

THE SHINE PROJECT

England & Wales · Charity number 1118173

Details

Other names SHINE

Status Registered

Legal form Other

Registered 2007-03-01

Register [View on the Charity Commission register](#)

Contact

Address 34 Headswell Crescent
Bournemouth
BH10 6LH

Phone 07780604643

Email anne@shineproject.org.uk

Website www.shineproject.org.uk

Activities

Objects: THE CHARITIES OBJECTIVES (THE OBJECTS), BEING PARTICULARLY FOR THE BENEFIT OF TEENAGE GIRLS ARE TO:1. ADVANCE THEIR EDUCATION BY DEVELOPING MENTAL, PHYSICAL AND MORAL CAPABILITIES THROUGH THE PROVISION OF GUIDANCE AND DISCUSSION. 2. THE PROMOTION OF EQUALITY AND DIVERSITY FOR THE PUBLIC BENEFIT BY CULTIVATING A SENTIMENT IN FAVOUR OF EQUALITY AND DIVERSITY. 3. THE RELIEF OF POVERTY AND DISTRESS, THE PRESERVATION AND PROTECTION OF GOOD HEALTH AND THE ADVANCEMENT OF EDUCATION BY THE PROVISION OF GUIDANCE, EDUCATION AND SUCH OTHER SERVICES AS THE CHARITY DETERMINES.4. PROMOTE GOOD CITIZENSHIP WITH A VIEW TO INCREASING THEIR ACTIVE PARTICIPATION IN SOCIETY.

Activities: The Shine Project provides 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.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Economic/community Development/employment
- **Who:** Children/young People

Geography

- Bournemouth
- Dorset
- Poole

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£55,208	£57,151	-	-
2024-08-31	£63,566	£46,447	-	-
2023-08-31	£44,457	£48,213	-	-
2022-08-31	£41,484	£38,130	-	-
2021-08-31	£50,093	£27,641	-	-

Trustees

Name	Role	Appointed
MRS R HARDARDOTTIR	Chair	2012-12-04
Elizabeth Sally Anne Walker		2022-11-23
MR L PRICE		2012-12-04
Nicholas David McLean Main		2025-02-24
Vanessa Louise Corsie		2025-02-24
Vania Katherine Roper		2020-11-18

THE SHINE PROJECT

England & Wales - Charity number 1118173

Accounts

Registered Charity No.
1118173

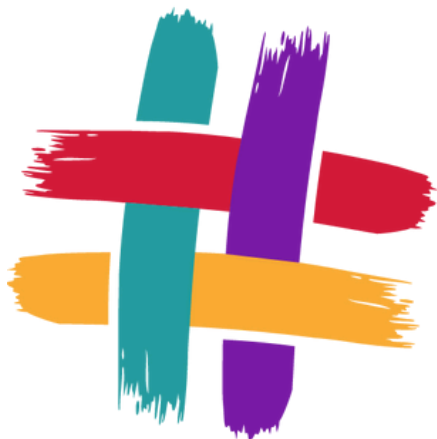
34 Headswell Crescent,
Bournemouth, BH10 6LH

Tel; 07780 604643,
anne@shineproject.org.uk
www.shineproject.org.uk

ANNUAL REPORT

SEPT 2024- AUGUST 2025

TRANSFORMING THE LIVES OF
YOUNG PEOPLE



THE SHINE
PROJECT

OUR 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.

OUR 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.



OUR 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.

“ *THE LESS HARSHLY WE JUDGE OURSELVES, THE MORE ACCEPTING WE BECOME OF OTHERS -*
HAROLD H. BLOOMFIELD ”

Transforming the lives of
young people

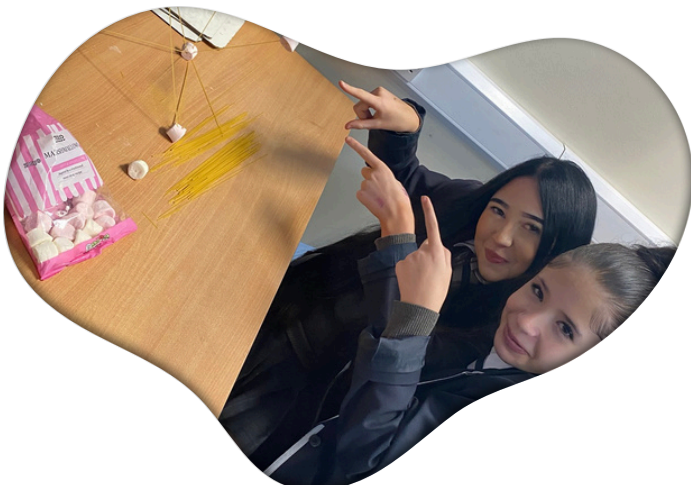


THE SHINE PROJECT

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 to develop 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 18 years The Shine Project has directly impacted 3,913 young people. This year saw The Shine Project deliver more wellbeing courses than ever before and reached 203 young people





WELLBEING COURSES

The Shine Project offers two choices of wellbeing courses:

The Shine Course and **The Thrive Initiative**, each are 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. Those who are:

- Overlooked and often lost in the system.
- School refusers.
- Feeling socially isolated or difficulty adapting to the larger secondary experience.
- 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.



WELLBEING COURSES

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 meet compassion, empowerment and that they are welcome.**

We work in **partnership** with schools, youth groups & charities to provide students with the opportunity to explore their concerns & ideas in a safe and friendly environment with staff & volunteers who will listen and signpost. Additionally, Shine gives practical solutions & 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 friends, family, neighbours.

Be Active. Find an activity you enjoy.

Take Notice. Be curious, savour the moment.

Keep Learning. Try something new.

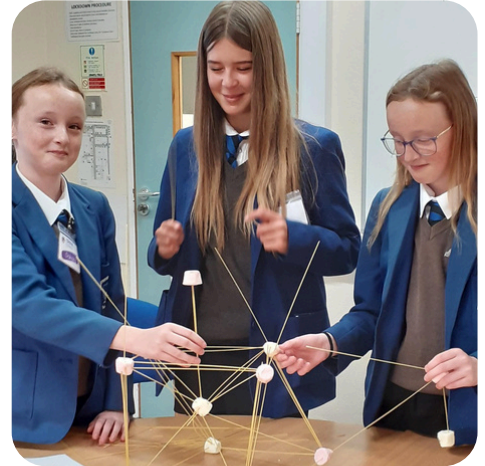
Give. Do something nice for a friend.





THE SHINE PROJECT

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 courses reduce 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, healthier and more successful future.



"Just because no one else can heal or do your inner work for you doesn't mean you can, should, or need to do it alone."

Lisa Olivera



A CHOICE OF COURSES...

THE SHINE COURSE

“SHINE HAS BOOSTED MY CONFIDENCE. MADE ME PUT MYSELF FORWARD FOR MORE THINGS INSIDE AND OUT OF SCHOOL. LOVED IT - THANK YOU!”
- SHINE STUDENT GLENMOOR SCHOOL 2025 ”

This is a 8-week early intervention physical and mental health course developed for those who identify as female/non-binary. 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 areas in building self-awareness and acceptance. It seeks to challenge beauty standards and build positive body image.

The young people are given tools to manage strong emotions, try out mindful practices, develop healthy relationships and learn communication skills. There is a focus on self-respect, healthy boundaries, bullying, management of stress and conflict, healthy eating, the positive impacts of self-care, and the benefits of exercise. We enable the young people to recognise their personal core values and need to help identify and build on personal skills and future goals, therefore celebrating uniqueness and self-expression.

RATES OF SELF-HARM AMONG GIRLS HAVE TRIPLED SINCE 1993, WITH 1 IN 5 GIRLS AGED 14-15 REPORTING SELF-HARMING BEHAVIOURS. THIS IS OFTEN LINKED TO TRAUMA, LOW SELF-ESTEEM, AND SOCIAL ISOLATION. - MENTALHEALTH.ORG.UK



A CHOICE OF COURSES...

THE THRIVE COURSE

“THRIVE WAS A GREAT OPPORTUNITY TO HELP ME LEARN TO COMMUNICATE AND TO LEARN STUFF NOT TAUGHT IN LESSONS.”
– THRIVE STUDENT ST ALDHELMS SCHOOL 2025

The Thrive Initiative has been running for over three years now and has been specifically designed for young people who identify as male/non-binary. 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 the opportunity to explore subjects closely related to their physical and mental health, in small groups of up to 12 people.

The course covers areas in; building self-acceptance, identifying and celebrating healthy masculinity and understanding mental health. Through fun activities we explore the positives and negatives of gaming and social media usage highlighting the risks of grooming online and in person for the purpose of both CSE and county lines. We discuss healthy relationships, positive communication, respect for self and others, managing strong emotions, bullying, techniques to de-escalate conflict, addiction, healthy eating, the benefits of exercise, as well as identifying personal core values and skills.



COURSE ACTIVITIES

For both courses 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**. Each course is led by a Shine qualified Course Deliverer and supported by a trained volunteer. At the end of the course, we take the students out for either a meal or event (like bowling) to celebrate the end of the course and the progress that each student has made.

*50% of mental health problems are established by age 14
- mentalhealth.org.uk*




*It is easier to build strong children than repair broken men -
Frederick Douglass*



THE NEED...

Having worked with in excess of 3900 students over the last 18 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.

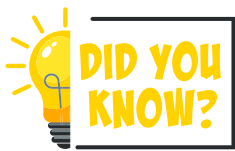
Findings from the Thrive Initiative show that our young men are presenting with slightly higher levels of wellbeing compared to our cohorts of female young people. However, they have been experiencing a variety of pressures which are new to schools, parents and key workers and are not feeling they have the right support in place to develop their emotional resilience. **There is an unhelpful culture of 'manning 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.



THE NEED...

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.

A recent survey we sent out to schools across BCP and East Dorset had over 600 responses and it identified that **56% felt that that there was not enough support available** to them for their mental health, **64% felt that they would rather have this support delivered to them by an outside organisation** (rather than teachers or pastoral staff) and **57% would like to access support like Shine or Thrive.**



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.



THE NEED...

Many of our partner organisations see The Shine Project as a crucial preventative service for students that would otherwise receive no intervention until their situation had seriously deteriorated.

