



THE **SHINE**
PROJECT

ANNUAL REPORT

SEPTEMBER 2021 – AUGUST 2022



2022

TRANSFORMING THE LIVES OF YOUNG PEOPLE



WHO WE ARE

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. These larger scale events are designed to inspire a larger number of students to think positively about themselves, encourage good physical and mental health and signpost the varied supportive resources available to them.

For the last 15 years The Shine Project has directly impacted over 2,992 young people. This year saw The Shine Project deliver more wellbeing courses than ever before, reaching 22 different areas across Dorset.

Anne Clarkson
Operations Manager

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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

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

50% of mental health problems are established by age 14

[mentalhealth.org.uk](https://www.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.



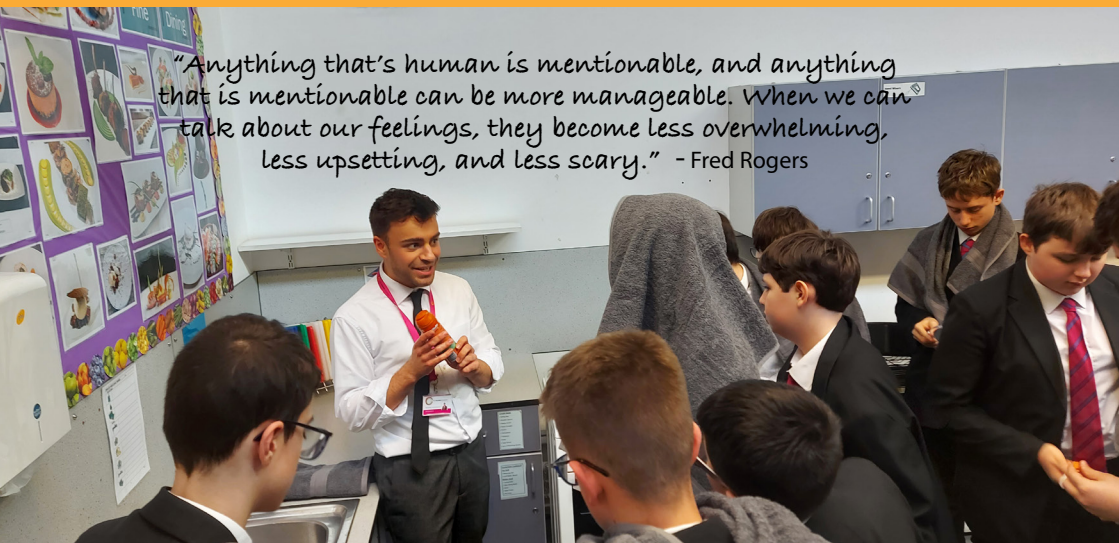
There will be a variety of reasons why a partner organisation would choose a young person to attend one of our courses. Our aim is to show each young person we come into contact with; compassion, empowerment and that they are welcome.

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.

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary." - Fred Rogers



THE SHINE COURSE

This is an 8-week early intervention physical and mental health course developed for those who identify as female. The Shine course was the first service we delivered and continues to provide students the opportunity to explore subjects in small groups of up to 12 people. 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

“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”

- Dove's beauty campaign



EMPOWERMENT



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.



EARLY INTERVENTION



“Shine has helped me a lot with the way I feel about myself. It has made a difference to the way I see myself. I found it helpful how much I could relate to the other student's in the group.

- Shine Student 2022



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

This course has now been running for over a year and has been specifically designed for young people who identify as male. Thrive is based on the highly successful Shine model and delivers early intervention through the provision of a 7-week wellbeing course. Thrive provides young people with the opportunity to explore subjects closely related to their physical and mental health, in small groups of up to 12 people. 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



EMPOWERMENT



IMPACT

**THE THRIVE
INITIATIVE**



As with The Shine Course, each session is 60 to 90 minutes and includes practical activities helping to build friendships, embed the knowledge building healthy coping mechanisms and developing their emotional resilience.



"I liked being able to open up and get help"

- Thrive Student 2022



'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 close to 3000 students over the last 15 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 a 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 also see that levels of self-esteem and general wellbeing have decreased.

'The number of young people with probable mental illness has risen to one in six, up from one in nine in 2017' - Research from the Education Policy Institute and The Prince's Trust

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 that 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:

- Understand the value of themselves and others
- Build new friendships
- Recognise their skills, talents and unique beauty
- Communicate effectively
- Believe in their own decision making
- Improve their knowledge of & implement healthy habits around food and exercise



Our most recent statistics show that during a Shine Course the students experience an increase of;

**28.5% IN
CONFIDENCE**

**26% IN FEELING
GOOD ABOUT
THEMSELVES**

**16% IN FEELING
EXCITED ABOUT
THEIR FUTURE.**

After just one year of delivery, students attending the Thrive Initiative show increases of;

**22% IN FEELING
EXCITED ABOUT
THEIR FUTURE**

**18% INCREASE
IN MANAGING
PROBLEMS WELL**

**16% IN
HAPPINESS**

“SHINE GAVE ME COURAGE.”

