to support young people who are displaying initial tendencies towards poor physical or mental health. We recommend the following young people would benefit from experiencing our wellbeing courses:

- Overlooked and often lost in the system.
- School refusers
- Low confidence and self-esteem issues.
- Poor body image
- Struggling with anxiety
- Struggling with academic pressure
- Young carers and looked after young people
- Struggling with identity, physical and sexual
- Bereaved
- Self-harmers and disordered eating
- Bullying and being bullied
- Friendship issues
- Experiencing turmoil in their personal lives (for example family break up)
- Partaking in alcohol and substance abuse
- Feeling socially isolated or difficulty adapting to the larger secondary experience.



There will be a variety of reasons why a partner organisation would choose a young person to attend one of our courses. Our aim is to show each young person we come into contact with; compassion, empowerment and that they are welcome.

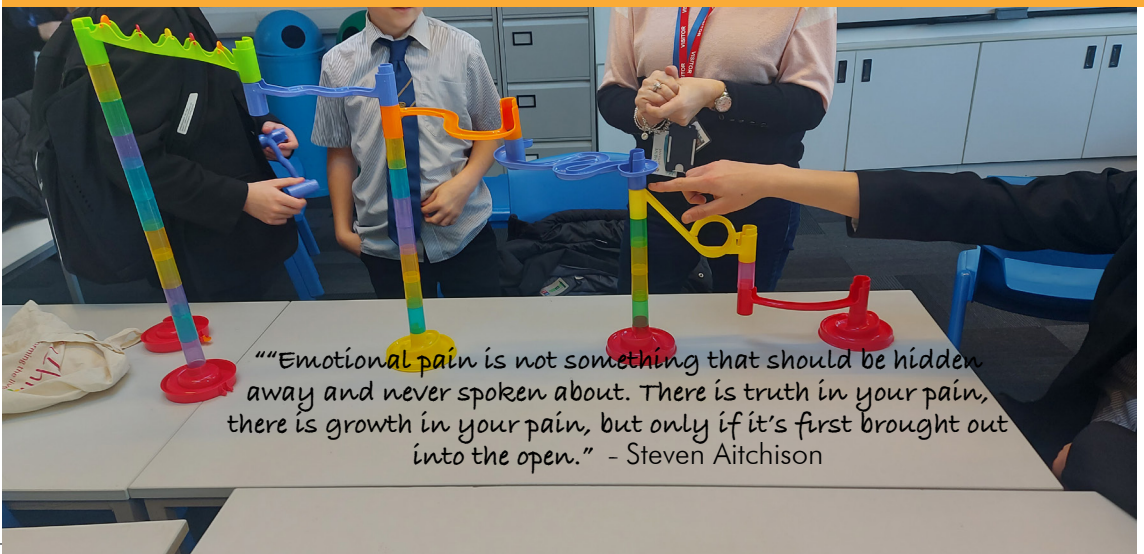




We work in partnership with schools, youth groups and charities to provide students with the opportunity to explore their concerns and ideas in a safe and friendly environment with staff and volunteers who will listen and signpost. Additionally, Shine gives practical solutions and guidance to help improve their physical and mental health using the basic concept of the '5 Ways To Wellbeing'. Developed by a government think tank and implemented across a multitude of organisations including the NHS, 5 Ways To Wellbeing gives a foundation on how each individual can improve their wellbeing through the following;

- Connect. With people around you with friends, family, neighbours.
- Be Active. Find an activity you enjoy.
- Take Notice. Be curious, savour the moment.
- Keep Learning. Try something new.
- Give. Do something nice for a friend.

The Shine and Thrive courses encompass all of these to encourage students to engage in new healthier activities. For example, a simple exercise plan that can be done in the safety of their own room or mindfulness techniques to help them manage their anxiety. The course reduces the stigma that society has created around mental health and creates the opportunity for students to overcome the obstacles that they are facing. We help them to implement coping techniques so that they can move forward with a happier and healthier and more successful future.