What has become obvious to us over the years is that no one group is immune to the ever-growing mental health issues that our young people are facing. **Poor mental health may manifest in different ways, but it appears to be an ever present and growing concern** for our partners serving and caring for young people.

Following the pandemic, we are seeing the full impact of the isolation caused by national lockdowns on young people's education and social integration. **Our schools, youth clubs and 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.

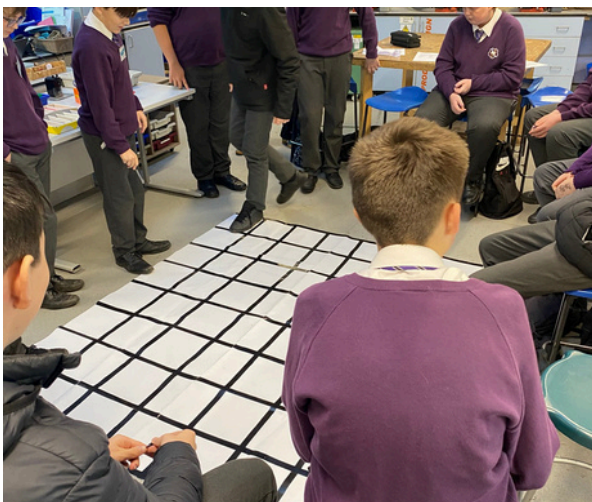
- World Health Organisation



THE NEED...

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. The Shine Project is therefore often seen as a crucial preventative service for students by many of our partner organisations.

1 in 6 children aged 11–15 in England are identified as having a probable mental health disorder—a significant rise from 1 in 9 in 2017 – Digital NHS





IMPACT

We measure 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, confidence & happiness.
- Improve their knowledge & implement healthy habits around food & exercise.
- Improve communication skills & relationship management.
- Develop a tool kit to build their emotional resilience.
- Grow a positive outlook for their future.

IMPACT



Based on data from 2021 - present. Shines biggest areas of improvement are in **confidence 25%**, **feeling good about themselves 20.9%** and **excited about their future 18.5%**. In Thrive we see areas of improvement in **having purpose 13.1%** **excited about their future 13%** and **feeling relaxed 10.8%**.

WRITTEN FEEDBACK FROM SCHOOL



“All young people enjoyed the Thrive experience. They all came out of their shells, to a greater or lesser extent and the discussion was incredible to listen to, they didn't want to stop talking about each subject. The bond that developed between them was really lovely to watch blossom. They don't want the course to end! Thank you so much. The boys all loved the course, and it really was a pleasure to see you all work with them. 10/10 would recommend.” – St Peters School Autumn 2024

Transforming the lives of
young people



WRITTEN FEEDBACK FROM PARENTS



“My daughter has really enjoyed attending this course. This was her first step back into main school for a year and it has been so helpful for her to see that she is not alone, that other girls feel anxious too. She always comes home with something to tell me from class. Thank you.”

- Highcliffe School parent 2025

“My Son has had a really positive experience whilst attending this course. He has built good friendships and learnt how to welcome resilience in his world. He has spoken highly about the topics and it has opened his eyes to not being afraid to try new things and to think about his future - not just about the here and now. Thank you for equipping him with these tools to grow his own mindset. We know often it is so hard for neurodiverse people to think about challenging themselves. This course has helped him in so many ways.”

- Bourne Academy Parent 2025



WRITTEN FEEDBACK FROM THE SHINE STUDENTS

“Shine has really helped me to understand more about what I feel and learn coping methods. I am so grateful for being a part of this course. Thank you so much.” Glenmoor Student 2025

“I've learnt a lot more about other people, I also feel like I'm more confident with myself and that I'm happier.” Cornerstone Academy Student 2025

“I always felt included in the sessions. It was a super, super fun experience and I wish that everyone could experience it!” – Highcliffe School Student 2025

“I liked the conversation, Thrive was so cool, fun and helpful.”– The Grange School Student 2025

“Thrive has really helped me cope and I think the people running it are amazing. I enjoyed hanging with friends. (I don't hang out with friends any other time).” – Bourne Academy Student 2025

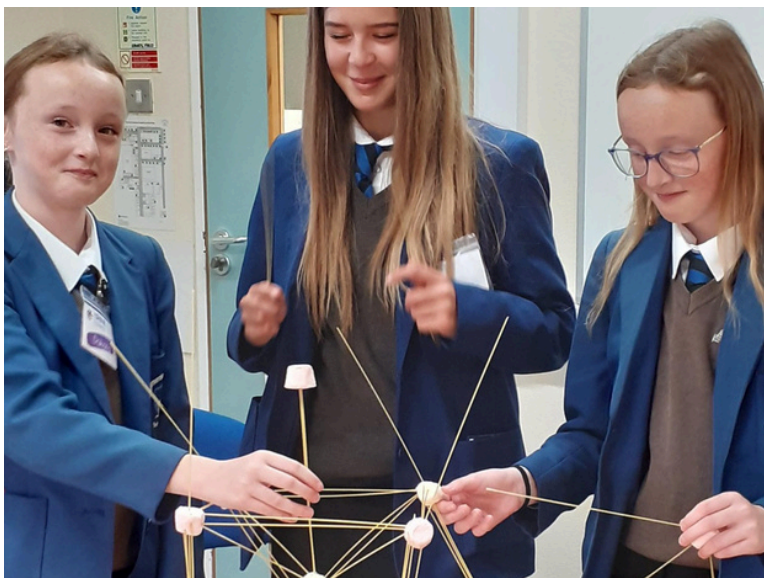
“Thrive has helped me with things in life & the future.” – Avonbourne Academy Student 2025



IMPACT

CASE STUDY- SHINE STUDENT'S STORY

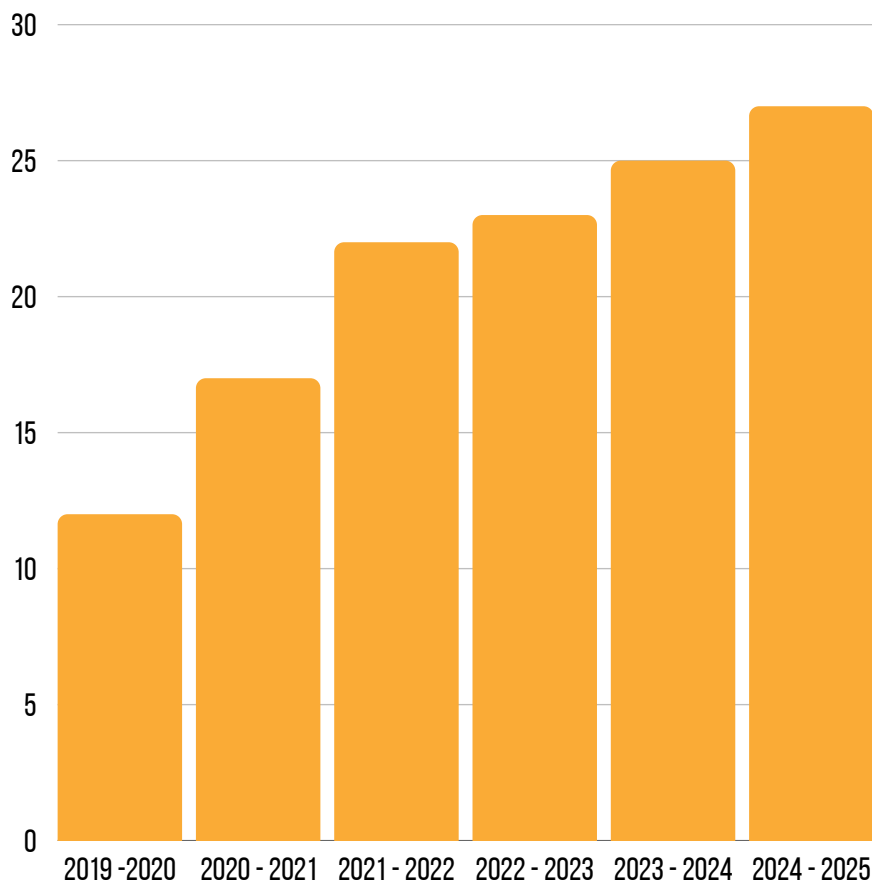
“ Before Shine started I was feeling sad, bored and sick of school. I felt generally useless. My teacher came to me and told me about Shine. I was really scared and nervous about doing Shine but also quite excited. Shine was really good and helpful, I particularly enjoyed the arts and crafts and planting seeds. When Shine finished I felt so much better. Shine helped me by giving me space to talk and get help about being bullied. Shine also helped mentally. Shine has made me feel more confident. ”





THE SHINE PROJECT PROGRESS AND COURSE DEVELOPMENT

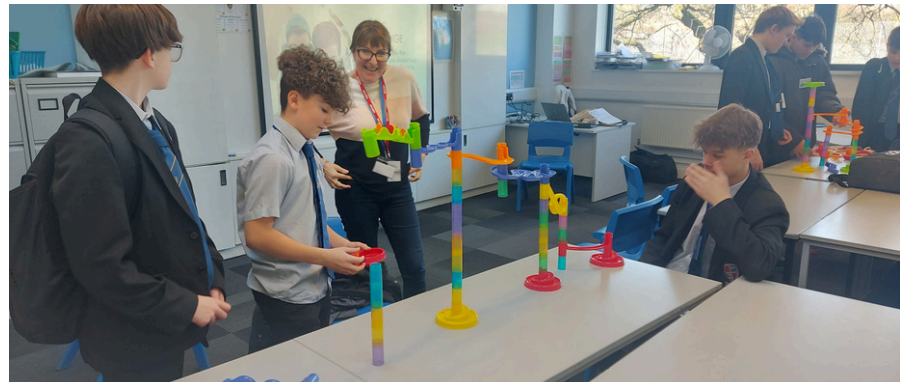
The last few years have been challenging with the pandemic and its subsequent impact on young people, but we have adapted our courses accordingly. Through the hard work of our volunteers and staff we have managed to increase course delivery by 44% since 2020.