– The Bishop of Winchester Academy Shine Student 2022”

RESULTS

WRITTEN FEEDBACK FROM SCHOOLS

WRITTEN FEEDBACK FROM STUDENTS

"I liked that I could say what I felt like without being embarrassed." – Poole High Shine Student 2022

"I really enjoyed it and I am glad that I came, it was a great escape from all my problems at school and home." – St Edwards Shine Student 2022

"Shine gave me courage." – The Bishop of Winchester Academy Shine Student 2022

"Shine has really helped me. I liked being given coping strategies of important topics." – Highcliffe School Shine Student 2022

"I liked that you could talk freely, I would recommend." – Twynham School Thrive Student 2022

"Thrive made me feel better." – Linwood School Thrive Student 2022

"Thrive was really enjoyable and interesting. It taught me lots about the future." – Bourne Academy Thrive student 2022

"The boys all benefited from this amazing initiative. All looked forward to going and attendance improved during the time that Thrive was taking place. Confidence has grown and friendships of some of our newer students have now been established, meaning less visits to Student Hub and more learning."

- Feedback about Thrive from Bourne Academy 2022

I know the students were very much enjoying the sessions and have gained valuable knowledge and experience during their time with the Shine team. It has enabled them to know that they are unique and helped them to recognise their potential and realise that they have choices to make.

We understand how vital it is to allow young people to be given these opportunities and the work that this course entails. I am very grateful for you taking the time to complete the gift bags, you are always so thoughtful. I have contacted most of the parents, who have given positive feedback including them wanting the school to pass on their thanks to you as it has made such a difference to their child in confidence and helping with those finding it difficult to get into school. Thank you again for the wonderful opportunity you have given to the students. I do hope we will be able to continue to work together in the future to support young people."

- Teacher at Highcliffe school 2022

WRITTEN FEEDBACK FROM PARENTS

"My daughter has looked forward to Shine and always tells me about it. We have both found it very helpful."

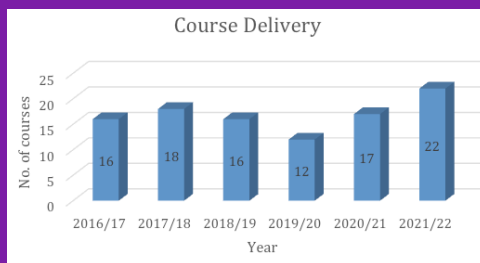
– Longspee Academy Shine Parent 2022

"My son enjoys attending the Thrive lessons. It has taught him to understand and be aware of all mental health issues and general well-being. Although he has a good idea of how to treat and respect other people at all times, it is good to further extend his understanding to prepare him for adulthood. Generally, I would say he has always had a positive outlook and yes has enjoyed all the practical activities and meeting the people that have come into the lesson to give talks on their general health and careers. I would truly recommend Thrive for other students, it is well presented and helpful. Thank you."

Bourne Academy Thrive Parent 2022

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. In 2021/22 there was a 36% increase in the delivery of our services.





The Shine Project has recently created a new role within the charity. Our Office Administrator will take on administration tasks for the Operations Manager, Lead Co-ordinator and sessional workers, ensuring increased capacity in delivering frontline services. This role will enable Shine to recruit further sessional workers to deliver both Shine and Thrive courses with the aim of expanding our reach across Dorset.

Shine recognises the need for sustainability and as such have planned to build a trade arm to the charity, this is a new project that will start development in May 2023.

Lastly, October 2023 is the planned date for our next wellbeing event. These large-scale events are designed to inspire young people to think positively about themselves and encourage good physical and mental health. Our last Wellbeing Event was in February 2019, due to Covid-19 these have been on hold, and we are delighted to be reinstating this provision for our young people.

REBRANDING

In 2021/22 we rebranded and launched our new website. With the help of Arc digital agency. We wanted our branding to reflect the inclusion of genders and provide a fresh modern face of the charity.

Our new hashtag logo uses the well-recognized symbol from social media made from free-flowing brush strokes to give it youthful energy. The variety of colours represent the range of aspects that make up an individual's personality and identity.

The new website, launched in February 2022, includes a referral form so that young people can be directly signposted to our service. This is a new way for people to access our services outside of established school and youth work settings. So far, we have received referrals from parents, doctors, CAHMS and social services.