*“Emotional pain is not something that should be hidden away and never spoken about. There is truth in your pain, there is growth in your pain, but only if it's first brought out into the open.” - Steven Aitchison*

# THE SHINE COURSE

The Shine Course is a 9-week early intervention physical and mental health course developed for those who identify as female/non-binary. The course covers areas in building self-acceptance, identifying the flaws of the media, creating and managing healthy relationships, positive communication, showing respect for self and others, bullying, management of social media, healthy eating, the benefits of exercise, management of strong emotions and identifying skills, talents, and aspirations. The course covers:

- self-acceptance
- flaws of the media
- healthy relationships
- positive communication
- respect, bullying, management of social media
- healthy eating
- the benefits of exercise
- management of strong emotions
- identifying skills, talents, and aspirations

**“Shine allowed me to avoid being hard on myself and bounce back, I am glad I took this opportunity as it made me feel better about myself and know people around me better.”**

- Shine Student 2023



## EMPOWERMENT



**“As you grow older, you will discover that you have two hands – one for helping yourself, the other for helping others.”**

- Audrey Hepburn



## EARLY INTERVENTION



**“One out of five girls ages twelve to seventeen had experienced major depression within the last year’**

- Adolescent Wellness Academy



## INPUT



**Each session is 60 to 90 minutes and includes practical activities ranging from self-care to role play, arts and crafts, mindfulness, and exercise classes.**



# THE THRIVE INITIATIVE

The Thrive Initiative is designed for young people who identify as male/non-binary. The 8-week course covers areas in building self-acceptance and identifying healthy masculinity, understanding mental health, gaming and social media usage, grooming online and in person for the purpose of both child sexual exploitation (CSE) and county lines, healthy relationships, positive communication, respect for self and others, managing strong emotions, bullying, healthy eating, addiction, the benefits of exercise, identifying core values and aspirations. Each of these sessions are between 60 to 90 minutes and include practical activities ranging from self-care to role play, arts and crafts, mindfulness, and exercise classes. The course covers;

- self-acceptance,
- the impact of gender stereotypes,
- mental health,
- gaming and social media usage,
- grooming,
- healthy relationships and positive communication,
- respect (including building positive attitudes to women),
- managing strong emotions,
- bullying,
- healthy eating and the benefits of exercise,
- identifying skills, talents, and aspirations.

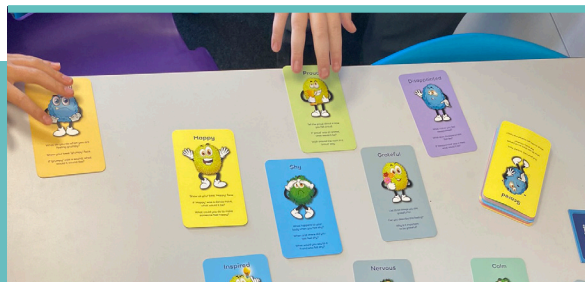


*'One in six school-aged children has a mental health problem. This is an alarming rise from one in ten in 2004 and one in nine in 2017'.*

- NHS Digital, 2020



All activities have been carefully selected to encourage the students to build friendships, embed the knowledge gained in discussion times, help the students engage in activities promoting their physical and mental health and/or build healthy coping mechanisms developing their emotional resilience.



*"I liked the communication the best. It was great course and if you come again - invite me!"*

- Thrive Student 2023



*'The consequences of not addressing adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.'*

– World Health Organisation

## THE NEED...

Having worked with over 3000 students over the last 16 years, The Shine Project workers have a wealth of experience. On the frontline, they have witnessed a steady increase in mental health issues, most specifically in anxiety and depression. Many of the partners we work with are also extremely concerned. According to the Department of Education more than one in three teen girls suffer from anxiety or depression. The students themselves tell us that they feel immense pressure both in how they appear and how they achieve academically.

Early findings from the Thrive Initiative show that our young men are presenting with slightly higher levels of wellbeing compared to our cohorts of female young people. However, they have been experiencing a variety of pressures which are new to schools, parents and key workers and are not feeling they have the right supports in place to develop their emotional resilience. There is an unhelpful culture of 'maning up' which, among other issues prevents young men from asking for help and accessing support at an early stage. We believe this is contributing to "suicide being highest cause of death among men under the age 45" – Dr Funke Balfour, British Psychological Society.