THE SHINE PROJECT PROGRESS AND COURSE DEVELOPMENT

In 2025 we focused on updating The Thrive Initiative we added content around, self-respect and personal boundaries, celebrating difference and understanding the impact of cancel culture, building distress tolerance and de-escalating conflict techniques. All work to improve and update our courses are done collaboratively with Thrive coordinators and the young people that have attended Thrive.





THE SHINE PROJECT PROGRESS AND COURSE DEVELOPMENT

Updated Thrive Outline of learning

Session 1

Content: Build Up - Introduction to Thrive, discussion around group and personal values, the impact of male stereotypes. The importance of looking after your mental health.

Activity: Spaghetti and Marshmallow towers. Building communication in teams and highlighting the use of visual tools and the importance of a foundation for stability.

Session 2

Content: Respect - discussion around respect – for self and others including the importance of personal boundaries. Bullying, the impact of each type and ways to manage bullying. Celebrating difference and the impact of cancel culture.

Activity: Shaving tutorial – Highlighting that practical actions can impact how we feel about ourselves, that we all have value and should develop self-care actions to highlight the value we put on ourselves.



THE SHINE PROJECT

PROGRESS AND COURSE DEVELOPMENT

Session 3

Content: Flaws of the media – discussion around media and its subconscious impact. Gaming pros and cons and grooming both for CSE and County lines

Activity: Human Pac Man – building communication skills, developing trust as a group and highlighting fun outside of gaming.

Session 4

Content: Healthy Body/Healthy Mind – Discussion around the benefits of exercise and healthy diet. Negative impacts on the body around addictions and signposting where to get support.

Activity: Exercise session – either football or American football. Fun interaction with sport

Session 5

Content: Emotions – Discussion around emotions, developing an understanding and acceptance of all emotions and tools to manage them more effectively. Identifying the impact of testosterone on the body and its implications. How to de-escalate conflict.

Activity: Happy Snaps – A card game that encourages young people to get comfortable talking about a range of emotions



THE SHINE PROJECT PROGRESS AND COURSE DEVELOPMENT

Session 6

Content: Relationships – Identifying relationships, what makes a healthy relationship and tools for good communication.

Activity: Building a marble run – develops communication skills, leadership skills and critical thinking skills.

Session 7

Content: Identity and values – Building self-awareness around who they are now, their top values and how to align with these values will benefit their wellbeing.

Activity: Minefield – developing teamwork, leadership, and communication skills. Highlighting their values and skills throughout the task.





WELLBEING SELF-CARE PARTIES

In order to run The Shine Project as a sustainable charity we have launched Shine Parties, a paid-for service offering wellbeing focused activities for children's birthdays and celebrations. Shine Parties embrace the values of the charity while providing a revenue stream for our work. Please go to for more information or bookings.

Two hours of play, pampering and positivity!



Our parties are designed to encourage positive wellbeing, develop helpful self-care practices whilst having fun with friends. The party covers everything girls/boys aged 8 - 12 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 and valued.

What's Included:



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

All profits go directly towards our charitable purposes.



NEXT STEPS FOR



THE **SHINE**
PROJECT



In 2025/26 The Shine Project aims to:



- Deliver up to 30 courses.
- Expand delivery across Dorset.
- Increasing the number of parties delivered.
- Recruit further staff and volunteers to ensure these outcomes.

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.



PARTNERSHIPS



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:**

**AFC Bournemouth
Avonbourne School
Bourne Academy
Broadstone Middle
School
Cornerstone Academy
Ferndown Middle School
Ferndown Upper School
Glenmoor Academy
Highcliffe School
Hollywood Bowl
Lockyer Middle School**

**Pizza Express
Nandos Castle Point
and Poole
Poole High School
Poole Town Football
Club
St Aldhelm's School
St Edward's School
St Peter's School
Twynham School
The Grange School
Winton Academy**

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



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, Barbara Brinkman, Joyce Coleman, Danielle Cook, Matt Clarkson, Liza Foster, Trevor Goddard, Jody Raab, Lorraine Rolfe, Natalie Varadarian, Wayne Shatwell, Zara Timmins, Eleanor Wills, Jo Wilson and Vivienne Yardley.

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.



Alone we can do so little; together we can do so much." — Helen Keller



FINANCIAL REPORT

This year, The Shine Project has continued to focus on strengthening the consistency of our course delivery, supporting our team members who lead these courses, and establishing a new sustainable funding stream.

All of this has been achieved despite ongoing financial pressures. We are proud to report that we have remained within touch of our budget forecasts once again whilst being able to expand our offering to new partners and increase our staff numbers.

We are deeply grateful to all our donors who have supported The Shine Project throughout the year. Your contributions — whether through trusts, community funds, school donations, personal gifts, or platforms like Give as You Live — have enabled us to continue our vital work with young people.

As we move into the coming year, The Shine Project is in a healthy financial position, thanks to the hard work of our staff and the unwavering support of our trustees. We look forward to continuing our work with our donor community to reach more young people and make a lasting, positive impact on their lives.

Nick Main - Treasurer and Trustee



FINANCIAL REPORT



Charity Name The Shine Project		Number 1118173		CC16a
For the period from	Period start date 01/09/2024	to	Period end date 31/08/2025	

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 £
A1 Receipts					
Grants received	20,250	21,909	-	42,159	47,594
School donations	9,350	-	-	9,350	8,200
Fundraising	2,638	-	-	2,638	4,008
Trading income	200	-	-	200	250
Other income	861	-	-	861	3,514
<i>Sub total</i>	33,299	21,909	-	55,208	63,566
A2 Assets and investment sales etc.	-	-	-	-	-
Total receipts	33,299	21,909	-	55,208	63,566
A3 Payments					
Salaries and allied costs	7,425	36,163	-	43,588	31,813
Contractor & Professional fees	626	2,488	-	3,115	4,571
Direct operating expenses	1,071	6,358	-	7,429	6,722
: of which for courses					
: of which for parties					
: of which for Well Being event					
Indirect operating expenses	1,377	848	-	2,225	896
Equipment and resources	-	-	-	-	919
Volunteers	630	165	-	795	1,328
Other expenses	-	-	-	-	197
<i>Sub total</i>	11,129	46,022	-	57,151	46,447
A4 Asset purchases etc.	-	-	-	-	-
Total payments	11,129	46,022	-	57,151	46,447
<i>Net receipts less payments</i>	22,169	24,113	-	(1,943)	17,119
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	38,559	29,761	-	68,320	51,201
<i>Cash funds this year end</i>	60,729	5,648	-	66,377	68,320

B1 Cash funds


Cash in CAF Bank 1	-	11,434	34,059
Cash in CAF Bank Gold	-	54,943	34,135
Cash in NatWest	-	-	126
	-	66,377	68,320

Signed on behalf of the trustees

Signature

Name

Date



 NICK MAIN

 5.11.25



WITH THANKS TO...

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 to our key funding partners:

Alice Ellen Cooper Dean Charitable Foundation

KFC Fund

The Talbot Village Trust

National Lottery Community Fund

Neighbourhood Fund

Valentine Charitable Trust

Strategic Solutions

SNG

Semma Fund

Ormiston Foundation

Pixel Fund



TRANSFORMING THE LIVES OF YOUNG PEOPLE



WITH THANKS TO...

Thank you for our donations:

Avonbourne Academy
The Bourne Academy
Broadstone Middle School
Ferndown Middle School
Ferndown Upper School
Glenmoor and Winton Academy
Highcliffe School

Lockyer Middle School
Poole High School
St Aldhelm's Academy
St Edward's School
St Peter's School
The Grange School
Twynham School

Thank you also to all those people who use Give As You Live (sign up at giveasyoulive.com), or BH Coastal Lottery (sign up at 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.



TRANSFORMING THE LIVES OF YOUNG PEOPLE



WITH THANKS TO- THE SHINE TEAM

Trustees

Ragnheidur Hardardottir - Chair of Trustees **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

Luke Price **luke@shineproject.org.uk**



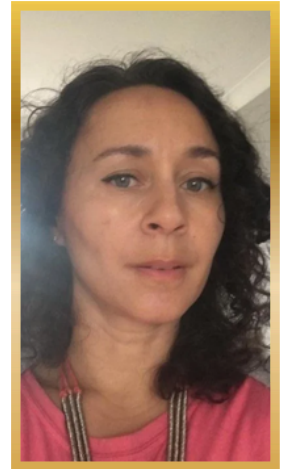
Luke is a documentary film editor who has worked in broadcast television for over 20 years. Luke is married with four adult children and as a Dad has seen first-hand the value of positive messages about identity, for young people, to help form independent self-accepting adults. The family loves living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

WITH THANKS TO- THE SHINE TEAM

Vania Roper

vania@shineproject.org

Vania is a mother of three children aged 12 to 19. 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),



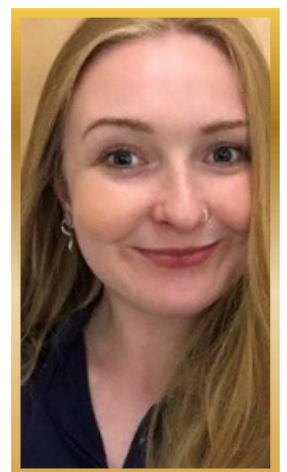
running and beach life! Vania feels passionately about supporting teens during such a challenging period in life. "The Shine Project has never been needed more as mental health issues in our young people continue to grow and the pressures of a post pandemic world prove to be more and more testing."

Ms Libby Walker

libby@shineproject.org.uk

Libby joined the Trustee board in November 2022. Libby is a child psychologist who has worked in Dorset for three years.

Before that, she worked with children both in the Midlands and the South. Having referred children to Shine herself in her job



and first-hand seen its positive influence, she now enjoys being a part of Shine and all the goodness it offers.



WITH THANKS TO- THE SHINE TEAM

Trustees

Ms Vanessa Corsie:

vanessa@shineproject.org.uk

Vanessa has a degree in Psychology and is a HR professional in the energy sector. She loves to travel the world, enjoys healthy living and thinks her four nieces are wonderful.



Vanessa also volunteers on our Shine Courses, she loves seeing the young people learn and grow and is a brilliant contributor to sessions!