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;

Avonbourne School
Bourne Academy
Cornerstone Academy
Ferdown Upper School
Glenmoor Academy
Highcliffe School
Linwood School
Longspee Academy
Lytchett Minster School
Parkfield School
Poole High School
St Aldhelms School
St Edwards School
St Peters School
The Bishop of Winchester Academy
Twynham School
The Grange School



If you are interested in accessing one of our courses, please contact our Operations Manager: Anne Clarkson on anne@shineproject.org.uk





WHY NOT --- VOLUNTEER FOR THE SHINE PROJECT?

Volunteering 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 for more information.

As the statement of accounts demonstrates, the charity has been able to consolidate its financial position and we are in good financial health. We have expanded and invested over the year but still managed to more than cover the £13,000 increase on expenditure. The two main reasons for this increase were a) the increase in staffing for extra courses and THRIVE course development and b) a complete refresh of our online presence, notably a new website. We continue to depend on our funders, both funding bodies and the schools and others who donate to us. To all our regular donors I would like to say a huge THANK YOU. The year ahead is clearly going to present challenges, but the charity is well placed financially to meet those challenges and to continue to increase the help it provides to young people.

Peter Drysdale - The SHINE project trustee treasurer

Thank you

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.

KEY FUNDING PARTNERS

Alice Ellen Cooper
Dean Charitable
Foundation
Children In Need
National Lottery Community
Fund
The Yapp Charitable
Foundation
Valentine Charitable Trust

DONATIONS

Bourne Academy
Glenmoor School
Linwood School
Longspee Academy
Lytchett Minster School
Oak Academy
Parkfield
Poole High School
St Andrews Church
St Aldhelm's Academy
St Edwards School
St Peters School
The Bishop Of Winchester Academy
Winton Academy

YOUNG PEOPLE

Thank you also to all those people who use Give As You Live, Amazon Smile or BH Coastal Lottery 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.

2992



YOUNG PEOPLE
SUPPORTED OVER
15 YEARS



FIRST FULL YEAR
OF THE THRIVE
INITIATIVE

233



YOUNG PEOPLE
RECEIVED A COURSE
IN 2022



FACTS AND FIGURES

FINANCES I

Section C Receipts and payments - THE ACCOUNTS

Final accounts of the SHINE PROJECT for year ended 31st August 2022	Charity Name The Shine Project		Number 1118173		CC16a
	For the period from	Period start date 01/09/2021	to	Period end date 31/08/2022	

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last Period to the nearest £
A1 Receipts					
Grants received	22,500	10,250	-	32,750	44,090
Interest reviewed	10	-	-	10	-
Donations and other income	8,771	-	-	8,771	6,002
<i>of which fundraising</i>	823	-	-	823	2,887
<i>Sub total</i>	31,281	10,250	-	41,531	50,093
A2 Assets and investment sales etc.	-	-	-	-	-
Total receipts	31,281	10,250	-	41,531	50,093

A3 Payments					
Salaries and allied costs (co-ordinators)	7,214	16,853	-	24,067	20,907
Coordinators expenses	428	778	-	1,206	1,350
Contractor fees	1,200	2,200	-	3,400	1,600
Insurance & accountancy fees	1,223	-	-	1,223	250
Course Supplies including meal	514	2,423	-	2,937	2,758
Administrative expenses	267	4	-	271	366
Equipment and resources	339	-	-	339	-
Promotion costs	4,016	-	-	4,016	5
Volunteers (including training)	5	514	-	519	242
Other (including staff training)	161	-	-	161	164
<i>Sub total</i>	15,367	22,771	-	38,138	27,641

A4 Asset and investment purchases etc.	-	-	-	-	-
Total payments	15,367	22,771	-	38,138	27,641

<i>Receipts less payments</i>	15,914	- 12,521	-	3,393	22,452
A5 Transfers between funds	-	-	-	-	0
A6 Cash funds last year end	33,950	17,654	-	51,604	28,833
<i>Adjust to recognise expense card balances</i>	-	-	-	-	319
<i>Cash funds this year end</i>	49,864	5,133	-	54,997	51,604

B1 Cash funds	Cash held in bank accounts	-	54,997	51,604
		-		
		-		
		54,997	51,604	

Signed on behalf of the trustees

Signature _____

Name _____

Date _____



“What mental health needs is more sunlight, more candour, and more unashamed conversation.”

- Glenn Close

TRUSTEES



Mrs Ragnheidur Hardardottir: 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

Luke is a documentary film editor who has worked in broadcast television for over 20 years. Luke is married with four children aged 15-21 and sees the value of positive messages about identity for young people to help form independent self-accepting adults. The family loves living by the sea and any time of year you can find the Prices on the water or on the beach with their dog.