Low levels of wellbeing in young people can cause them to become socially isolated, academic standards can fall and they are less likely to pursue their goals. Risk of self-harm, eating disorders and substance abuse increases. All these symptoms mean that a young person will not be able to achieve their full potential moving forward into adulthood and for some it begins the journey of a lifetime of poor physical and mental health.

Following the pandemic, we are seeing the full impact of lockdowns on young people's education and social integration. Our schools/charities are reporting increases in social anxiety, loneliness, school refusers and antisocial behaviours. We are also seeing that levels of self-esteem and general wellbeing have decreased.

*'Depression, anxiety and behavioural disorders are among the leading causes of illness and disability among adolescents' – World Health Organisation*

This all highlights the importance of continuing to support our young people with our courses, providing the tools to help them maintain good mental health. Many of our partner organisations see The Shine Project as a crucial preventative service for students.

# IMPACT



For the last 5 years we have been measuring course effectiveness using the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS). We also collect written, and verbal feedback from students, teachers, youth workers, parents and carers and regularly run case studies. We ask our course attendees to complete the WEMWBS survey 3 times during the course. This data is collated at the end into an overall report which is shared with the school or organisation the course has been delivered in. This report shows how the overall groups wellbeing has changed because of our intervention as well as giving more detailed information about each participant. Recommendations are provided in this report by The Shine Project to follow up on what may be required for each young person after the course is ended. Using all the data we have collated we can evidence that Shine helps students to:

- Build new friendships and reduce loneliness.
- Recognise their skills, talents, uniqueness and core values.
- Build self-awareness.
- Build new friendships and reduce loneliness.
- Improve communication skills and relationship management.
- Develop a tool kit to build their emotional resilience.
- Increase confidence and happiness.
- Grow a positive outlook for their future.
- Improve their knowledge and implement healthy habits around food and exercise.



## OUR MOST RECENT STATISTICS SHOW THAT DURING A SHINE COURSE THE STUDENTS EXPERIENCE AN INCREASE OF;

**29.4% IN  
CONFIDENCE**

**21.4% IN FEELING  
GOOD ABOUT  
THEMSELVES**

**20.9% IN FEELING  
EXCITED ABOUT  
THEIR FUTURE.**

## AFTER JUST ONE YEAR OF DELIVERY, STUDENTS ATTENDING THE THRIVE INITIATIVE SHOW INCREASES OF;

**13.9% IN  
HAPPINESS**

**13.5% IN FEELING  
USEFUL**

**12.9% IN  
FEELING  
EXCITED ABOUT  
THEIR FUTURE.**

**““I LOVED THAT I COULD BE MYSELF AND SHARE MY INTERESTS WITH NO CRITICISM. 110% RECOMMEND! THE LEADERS ARE VERY SUPPORTIVE AND YOU NEVER FEEL SCARED TO SPEAK YOUR MIND.”**

– Twynham School Student 2023”

# RESULTS

## WRITTEN FEEDBACK FROM SCHOOLS

### WRITTEN FEEDBACK FROM STUDENTS

"I loved the confidence that Shine has given me. Shine made me feel so much better." – Glenmoor Academy Student 2023

"Shine has been amazing and made me feel a lot more confident about my body." - Lockyer Middle School Student 2022

"I think the Shine Project is good because it increases your confidence and boosts your social skills." - Highcliffe School Student 2023

"I liked that you could speak our thoughts – Thrive is so good." – St Edwards School Student 2023

"Thrive is good for people to make friends if you are lonely." – Bourne Academy Student 2023

"Thrive was very accepting. I loved it." – Poole High School Student 2023

"Thrive helped build my relationships." – St Aldhelms Academy student 2023

"All the young people enjoyed the initiative. All seemed to increase in maturity as the initiative progressed. Very enjoyable, really please with the boys engagement and enthusiasm. Thank you."

– St Edwards Teacher 2023

"Thank you for all you do. Your Shine and Thrive courses are a valuable resource for our students. A fabulous course for summer 2023 for our year 9 girls attending Shine. A heartfelt thank you for your energy, enthusiasm and total professionalism in your delivery of Shine."