Mr Nick Main:

nick@shineproject.org.uk -

Nick is an experienced Independent Financial Adviser with a career

spanning over three decades in the financial services industry. Since 1989, Nick has been dedicated to helping clients achieve their financial goals through personalised and strategic advice. Outside of work, Nick enjoys playing golf, finding it a great way to relax, stay active and meet new people. He lives with his wife, Molly, and has two daughters. Nick also loves sunshine holidays and cherishing the time spent with his family in warm and sunny destinations.



WITH THANKS TO- THE SHINE TEAM

Staff

Anne Clarkson
Operations Manager
anne@shineproject.org.uk



Anne has worked for the Shine Project for the last 15 years, witnessing its growth and development. Anne is 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 delivering courses. Anne oversees the day-to-day operations for The Shine Project and its development. This involves leadership in areas of governance, marketing and communications and fundraising. Anne is also a trustee of RAFT. She feels passionately about social action as a whole and the empowerment of young people to make a difference in society.

· WITH A NEW DAY COMES NEW STRENGTH AND NEW THOUGHTS – ELEANOR ROOSEVELT

WITH THANKS TO- THE SHINE TEAM

Staff

Lucy Barrie

Lucy@shineproject.org.uk

Shine Admin Co-ordinator



Lucy is a Child Mental Health Mentor and is passionate about combining creativity & therapy. Lucy joined The Shine Project to expand her passion of working with young people and now delivers both our Shine & Thrive courses.

Lucy is trained in Child Mental Health Coaching and is always expanding her training certificates; she loves supporting young people to build their emotional resilience and seeing what young people are capable of.

When she isn't at work you will find Lucy making Pottery and spending time with her dog in the woods enjoying time in nature.





WITH THANKS TO- THE SHINE TEAM

Liz Davies

Lead Co-ordinator

Liz@shineproject.org.uk



Liz has worked for Shine for 11 years. After leaving the corporate world, she qualified as a youth worker and is continually updating her skills in children and young people's mental health, most recently by completing a course in understanding autism. She co-founded The Colour Works Foundation which seeks to raise self-belief and confidence in 16-25 years olds. Passionate about enabling young people to achieve their full potential she seeks to use her coaching and mentoring skills with the young people she meets whilst delivering the Shine Course and the Thrive Initiative. She is married with two children and you can find her most weekends on her paddleboard on the beautiful Dorset coast or exploring the local rivers.





WITH THANKS TO- THE SHINE TEAM

Melanie Tilsed

Co-ordinator

Mel@shineproject.org.uk



Mel is a trained makeup artist and wedding hairstylist who joined The Shine Project over 15 years ago as a volunteer and has now been delivering courses for 5 years. She also runs a successful award-winning wedding hair and makeup business. Mel is also DDC at her local church and volunteers for Look Good Feel Better which is a national cancer charity that runs beauty workshops for women that are being treated for cancer.





Charity Name The Shine Project		Number 1118173		CC16a
For the period from	Period start date 01/09/2024	to	Period end date 31/08/2025	

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 £
A1 Receipts					
Grants received	20,250	21,909	-	42,159	47,594
School donations	9,350	-	-	9,350	8,200
Fundraising	2,638	-	-	2,638	4,008
Trading income	200	-	-	200	250
Other income	861	-	-	861	3,514
<i>Sub total</i>	33,299	21,909	-	55,208	63,566
A2 Assets and investment sales etc.					
	-	-	-	-	-
Total receipts	33,299	21,909	-	55,208	63,566
A3 Payments					
Salaries and allied costs	7,425	36,163	-	43,588	31,813
Contractor & Professional fees	626	2,488	-	3,115	4,571
Direct operating expenses	1,071	6,358	-	7,429	6,722
: of which for courses					
: of which for parties					
: of which for Well Being event					
Indirect operating expenses	1,377	848	-	2,225	896
Equipment and resources	-	-	-	-	919
Volunteers	630	165	-	795	1,328
Other expenses	-	-	-	-	197
<i>Sub total</i>	11,129	46,022	-	57,151	46,447
A4 Asset purchases etc.					
	-	-	-	-	-
Total payments	11,129	46,022	-	57,151	46,447
<i>Net receipts less payments</i>	22,169	24,113	-	(1,943)	17,119
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	38,559	29,761	-	68,320	51,201
<i>Cash funds this year end</i>	60,729	5,648	-	66,377	68,320

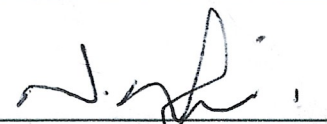
B1 Cash funds	Cash in CAF Bank 1	-	11,434	34,059
	Cash in CAF Bank Gold	-	54,943	34,135
	Cash in NatWest	-	-	126
		-	66,377	68,320

Signed on behalf of the trustees

Signature

Name

Date



 NICK MAIN

 5.11.25.



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

Report to the trustees/ members of

The Shine Project

On accounts for the year ended

31 August 2025

Charity no (if any)

1118173

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/8/2025.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

13/10/2025

Name:

Anthony Ellis

Relevant professional qualification(s) or body (if any):

IER

1

October 2018

AAT

Address:

37 Sherwood Ave

Poole

BH14 8DH

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

THE SHINE PROJECT

England & Wales - Charity number 1118173

Accounts

Registered Charity No.
1118173
34 Headswell Crescent,
Bournemouth, BH10 6LH
Tel; 07780 604643,
anne@shineproject.org.uk
www.shineproject.org.uk

ANNUAL REPORT

SEPT 2023- AUGUST 2024

TRANSFORMING THE LIVES OF
YOUNG PEOPLE



THE SHINE
PROJECT

OUR 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.

OUR 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.



OUR 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.

“IT IS EASIER TO BUILD STRONG CHILDREN THAN REPAIR BROKEN MEN – FREDERICK DOUGLASS”

Transforming the lives of
young people



THE SHINE PROJECT

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 to develop 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 17 years The Shine Project has directly impacted 3,710 young people. This year saw The Shine Project deliver more wellbeing courses than ever before and reached 243 young people





WELLBEING COURSES

The Shine Project offers two choices of wellbeing courses:

The Shine Course and **The Thrive Initiative**, each are 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. Those who are:

- Overlooked and often lost in the system.
- School refusers.
- Feeling socially isolated or difficulty adapting to the larger secondary experience.
- 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.



WELLBEING COURSES

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 meet compassion, empowerment and that they are welcome.**

We work in **partnership** with schools, youth groups & charities to provide students with the opportunity to explore their concerns & ideas in a safe and friendly environment with staff & volunteers who will listen and signpost. Additionally, Shine gives practical solutions & 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 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 PROJECT

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 courses reduce 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, healthier and more successful future.



"Consequently, actions that successfully improve the overall mental health of the population are likely to be accompanied by other important benefits to society."

Elliott Goldner, Emily Jenkins, & Dan Bilsker, 2016



A CHOICE OF COURSES...

THE SHINE COURSE

**“THE PEOPLE WERE ABSOLUTELY AWESOME. SHINE HAS HELPED MY MENTAL HEALTH SO MUCH.
– SHINE STUDENT 2024 ”**

This is a 8-week early intervention physical and mental health course developed for those who identify as female/non-binary. 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 areas in building self-awareness and acceptance. It seeks to challenge beauty standards and build positive body image.

The young people are given tools to manage strong emotions, try out mindful practices, develop healthy relationships and learn communication skills. There is a focus on self-respect, healthy boundaries, bullying, management of stress and conflict, healthy eating, the positive impacts of self-care, and the benefits of exercise. We enable the young people to recognise their personal core values and need to help identify and build on personal skills and future goals, therefore celebrating uniqueness and self-expression.

**“ONE OUT OF FIVE GIRLS AGES TWELVE TO SEVENTEEN HAD EXPERIENCED MAJOR DEPRESSION WITHIN THE LAST YEAR.
– ADOLESCENT WELLNESS ACADEMY ”**



A CHOICE OF COURSES...

THE THRIVE COURSE

**“THRIVE WAS FABULOUS AND FUN BUT WHILE IT IS FUN YOU ARE LEARNING NEW THINGS. I REALLY LIKED THE TEAMWORK AND RESPECT”
– THRIVE STUDENT 2024 ”**

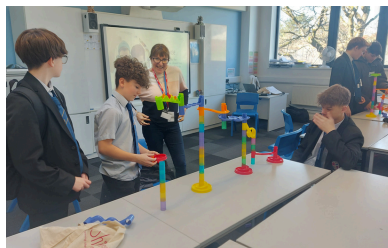
The Thrive Initiative has been running for over two years now and has been specifically designed for young people who identify as male/non-binary. Thrive is based on the highly successful Shine model and delivers early intervention through the provision of a 7-week wellbeing course. Thrive provides young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

The course covers areas in; building self-acceptance, identifying and celebrating healthy masculinity and understanding mental health. Through fun activities we explore the positives and negatives of gaming and social media usage highlighting the risks of grooming online and in person for the purpose of both CSE and county lines. We discuss healthy relationships, positive communication, respect for self and others, managing strong emotions, bullying, healthy eating, the benefits of exercise, as well as identifying skills, talents, and aspirations.

COURSE ACTIVITIES

For both courses 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.** Each course is led by a Shine qualified Course Deliverer and supported by a trained volunteer. At the end of the course, we take the students out for either a meal or event (like bowling) to celebrate the end of the course and the progress that each student has made.

**“ 50% of mental health problems are established by age 14
– mentalhealth.org.uk ”**




**“ 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**



THE NEED...

Having worked with in excess of 3000 students over the last 17 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.

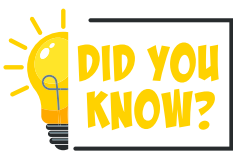
Early findings from the Thrive Initiative show that our young men are presenting with slightly higher levels of wellbeing compared to our cohorts of female young people. However, they have been experiencing a variety of pressures which are new to schools, parents and key workers and are not feeling they have the right support in place to develop their emotional resilience. **There is an unhelpful culture of 'manning 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.



THE NEED...

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.

A recent survey we sent out to schools across BCP and East Dorset had over 600 responses and it identified that **56% felt that that there was not enough support available** to them for their mental health, **64% felt that they would rather have this support delivered to them by an outside organisation** (rather than teachers or pastoral staff) and **57% would like to access support like Shine or Thrive.**



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.