Mrs Janina Cox: janina@shineproject.org.uk

Janina is married and has 2 daughters who keep her busy. Janina and her family love the outdoors and going for walks. She also enjoys being creative and singing. Originally from Germany, Janina has worked with people with mental health issues and learning difficulties for a number of years and she now works for a local authority.



Mr Peter Drysdale: pete@shineproject.org.uk

Peter recently retired after 20 years with Barclays, working in financial reporting, he enjoys keeping his hand in finance as Treasurer for The Shine Project. Peter and his wife Gill moved from London to Bournemouth in the Summer 2014. They are passionate about relationships and together host The Marriage Course catering to couples who want to invest in their relationship.



Mrs Vania Roper: vania@shineproject.org.uk

Vania is a married mother of three children aged 10 to 16. She works as Operations and Communications Manager for the Parish of Winton, Moordown and Charminster. She enjoys time with family and friends, running and the beach life! Having had a challenging time during her teenage years, she believes strongly in The Shine Project and all the good it does for overlooked teens.



Mrs Jayne Jackson: jayne@shineproject.org.uk

Jayne is an award-winning social action photographer, teacher and mother of two young 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 gardening and travel. Her photographic work is strongly orientated to empowering others and creating positive social change. www.jaynejacksonphotography.co.uk



STAFF I

Mrs Anne Clarkson: 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 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.



COURSE DELIVERERS:

Melanie Tilsed: 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.



FACTS

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

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

Dove's beauty campaign

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

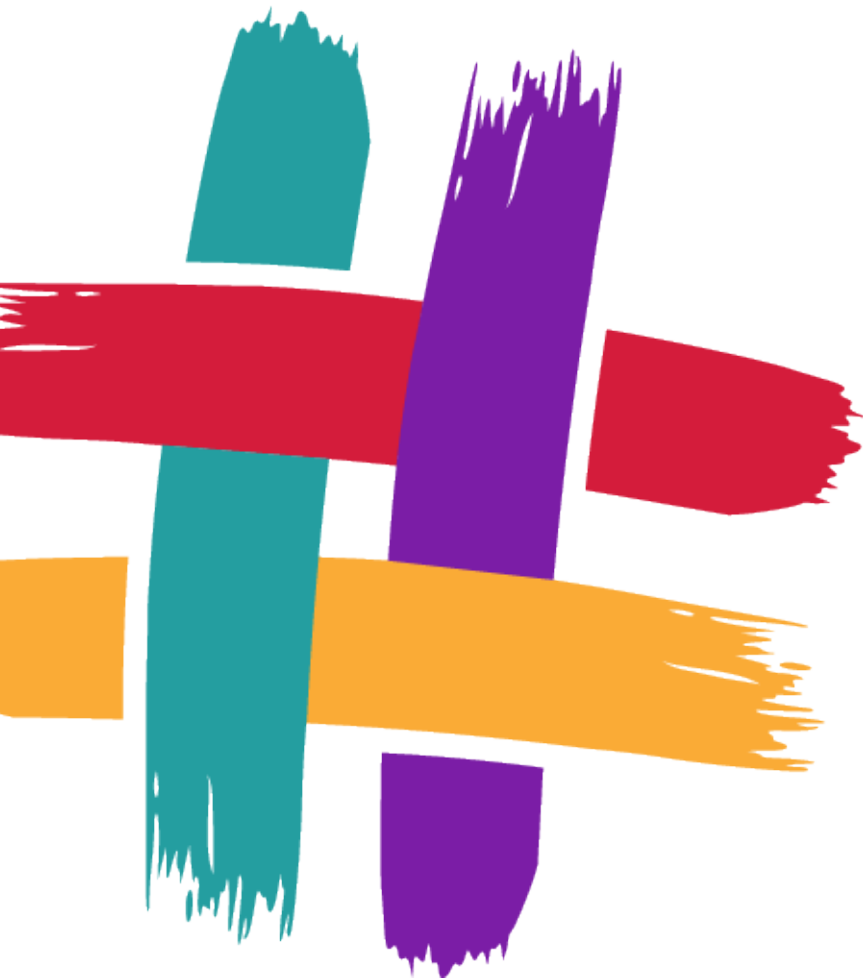
- Oscar Wilde



Love Encanto
Love hobbies
Love we don't talk
about Bruno
I like my BFF harmony
My mum is a devil
Loud
Funny
Stubborn

- 1) clever
- 2) kind
- 3) extrovert
- 4) trustworthy
- 5) reliable
- 6) loud
- stubborn
- honest
- kind





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