– Poole High School Teacher 2023



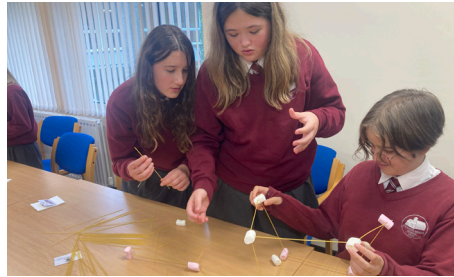
### WRITTEN FEEDBACK FROM PARENTS

"My daughter has found Shine very helpful. She enjoyed connecting with new people and has found the techniques she has learned useful. She always looked forward to the days Shine were on and it has helped her see things differently."

– Glenmoor School Parent 2023

"Thank you for everything you have done to support my son. The strategies you have implemented with him have had a positive impact and give us as his parents' things to refer to that he will relate with."

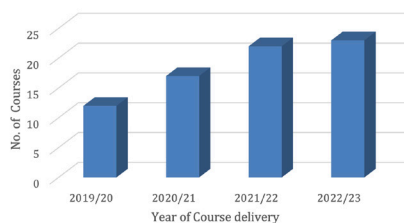
- Highcliffe School Parent 2023



## The Shine Project Progress

The last few years have been challenging with COVID-19, as a result we have seen changes in the delivery of our service, including an online delivery version, the development of The Thrive Initiative, new trustees and members of staff joining all culminating in the gradual growth of the charity and our ability to increase services.

Course Delivery



## COURSE DEVELOPMENT

We were delighted to have Libby Walker join our team as a Trustee. Libby is a Clinical Psychologist working for CAHMS. This year Libby has worked with our Operations Manager to apply theoretical approaches to The Thrive Initiative. This has led to adaptations to the course basing it on a values led approach. The course also includes aspects of Dialectical Behaviour Therapy (DBT) and the Power Threat Meaning Framework. All staff and Volunteers will be informed about the therapeutic behaviours expected of them whilst working with the young people, these include the 6 Cs of compassionate care and the PACE Approach.

In addition to the theoretical approaches this year we ran steering groups with past Thrive participants to gain valuable insights into their lived experience with Thrive and how we can make the course more effective for them. Suggestions included an activity rather than a celebratory meal, men to come in a talk about their experiences, cover more on friendships and county lines. We ran a social media campaign to gain more male volunteers, we now offer bowling as an option for the meal and both friendships and county lines have been included within the sessions. We will continue to work with past students to ensure that the course remains user led.

Alongside Libby we are pleased to announce that have also recruited our office Administrator Emma Dyer and Jayne Jackson as a Shine Co-ordinator.

Emma was recruited in November of 2022 and has been a huge asset to Shine, supporting many areas of the charity from financial to social media to course preparation and support.

Jayne has been a long-time supporter of Shine having been both a trustee and volunteer in the past. Jayne delivered her first course at The Grange in Summer of 2023 and has more booked for this year.



# BUILDING RELATIONSHIPS

Schools and charities are vital to the success of Shine. The course can be delivered in school hours, at lunchtime or after-school club. It is made available to all young people, regardless of faith, race, gender, sexuality or economic background.

One of the great successes of Shine is number of diverse people and organisations we partner with to support the students. This year we have had the pleasure working with;

Arts University Bournemouth  
Avonbourne School  
Bourne Academy  
Bournemouth University  
Cornerstone Academy  
Ferndown Upper School  
Glenmoor Academy  
Highcliffe School  
Linwood School  
Lockyer Middle School  
Nandos Castle Point and Poole  
Pizza Express  
Portsmouth University  
Poole High School  
Poole Town Football Club  
St Aldhelm's School  
St Edward's School  
St Peter's School  
Trafalgar School  
Twyndham School  
The Grange School  
Winton Academy



## CONNECTING WITH UNIVERSITIES

This year we have worked in partnership with Arts University Bournemouth supporting their widening participation research and practice conference by speaking to higher education practitioners about the Thrive Initiative and our experience with working with teenage boys in the local area. Also, by delivering workshops for pupil premium young people in the local area.