THE NEED...

Many of our partner organisations see The Shine Project as a crucial preventative service for students that would otherwise receive no intervention until their situation had seriously deteriorated.

What has become obvious to us over the years is that no one group is immune to the ever-growing mental health issues that our young people are facing. **Poor mental health may manifest in different ways, but it appears to be an ever present and growing concern** for our partners serving and caring for young people.

Following the pandemic, we are seeing the full impact of the isolation caused by national lockdowns on young people's education and social integration. **Our schools, youth clubs and 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



THE NEED...

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. The Shine Project is therefore often seen as a crucial preventative service for students by many of our partner organisations.

“ *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





IMPACT

We measure 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, confidence & happiness.
- Improve their knowledge & implement healthy habits around food & exercise.
- Improve communication skills & relationship management.
- Develop a tool kit to build their emotional resilience.
- Grow a positive outlook for their future.

IMPACT



Based on data from 2021 - present. Shine shows biggest areas of improvement in confidence 26.2%, feeling good about themselves 19.9% and excited about their future 19.6%. In Thrive we see areas of improvement in feeling useful 13% excited about their future 12% and good about themselves 10.4%.

WRITTEN FEEDBACK FROM SCHOOL



“All the young people enjoyed the initiative. All seemed to increase in maturity as the initiative progressed. Very enjoyable, really pleased with the boys engagement and enthusiasm. Thank you.” – St Edwards Teacher 2023

“I noticed more self-awareness and the students ability to engage in sessions increase as time went on. Fantastic intervention and the girls really enjoyed being a part of SHINE.” – Bourne Academy 2023

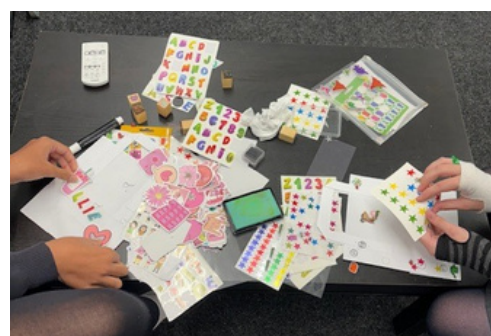
Transforming the lives of
young people

WRITTEN FEEDBACK FROM PARENTS



“We have noticed a positive change in the way our daughter views herself recently and also she is beginning to handle difficult situations and emotions. She has spoken highly of her sessions at Shine each week. Thank you”. – Cornerstone Academy Parent 2023

“My son has shown more compassion for others and has been more aware of the impact of aggression on others. He has also been more talkative regarding interactions within a group since doing this project. Thank you for inviting him to take part and give him advice and help with a range of things like mindfulness etc.” – Ferndown Upper School Parent 2024





WRITTEN FEEDBACK FROM THE SHINE STUDENTS

"I really liked the support that Shine gave me. Thank you everyone for helping me, everyone was so kind and I felt so understood." – Highcliffe School Student 2024

"I've learnt to believe in myself." – Cornerstone Academy 2024

"I liked that they talked about things that most teenagers are struggling with and the leaders were really friendly and welcoming." – The Grange Student 2024

"The people were absolutely awesome. Shine has helped my mental health so much." – Glenmoor Academy Student 2024

"Thrive was fabulous and fun but while it is fun you are learning new things. I really liked the teamwork and respect." – Ferndown Middle School Student 2024

"I liked being able to talk about our feelings. Thank you for letting me join it was great." Poole High School Student 2024

"Thrive teaches you important life skills." – Bourne Academy Student 2024

"Thrive helped me mentally and physically". – St Aldhelm's Academy student 2024



IMPACT



CASE STUDY- THRIVE STUDENT'S STORY

“ I had been bullied in primary and secondary school. It started in year 5. After the Covid lockdown I came out as gay. The bullying continued and I was often called ‘teacher’s pet’. My self-esteem was pretty low.

Thrive was recommended to me by the school because my self-esteem was low. I had already had 6 weeks of counselling that had been quite helpful, but I was still struggling.

Thrive felt like a safe space. I don’t really feel safe in school. I liked it a lot, particularly doing activities at the end of each session.

The shaving session was good. I am quite good at keeping myself clean and tidy but it was interesting to do the shaving activity and linking it to self-respect. I also liked the gaming session and the physical activity when AFC Bournemouth came in. I also really liked the spaghetti and marshmallows activity as it felt like building a tower of confidence.

It was weird not going to Thrive each week. I would have loved it to be longer although I don’t know what else I would have wanted you to talk about.

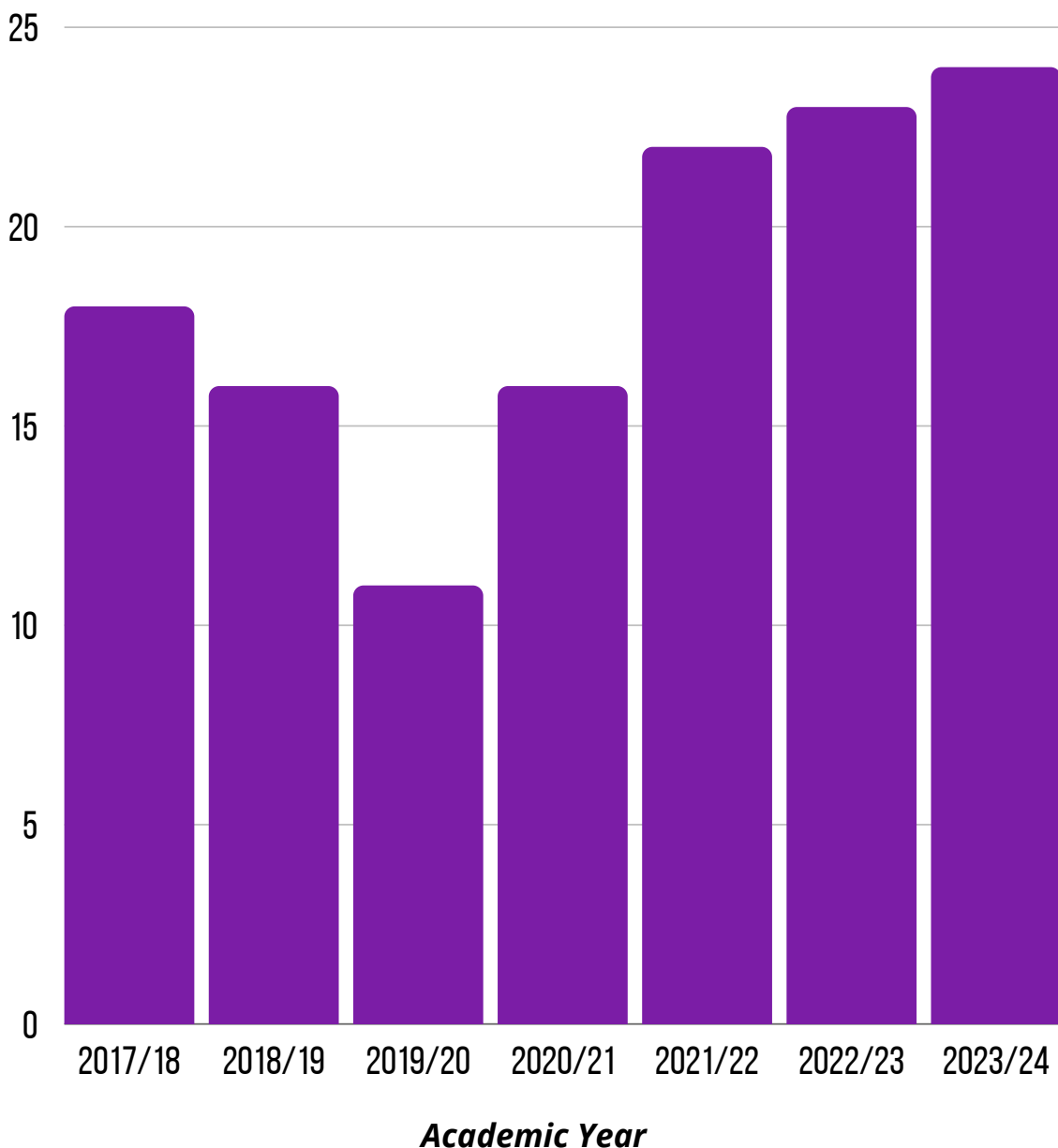
I think Thrive will help me in the future – I don’t really know how yet. I liked the fact that it helped me identify the things I am good at. I am creative – if you asked me to write a story today – I’d be able to do it. I also have learnt that I’m a good problem solver as I often take on this role with friends.





THE SHINE PROJECT PROGRESS AND COURSE DEVELOPMENT

The last few years have been challenging with a pandemic and its subsequent impact on young people and we have adapted our courses accordingly. Through the hard work of our volunteers and staff we have managed to increase course delivery by 39% since 2017.





THE SHINE PROJECT PROGRESS AND COURSE DEVELOPMENT

Our Operations Manager, Anne Clarkson, has worked closely with one of our trustee's Libby Walker to help develop both Shine and Thrive courses.

Libby is a Clinical Psychologist working for CAHMS. This year Libby has worked with Anne to apply theoretical approaches to both courses, **this year has specifically been aimed at developing The Shine Course.** 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) the Power Threat Meaning Framework and Cognitive behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT).** 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 and have undergone training in CBT and DBT.





THE SHINE PROJECT PROGRESS AND COURSE DEVELOPMENT

Updated Shine course include the following content:

Session 1 - Self-care and positive thinking – Introduction to Shine, identifying personal and group core values and introducing the concept of internal dialogue and flipping perspectives to looking for the good in oneself.

Session 2 - Body Image and Strong Foundations - Discussion around society's perception of beauty and how this affects body image. Challenging the beauty standard and self-perception. Practical tips to combat body image pressures, providing a foundation to build confidence.

Session 3 - Managing strong emotions - Identifying that all emotions are natural and valid. Discussion on how anger can be expressed and why and how to manage it. Tips on managing anxiety and mindfulness techniques.

Session 4 - Relationships and communication – Breath work practice, identifying how personal values impact on relationships, discussion on how to communicate effectively and the power of body language, verbal, and written communication. Developing active listening skills and empathy.





THE SHINE PROJECT PROGRESS AND COURSE DEVELOPMENT

Session 5 - Respect - Discussion on self-respect and the importance of healthy boundaries. How to manage all forms of bullying. Practical tips to manage stress and conflict. Building distress tolerance. The power of positive words – including writing compliments to each other.

Session 6 - Healthy Eating – Why it is important to eat well. The signs of an eating disorder and what to do about it. How to implement healthy eating habits.

Session 7 - Identity – Building on self-awareness. Identifying an order of personal needs and values, challenging comparison, celebrating uniqueness and self-expression.

Session 8 - Future Goals – Managing feelings of failure and the benefits of persistence. Identifying future goals based on personal values and needs.





WELLBEING SELF-CARE PARTIES

In order to run The Shine Project as a sustainable charity we have launched Shine Parties, a paid-for service offering wellbeing focused activities for children's birthdays and celebrations. Shine Parties embrace the values of the charity while providing a revenue stream for our work. Please go to for more information or bookings.

Two hours of play, pampering and positivity!



Our parties are designed to encourage positive wellbeing, develop helpful self-care practices whilst having fun with friends. The party covers everything girls/boys aged 8 - 12 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 and valued.

What's Included:



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

All profits go directly towards our charitable purposes.





WELLBEING 2024 EVENT

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

The Shine Project in partnership with Strategic Solutions and Bournemouth University held its 3rd Wellbeing Event on 28th March 2024.

The Shine Project Wellbeing Event promotes healthy behaviours, connects young people and schools to support services using interactive stands, workshops and speakers.



In 2017 we could see there was 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.



WELLBEING 2024 EVENT



The event started with an introduction and inspirational speaker, Alex Blower. Alex has worked as a researcher and professional in widening access to universities for the last decade.

After completing his PhD in 2020, Alex founded Boys Impact. The organisation is a UK wide network of educators working to close the gap in GCSE outcomes for boys who are eligible for Free School Meals. Alongside this he is a TEDx speaker, researcher and writer on issues related to education, masculinity and inequality.

Having navigated his own issues related to exclusion and mental ill health during his time at school, he now uses what he had learned to help understand how we might better support young people who face similar challenges.

The young people were given the choice to attend a variety of workshops and visit each of the interactive stands. Workshops included Art Therapy, knitting, crochet and braiding, Accupressure and stress relief.



WELLBEING 2024 EVENT



On the day we had stands from:

- The ColourWorks Foundation
- RespectEd
- Space
- Dorset Mind
- MyBnk
- Lush
- Safempowerment
- Dorset Women
- Bournemouth University- American Football
- NHS
- CAHMS
- Aim Academy
- The Red Cross

We requested that all the charities/businesses create an interactive experience on their stands promoting either physical or mental health so that the young people felt engaged and developed a positive connection to the support services.

We were joined by over 60 volunteers and stand holders and over 150 young people. Wellbeing 2024 proved to be a huge success and The Shine Project looks forward to continuing to support local young people with its early intervention courses and other such events in the future.



WELLBEING 2024 EVENT FEEDBACK

Volunteers 4.6*

“ I enjoyed seeing the young people engaging in activities and talking to stall holders. I thought the building worked well and the students seemed to like having free reign of the building to roam about finding new things to try. ”

Standholders 4.8*

“It ran so smoothly, and all the staff were so helpful and excited to be there. The talk at the start of the event was so inspiring. I enjoyed the opportunity to really engage and spend time talking to the children. I was really impressed with the whole day. Also, the chance to chat to other organisations over lunch in an informal way, I felt I got a lot out of the day. ”

Teachers 5*

“ Thank you very much for organising! We look forward to next year. Great choice of venue - our students found coming to the university was pretty inspirational so that was a win too. ”

Students 4.5*

“ The stands were really neat, learnt all about key points and have engaged in many, really positive!! ”



NEXT STEPS FOR



THE **SHINE**
PROJECT



In 2024/25 The Shine Project aims to:



- Deliver up to 30 courses.
- Expand delivery across Dorset.
- Increasing the number of parties delivered.
- Recruit further staff and volunteers to ensure these outcomes.

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.



NEXT STEPS FOR



THE SHINE
PROJECT



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
Bournemouth
University
Cornerstone
Academy
Ferndown Middle
School
Ferndown Upper
School
Glenmoor Academy
Highcliffe School
Lockyer Middle
School

Pizza Express
Poole High School
Poole Town Football
Club
Ringwood School
St Aldhelm's School
St Edward's School
St Peter's School
Twynham School
The Grange School
Winton Academy
Hollywood Bowl
Nandos Castle Point
and Poole

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



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, Barbara Brinkman Joyce Coleman, Matt Clarkson, Liza Foster, Trevor Goddard, Jackie May, Amelie Price, Frankie Price, Jody Raab, Lorraine Rolfe, Zara Timmins, Eleanor Wills, Jo Wilson and Nicole Yan Ru.

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 you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.” Audrey Hepburn



FINANCIAL REPORT

This year we have focussed on consistent course delivery, supporting the team members leading our courses and establishing a new sustainable funding stream. **We chose to invest in the recruitment of a new administrative hire,** who will start in our next financial year. This will give our team the ability to concentrate on course delivery and fundraising. All this has been achieved in the face of continued financial challenge from the cost-of-living increases in recent years. But still we have continued to remain within touching distance of our budget forecasts.

We are incredibly thankful to all our donors that have supported the Shine Project through the year enabling us to continue our charities activities. These include gifts from trusts and community funds, school donations, personal donations and income from people using Give as You Live - that makes donations on behalf of shoppers on their everyday purchases.

This year also saw us hold our third Wellbeing Event. This brought together schools, charities and organisation in our local area under the banner **'Connecting communities to create a culture of positive physical and mental health for young people across Dorset'**. Hosting this event is a substantial investment into the community we as a charity feel part of. But we were successful in attracting a grant from Strategic Solutions to cover some of the costs for which we are very grateful.



FINANCIAL REPORT

With the aim of creating an additional sustainable income stream we have launched **Shine Parties** - a paid for service providing children's wellbeing birthday parties for 8-12 years olds in their home. **We plan on growing this enterprise to provide a commercial income for the charity and further raise The Shine Project's profile among young people and their families.**

Moving into the coming year The Shine Project is in a healthy financial position thanks to the hard work of staff and the support of its trustees. We look forward to working with our donor community to provide services to more young people and continue to make a positive impact on young lives.

Luke Price Treasurer & Trustee



TRANSFORMING THE LIVES OF YOUNG PEOPLE



2023/24 CC16



Charity Name The Shine Project		Number 1118173		CC16a
For the period from	Period start date 01/09/2023	to	Period end date 31/08/2024	

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 £
A1 Receipts					
Grants received	-	47,594	-	47,594	34,057
School donations	8,200	-	-	8,200	8,650
Fundraising	4,008	-	-	4,008	533
Trading income	250	-	-	250	-
Other income	3,514	-	-	3,514	1,218
<i>Sub total</i>	15,972	47,594	-	63,566	44,457
A2 Assets and investment sales etc.					
	-	-	-	-	-
<i>Total receipts</i>	15,972	47,594	-	63,566	44,457
A3 Payments					
Salaries and allied costs	6,610	25,204	-	31,813	35,241
Contractor & Professional fees	1,956	2,615	-	4,571	2,933
Direct operating expenses	2,735	3,987	-	6,722	6,229
Indirect operating expenses	635	262	-	896	1,004
Equipment and resources	539	380	-	919	2,013
Volunteers	578	750	-	1,328	503
Other expenses	197	-	-	197	289
<i>Sub total</i>	13,249	33,197	-	46,447	48,213
A4 Asset purchases etc.					
	-	-	-	-	-
<i>Total payments</i>	13,249	33,197	-	46,447	48,213
<i>Net receipts less payments</i>	2,722	14,397	-	17,119	(3756)
A5 Transfers between funds					
	-	-	-	-	-
A6 Cash funds last year end					
	45,882	5,320	-	51,201	54,957
<i>Cash funds this year end</i>	48,604	19,716	-	68,320	51,201

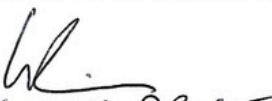
B1 Cash funds					
Cash in CAF Bank 1	-	34,059	-	34,059	10,966
Cash in CAF Bank Gold	-	34,135	-	34,135	40,230
Cash in NatWest	-	126	-	126	5
	-	68,320	-	68,320	51,201

Signed on behalf of the trustees

Signature

Name

Date


LUKE PRICE
13/12/24

TRUSTEE AND TREASURER



WITH THANKS TO...

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 to our key funding partners:

Alice Ellen Cooper Dean Charitable Foundation

KFC Fund

The Talbot Village Trust

National Lottery Community Fund

Neighbourhood Fund

Valentine Charitable Trust

Strategic Solutions

Poole Town Football Club



TRANSFORMING THE LIVES OF YOUNG PEOPLE



WITH THANKS TO...

Thank you for our donations:

Avonbourne Academy
The Bourne Academy
Broadstone Middle School
Ferndown Middle School
Ferndown Upper School
Glenmoor and Winton
Academy
Highcliffe School

Lockyer Middle School
Poole High School
Ringwood School
St Aldhelm's Academy
St Edward's School
St Peter's School
The Grange School
Twynham School

Thank you also to all those people who use Give As You Live (sign up at giveasyoulive.com), or BH Coastal Lottery (sign up at 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.



TRANSFORMING THE LIVES OF YOUNG PEOPLE



WITH THANKS TO- THE SHINE TEAM

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 17 to 23 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. Luke has been a Trustee for Shine for 13 years and is currently also Treasurer.

Mrs Vania Roper

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.

Ms Libby Walker

libby@shineproject.org.uk

Libby joined the Trustee board in November 2022. Libby is a child psychologist who has worked in Dorset for three years. Before that, she 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.