Working in partnership with Portsmouth University, The Thrive Initiative was delivered to Trafalgar School in Portsmouth.

## VISION AND STRATEGY

In October 2022, trustees and staff came together to plan our vision and strategy for the future of Shine.

Agreed plans for 2022/23 included:

- Recruit an Office Administrator to support the frontline team and increase capacity for them to deliver more courses.
- Build a trade arm to the charity to increase sustainability.
- Deliver the 3rd Wellbeing Event in 2024.

**“The best way to not feel hopeless is to get up and do something. Do not wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.”**

- Barack Obama



## WHY NOT VOLUNTEER FOR THE SHINE PROJECT?

The Shine Team particularly wishes to thank all our hardworking volunteers for giving us the gift of their time and expertise. Shine would not be able to exist without you, Joyce Coleman, Liza Foster, Barbara Brinkman, Faiza Tabassum, Jody Raab, Nicole Yan Ru, Isabella Clarkson

If you are interested in volunteering for The Shine Project, please get in touch. We will provide you with the relevant training you will need to help support young people in our local community.

Contact Anne:

[anne@shineproject.org.uk](mailto:anne@shineproject.org.uk) for more information.

# FINANCIAL REPORT



There is no doubt that this year has been very challenging financially, not least with the increases in the cost of living feeding into increased costs, both salaries and consumables. Despite this challenge, we have kept costs to within a few hundred pounds of our end-of-year budget forecast made at the start. This high level of financial control is a reflection of the focus we have put into our forecasting, and it gives me confidence in our processes and procedures.

Regarding income, we have not only sustained funding, but we have seen an increase over the year. This funding has been essential for the planned growth in our charitable activities over the year. For example: hiring a part-time administrator in order to release more time for other staff to resource our courses.

Regarding financial operations, we have spent a good deal of time improving and streamlining our month-end processes, our reporting and forecasting. This is reflected in closing out this year very smoothly and completing the accounts in record time. A huge testament to the hard work of staff and trustees.

I look forward to next year with confidence. SHINE is in a healthy position financially to meet the challenging and worthwhile programme it has set itself.

Peter Drysdale - The SHINE project trustee treasurer

## Thank you

### KEY FUNDING PARTNERS

Alice Ellen Cooper  
Dean Charitable  
Foundation  
KFC Fund  
National Lottery Community  
Fund  
Neighbourhood Fund  
Valentine Charitable Trust

### DONATIONS

Arts University Bournemouth  
Avonbourne Academy  
Blenches Mill Solar Park  
Bourne Academy  
Ferndown Upper School  
Highcliffe School  
Lockyer Middle School  
Poole High School  
Portsmouth University  
St Aldhelm's Academy  
Trafalgar School

### PEOPLE

The Trustees and Management Team would like to express their deep gratitude to each of the people, charities, foundations, trusts, schools and other organisations that have helped The Shine Project to continue to grow.

Your financial support over the last year has allowed Shine to pursue its dream to encourage and support a generation of young people into becoming all they are meant to be.

Thank you also to all those people who use Give As You Live (sign up at [giveasyoulive.com](http://giveasyoulive.com)), Amazon Smile or BH Coastal Lottery (sign up at [bhcoastalottery.co.uk](http://bhcoastalottery.co.uk)) to support The Shine Project

We are also grateful to the parents who of young people who attended our wellbeing courses – many of whom choose to offer a donation.



# FINANCES I



Charity Name The Shine Project		Number 1118173		CC16a
For the period from	Period start date 01/09/2022	to	Period end date 31/08/2023	

## Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last Period (12 months) to the nearest £
<b>A1 Receipts</b>					
Grants received	10,000	24,057		34,057	32,750
School donations	8,650	-		8,650	7,900
Fundraising	533	-		533	823
Trading income	-	-		-	-
Other income	1,218	-		1,218	10
<i>Sub total</i>	20,400	24,057	-	44,457	41,483
<b>A2 Assets and investment sales etc.</b>					
	-	-	-	-	-
<b>Total receipts</b>	20,400	24,057	-	44,457	41,483
<b>A3 Payments</b>					
Salaries and allied costs	17,865	17,376	-	35,241	24,067
Contractor & Professional fees	914	2,019	-	2,933	4,622
Direct operating expenses	2,582	3,647	-	6,229	4,143
Indirect operating expenses	643	361	-	1,004	4,287
Equipment and resources	1,963	50	-	2,013	339
Volunteers	86	417	-	503	519
Other expenses	289	-	-	289	154
<i>Sub total</i>	24,343	23,870	-	48,213	38,130
<b>A4 Asset purchases etc.</b>					
	-	-	-	-	-
<b>Total payments</b>	24,343	23,870	-	48,213	38,130
<i>Net receipts less payments</i>	(3,943)	187	-	(3,756)	3,353
<b>A5 Transfers between funds</b>					
	-	-	-	-	-
<b>A6 Cash funds last year end</b>					
	49,824	5,133	-	54,957	51,604
<i>Cash funds this year end</i>	45,882	5,320	-	51,201	54,957

## B1 Cash funds

Cash in CAF Bank 1	-	10,966	34,555
Cash in CAF Bank Gold	-	40,230	10,006
Cash in NatWest	-	5	10,395
	-	51,201	54,957

Signed on behalf of the trustees

Signature \_\_\_\_\_

Name \_\_\_\_\_

Date \_\_\_\_\_

# NEXT STEPS FOR THE SHINE

Wellbeing 2024 – event coming soon!

Connecting communities to create a culture of positive physical and mental health for young people in Dorset.

The Shine Project Wellbeing Event – 2024 will see our third such event - promotes healthy behaviours, connects young people and schools to support services using interactive stands, workshops and speakers.

In 2017 we could see all the amazing work happening across Dorset to support young people in the voluntary, statutory and business sectors but realised that many young people were unaware of the support available to them. We had built strong relationships with the majority of schools in the local area and saw the pressure that the pastoral services were experiencing.

As a singular charity we could provide some support but wanted to create an experience day that would not only leave young people inspired with tools and coping mechanisms but would also give them the connections with other organisations so that they could access further support as required.

2017 saw us pilot our first wellbeing event. It was such a success we decided to repeat it in 2019. Now in the post-Covid era we see the need as higher than ever before and plan to run Wellbeing 2024 in February.

The event starts with an introduction and inspirational speaker, the young people will be given the choice to attend a variety of workshops and visit each of the interactive stands. We request that all the charities/businesses create an interactive experience on their stands promoting either physical or mental health support so that the young people feel engaged but also develop a positive connection to the support services.

There is a goody bag provided for each young person with a variety of takeaways and information telling them all about the services that they have seen in the day, over the previous 2 Wellbeing events we have seen the positive and memorable impact these goody bags have on the young people.

***“Being able to be your true self is one of the strongest components of good mental health.”***

- Lauren Fogel Mer



# TRUSTEES



Mrs Ragnheidur Hardardottir: [ragna@shineproject.org.uk](mailto:ragna@shineproject.org.uk)

Ragnheidur is a qualified nurse, mother of three and grandmother of two. Originally from Iceland she enjoys visiting her family there frequently along with skiing and gardening. She has been involved in various women's work for many years. Ragnheidur is Chair of the Trustees



Mr Luke Price: [luke@shineproject.org.uk](mailto:luke@shineproject.org.uk)



Luke is a documentary film editor who has worked in broadcast television for over 20 years. Luke is married with four children aged 16 to 22 and sees the value of positive messages about identity for young people to help form independent self-accepting adults. The family loves living in Bournemouth and any time of year you can find the Prices on the water or on the beach with their dog.

Miss Libby Walker: [libby@shineproject.org.uk](mailto:libby@shineproject.org.uk)

Libby is a child psychologist who has worked in Dorset for three years. Before that, she has worked with children both in the Midlands and the South. Having referred children to Shine herself in her job and firsthand seen the positive influence, she cannot wait to be a part of Shine and all the goodness it offers.