WITH THANKS TO- THE SHINE TEAM

Staff:

Mrs Anne Clarkson

anne@shineproject.org.uk

Operations Manager

Anne has worked for The Shine Project for the last 14 years, witnessing its growth and development. Anne is 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 11 years. After leaving the corporate world, she qualified as a youth worker and is continually updating her skills in children and young people's mental health, most recently by completing a course in understanding autism. She co-founded The Colour Works Foundation which seeks to raise self-belief and confidence in 16-25 years olds. Passionate about enabling young people to achieve their full potential she seeks to use her coaching and mentoring skills with the young people she meets whilst delivering the Shine Course and the Thrive Initiative. She is married with two children and you can find her most weekends on her paddleboard on the beautiful Dorset coast or exploring the local rivers.





WITH THANKS TO- THE SHINE TEAM

Staff:

Melanie Tilsed

mel@shineproject.org.uk

Shine Course Deliverer

Mel is a trained makeup artist and wedding hairstylist who joined the Shine project over 13 years ago as a volunteer and has now been delivering courses for 4 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

Shine Course Deliverer

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





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For the period from	Period start date 01/09/2023	to	Period end date 31/08/2024	

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	Cash in CAF Bank Gold	-	34,135	40,230
	Cash in NatWest	-	126	5
		-	68,320	51,201

Signed on behalf of the trustees

Signature
Name
Date

LUKE PRICE
13/12/24

TRUSTEE AND TREASURER



Independent examiner's report on the accounts

Section A

Independent Examiner's Report

The Shine Project

Report to the trustees/ members of

31 August 2024

On accounts for the year ended

1118173

Charity no (if any)

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/8/2024.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

18/11/2024

Name:

Anthony Ellis

Relevant professional qualification(s) or body (if any):

AAT

Address:

37 Sherwood Ave

Poole

BH14 8DH

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

THE SHINE PROJECT

England & Wales - Charity number 1118173

Accounts



ANNUAL REPORT

SEPTEMBER 2022 – AUGUST 2023



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. 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

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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

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

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

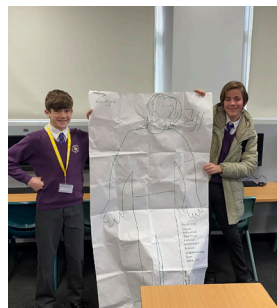
WELLBEING COURSES

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.

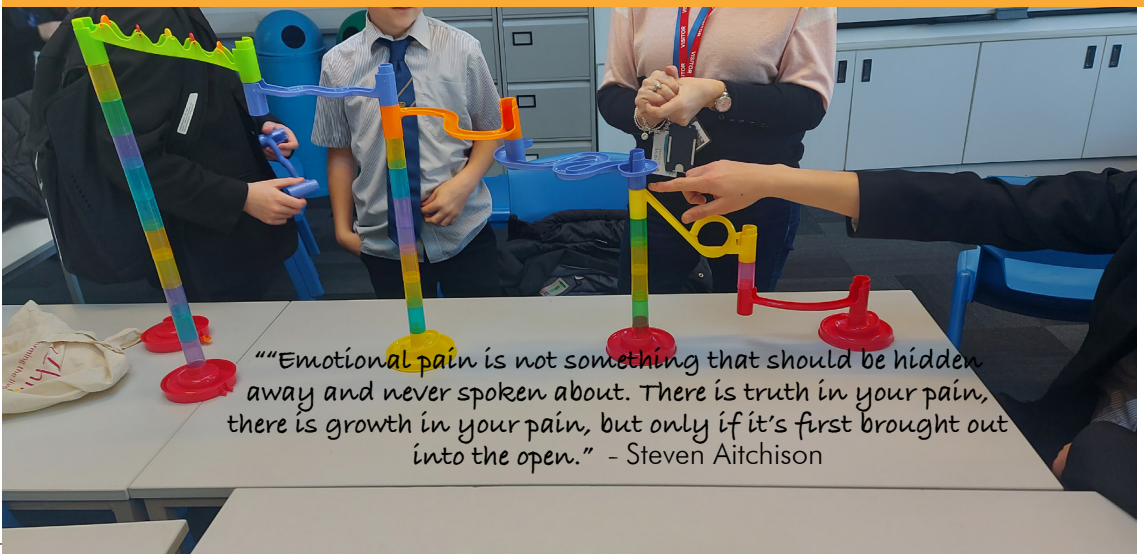




We work in partnership with schools, youth groups and charities to provide students with the opportunity to explore their concerns and ideas in a safe and friendly environment with staff and volunteers who will listen and signpost. Additionally, Shine gives practical solutions and guidance to help improve 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



EMPOWERMENT



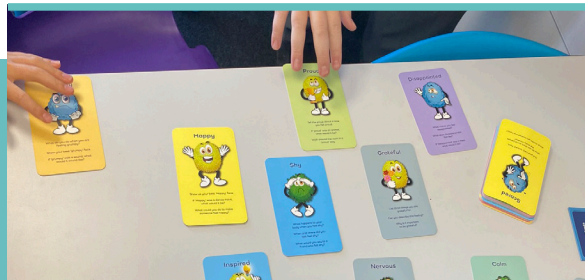
IMPACT



**THE THRIVE
INITIATIVE**



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



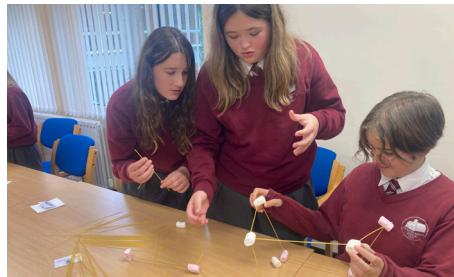
WRITTEN FEEDBACK FROM PARENTS

"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."

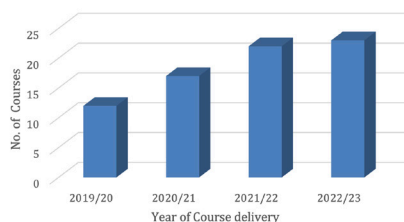
- Highcliffe School Parent 2023



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 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), Amazon Smile or BH Coastal Lottery (sign up at 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 £
A1 Receipts					
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
A2 Assets and investment sales etc.					
	-	-	-	-	-
Total receipts	20,400	24,057	-	44,457	41,483
A3 Payments					
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
A4 Asset purchases etc.					
	-	-	-	-	-
Total payments	24,343	23,870	-	48,213	38,130
<i>Net receipts less payments</i>	(3,943)	187	-	(3,756)	3,353
A5 Transfers between funds					
	-	-	-	-	-
A6 Cash funds last year end					
	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

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 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

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



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

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
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.



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.



Mrs Jayne Jackson: 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



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

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.

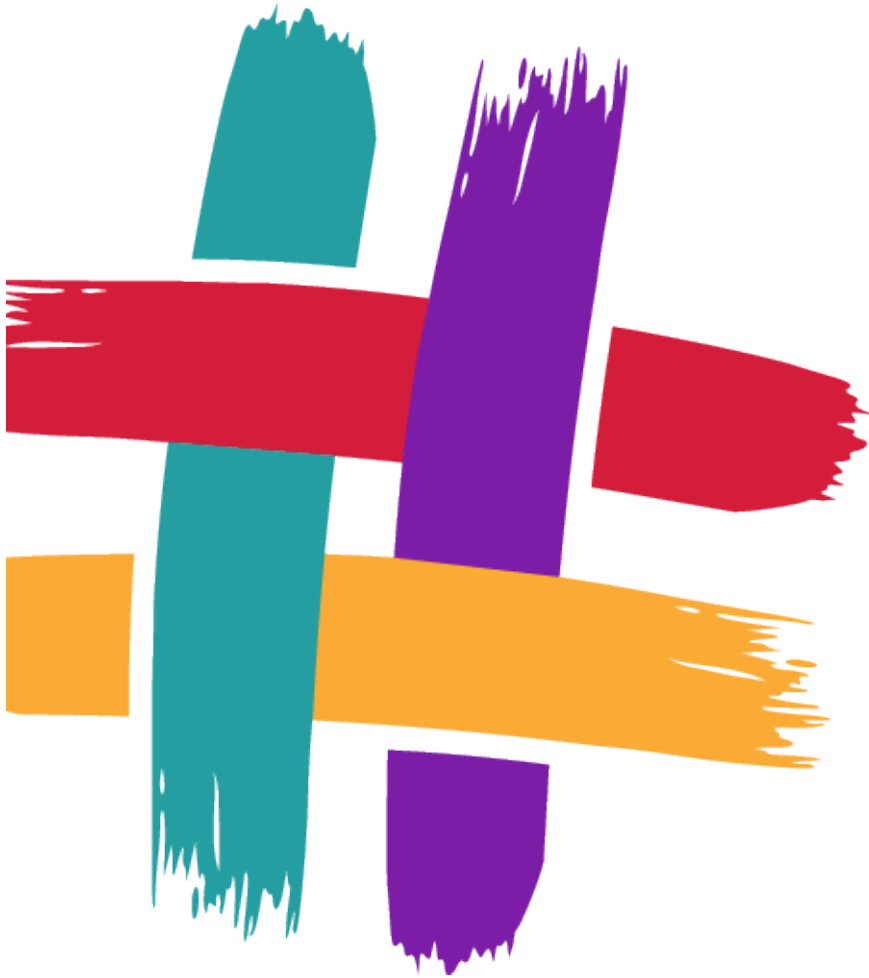
How you were chosen:

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.





REGISTERED CHARITY NO. 1118173
C/O 34 HEADSWELL CRESCENT, BOURNEMOUTH, BH10 6LH
TEL; 07780 604643,

ANNE@SHINEPROJECT.ORG.UK
WWW.SHINEPROJECT.ORG.UK



Section A Independent Examiner's Report

**Report to the trustees /
members of**

THE SHINE PROJECT

**On the accounts for
the year ended**

31st August 2023

Charity number

1118173

Set out on page

Section C below

**Responsibilities and
basis of the report**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/08/2023**.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's
statement**


I have completed my examination. I confirm that no material matters have come to my attention (*other than that disclosed below* *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed



Date

4th January 23

Name

ANTHONY J. ELLIS

**Relevant professional
qualification(s) or body**

A.A.T.