Mr Peter Drysdale: [pete@shineproject.org.uk](mailto:pete@shineproject.org.uk)



Prior to retirement, Peter worked in the City specialising in financial reporting and change management. He was a specialist in financial reference data and lead the British Banking team partner with HMRC to bring about XBRL automated corporation tax submission for banks. He now enjoys "keeping his hand in" as the Treasurer for The Shine Project. Peter and his wife, Gill, moved from London to Bournemouth in the Summer of 2014. They are passionate about relationships and regularly host both the Marriage and Pre-Marriage Courses both locally & in Rennes, France.

Mrs Vania Roper: [vania@shineproject.org.uk](mailto:vania@shineproject.org.uk)

Vania is a married mother of three children aged 11 to 18. She works as an Operations Officer in External Engagement at Bournemouth University with a particular focus on



community engagement. She enjoys time with family and friends (as well as her dog), running and beach life! Vania feels passionately about supporting teens during such a challenging period in life. The Shine Project has never been needed more as mental health issues in our young people continue to grow and the pressures of a post pandemic world prove to be more and more testing.

## STAFF |

Mrs Anne Clarkson: [anne@shineproject.org.uk](mailto:anne@shineproject.org.uk)  
Operations Manager



Anne has worked for The Shine Project for the last 12 years, witnessing its growth and development. Anne qualified in level 3 counselling studies, and she is our safeguarding lead. She manages a fantastic team of staff and volunteers whilst also working directly with the young people by delivering courses. Anne oversees the day-to-day operations of The Shine Project and its development. This involves leadership in the areas of governance, marketing and communications and fundraising. Anne is also a trustee of Relate Bournemouth. She feels passionately about social action as a whole and the empowerment of young people to make a difference in society.

Mrs Liz Davies: [liz@shineproject.org.uk](mailto:liz@shineproject.org.uk) Lead Co-ordinator

Liz has worked for Shine for 9 years following many years volunteering in youth and children's work. She is qualified as a youth worker and is continually updating her skills in understanding children and young people's mental health. She co-founded The Colour Works Foundation which seeks to raise self-belief and confidence in 16-25 years olds. She is passionate about enabling young people to achieve their full potential. She is a qualified coach and mentor and brings these skills to working with the young people she meets whilst delivering both the Shine and Thrive courses. She is married with two children.



Melanie Tilsed: [Mel@shineproject.org.uk](mailto:Mel@shineproject.org.uk) Shine course Deliverer



Mel is a trained makeup artist and wedding hairstylist who joined the Shine project over 11 years ago as a volunteer and has now been delivering courses for 2 years. She also runs a successful award-winning wedding hair and makeup business. Mel has been involved in youth work within her church since her own children were young and at present runs 1st Poole Boys Brigade and Girls Association group.



Mrs Jayne Jackson: [jayne@shineproject.org.uk](mailto:jayne@shineproject.org.uk)  
Shine Course Deliverer

Jayne is an award-winning empowerment photographer, teacher and mother of two daughters. As a former foster-carer and educator, as well as a long-time Shine volunteer, Jayne is highly experienced working with teenagers/young adults.

Originally from Cornwall, Jayne loves the sea and sailing in particular, as well as art and travel. Her photographic work is orientated to creating positive social change. [www.jaynejacksonphotography.co.uk](http://www.jaynejacksonphotography.co.uk)



# FACTS

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One out of five girls ages twelve to seventeen had experienced major depression within the last year.

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Adolescent Wellness Academy

7 in 10 girls believe that they are not good enough or don't measure up in some way including looks, performance in school and relationships with friends and family members

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Dove's beauty campaign

**"The smallest act of kindness is worth more than the grandest intention."**

- Oscar Wilde

# JUST LAUNCHED!

Wellbeing self-care party  
2 hours of play,  
pampering & positivity!



Our parties are designed to encourage positive wellbeing, develop helpful self-care practices whilst having fun with friends. The party covers everything young girls could want to know about skin, nail and hair care, with demonstrations and time to practice on each other. It also promotes healthy wellbeing practices that can support them emotionally as they grow. An amazing way for your child to celebrate their birthday, connect with others and feel special & valued.

## What's Included:

- 2-hour party including games, skin, nail & haircare activities.
- Professional wellbeing advice and guidance.
- Goody bags.

Profits go directly towards our charitable purposes.

# Award Winning!

Our award notification letter from The Non-profit Organisation Awards:

Firstly, we would like to thank you on behalf of **Acquisition International** for taking part in the third annual **Non-profit Organisation Awards**. We are once again delighted to be able to showcase a wide range of innovative and outstanding NPOs across the world.

With this in mind, I am delighted to get in touch with you today and inform you that **The Shine Project** has been awarded:

**Most Inspiring Youth Physical & Mental Health Support Initiative 2023 - Dorset**

**...in the Non-profit Organisation Awards 2023!**

We sincerely hope you are happy with the outcome as this achievement reflects your hard work and dedication as a leading NPO.

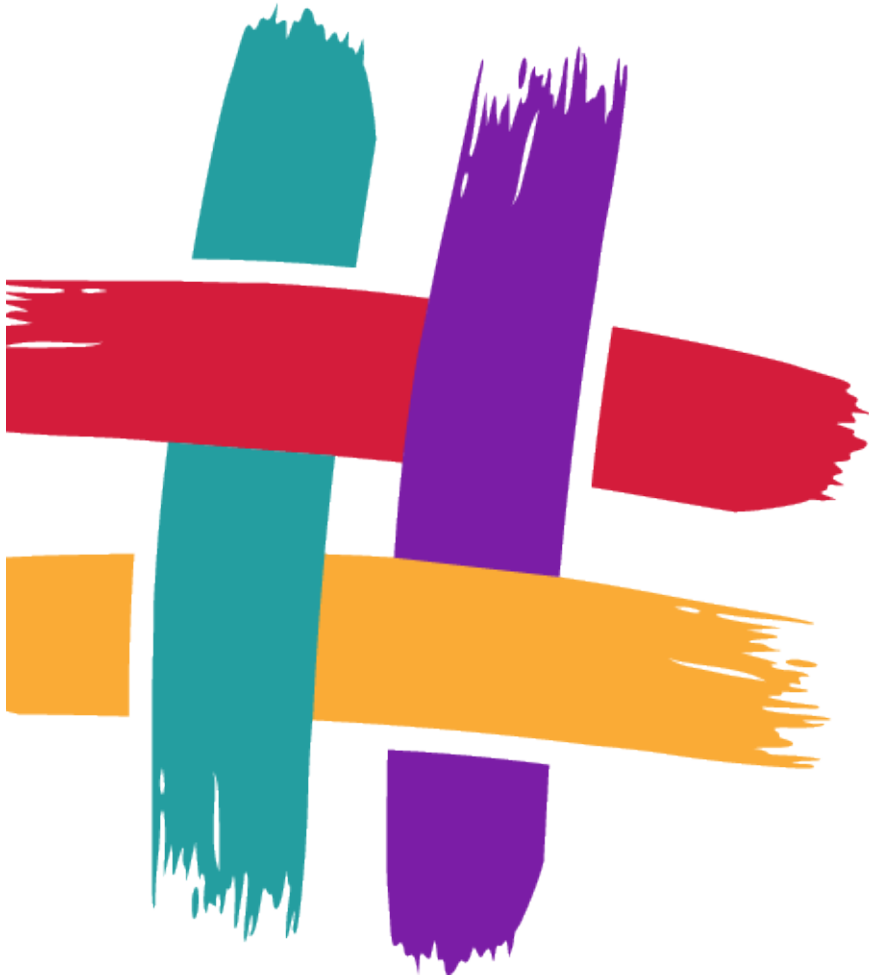
## How you were chosen:

Our independent judging panel takes note of all supporting documentation provided and supplied via nominees; this is compiled into a case file along with any other relevant information gained. In addition, our dedicated researchers were also on-hand to prepare a case file on your behalf via merit-orientated research into public domain sources.

Awardees must be able to demonstrate expertise within their given field, dedication to client service and satisfaction, and commitment to excellence and quality.

Our merit-driven approach has brought us much success and commendation throughout its use and enforces our stance that victors are not determined by popularity of votes, but by their contributions.





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