Address:

37 SHERWOOD AVENUE, POOLE, BH14 8DH

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of
any items that the
examiner wishes to
disclose**



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 C 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 £
A1 Receipts					
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
A2 Assets and investment sales etc.					
	-	-	-	-	-
Total receipts	20,400	24,057	-	44,457	41,483
A3 Payments					
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
A4 Asset purchases etc.					
	-	-	-	-	-
Total payments	24,343	23,870	-	48,213	38,130
<i>Net receipts less payments</i>	(3,943)	187	-	(3,756)	3,353
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A6 Cash funds last year end					
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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

Ragnheidur Hardardottir

Date

4th January 2023



Section A Independent Examiner's Report

**Report to the trustees /
members of**

THE SHINE PROJECT

**On the accounts for
the year ended**

31st August 2023

Charity number

1118173

Set out on page

Section C below

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Signed



Date

4th January 23

Name

ANTHONY J. ELLIS

**Relevant professional
qualification(s) or body**

A.A.T.

Address:

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<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

Ragnheidur Hardardottir

Date

4th January 2023

THE SHINE PROJECT

England & Wales - Charity number 1118173

Accounts



ANNUAL REPORT

SEPTEMBER 2021 – AUGUST 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

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.





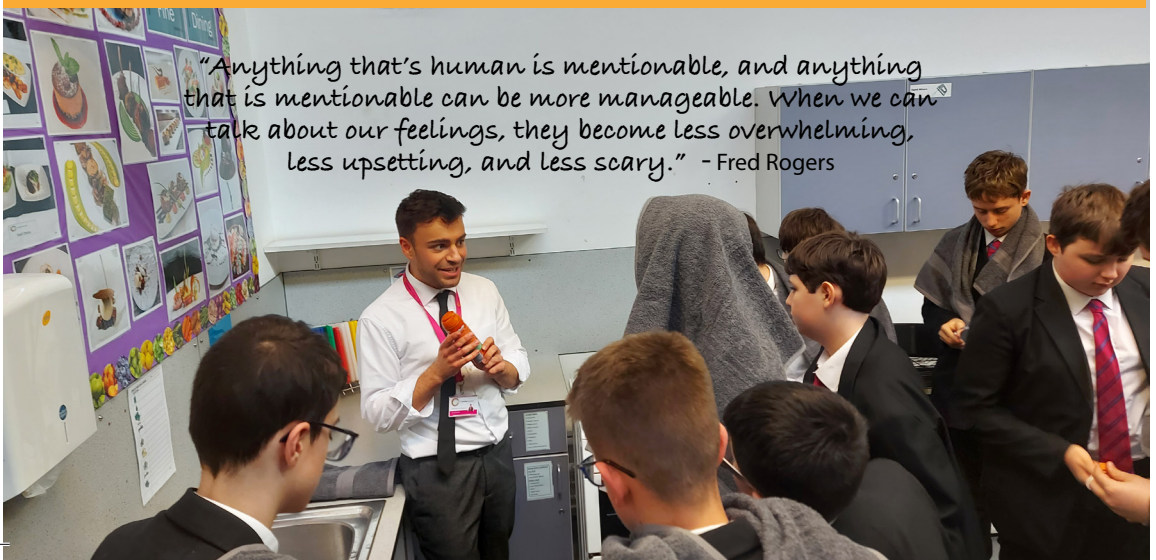
THE SHINE COURSE

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.





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



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."

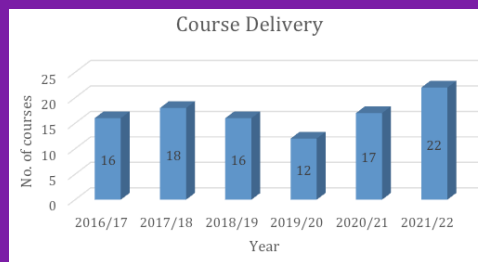
– Longspee Academy Shine Parent 2022

"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.





DEVELOPMENT



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 individuals 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.



About Courses Schools Advice Contact Donate





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
Ferndown 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
Twyndham 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



FINANCIAL REPORT



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 |

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
Sub total	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
Sub total	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
Cash funds this year end	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





THE THRIVE INITIATIVE



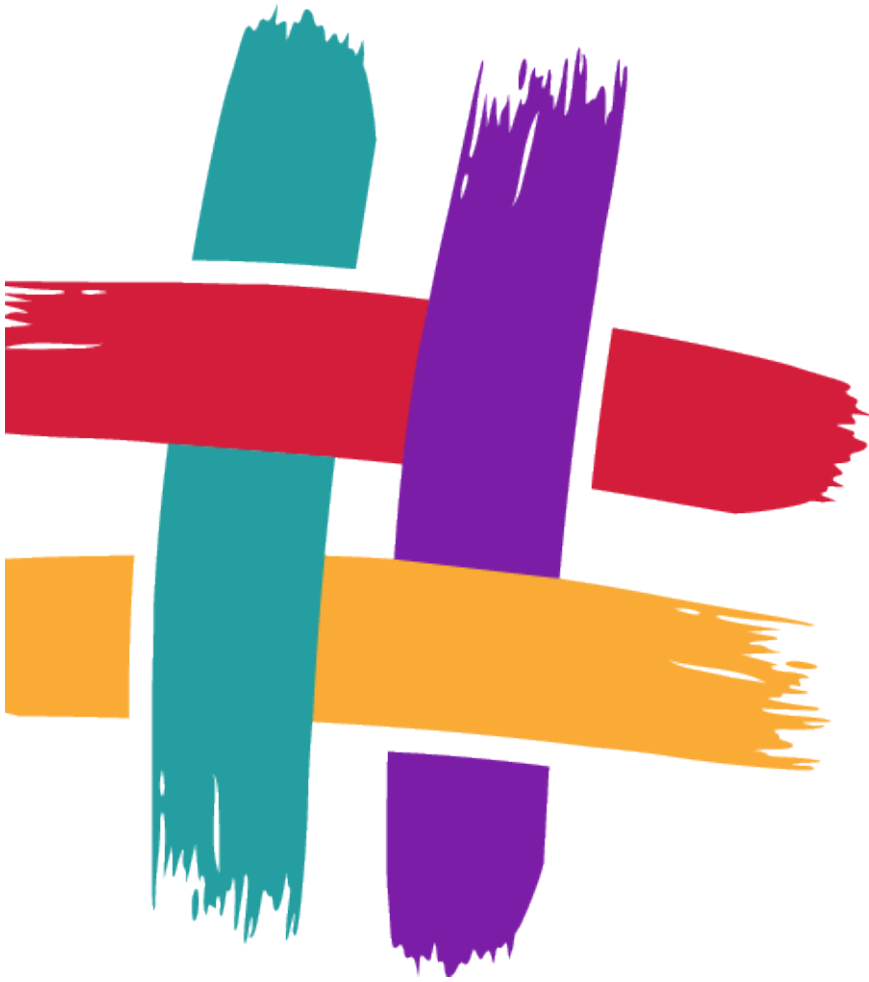
THE SHINE COURSE



1 Love Encanto
1 love hobbies
1 love we don't talk
about Bruno
1 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
Incer
tine





REGISTERED CHARITY NO. 1118173
C/O LANSDOWNE CHURCH,
WOODBURY AVENUE,
BOURNEMOUTH, DORSET, BH8 0HH
TEL: 07780 604643,

ANNE@SHINEPROJECT.ORG.UK
WWW.SHINEPROJECT.ORG.UK





Section A Independent Examiner's Report

**Report to the trustees /
members of**

THE SHINE PROJECT

**On the accounts for
the year ended**

31st August 2022

Charity number

1118173

Set out on page

Two of two in section C below

**Responsibilities and
basis of the report**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/08/2022**.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's
statement**

I have completed my examination. I confirm that no material matters have come to my attention (*other than that disclosed below* *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed



Date

07/06/2023

Name

ANTHONY J. ELLIS

**Relevant professional
qualification(s) or body**

A.A.T.

Address:

37 SHERWOOD AVENUE, POOLE, BH14 8DH

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of
any items that the
examiner wishes to
disclose**

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	

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Donations and other income	8,723	-	-	8,724	6,002
<i>of which fundraising</i>	823	-	-	823	2,887
<i>Sub total</i>	31,234	10,250	-	41,484	50,093
A2 Assets and investment sales etc.	-	-	-	-	-
Total receipts	31,234	10,250	-	41,484	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)	154	-	-	154	164
<i>Sub total</i>	15,359	22,771	-	38,130	27,641
A4 Asset and investment purchases etc.	-	-	-	-	-
Total payments	15,359	22,771	-	38,130	27,641
<i>Receipts less payments</i>	15,874	- 12,521	-	3,354	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
Cash funds this year end	49,824	5,133	-	54,957	51,604

B1 Cash funds	Cash held in bank accounts	-	54,957	51,604
		-		
		-		
			54,957	51,604

Signed on behalf of the trustees

Signature



Name

Ragnheidur Hardardottir

Date

12th June 2023



Section A Independent Examiner's Report

**Report to the trustees /
members of**

THE SHINE PROJECT

**On the accounts for
the year ended**

31st August 2022

Charity number

1118173

Set out on page

Two of two in section C below

**Responsibilities and
basis of the report**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/08/2022**.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's
statement**

I have completed my examination. I confirm that no material matters have come to my attention (*other than that disclosed below* *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed



Date

07/06/2023

Name

ANTHONY J. ELLIS

**Relevant professional
qualification(s) or body**

A.A.T.

Address:

37 SHERWOOD AVENUE, POOLE, BH14 8DH

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

**Give here brief details of
any items that the
examiner wishes to
disclose**

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 received	10	-	-	10	-
Donations and other income	8,723	-	-	8,724	6,002
<i>of which fundraising</i>	823	-	-	823	2,887
<i>Sub total</i>	31,234	10,250	-	41,484	50,093
A2 Assets and investment sales etc.	-	-	-	-	-
Total receipts	31,234	10,250	-	41,484	50,093
A3 Payments					
Salaries and allied costs (co-ordinators)	7,214	16,853	-	24,067	20,907
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Course Supplies including meal	514	2,423	-	2,937	2,758
Administrative expenses	267	4	-	271	366
Equipment and resources	339	-	-	339	-
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Volunteers (including training)	5	514	-	519	242
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B1 Cash funds	Cash held in bank accounts	-	54,957	51,604
		-		
		-		
			54,957	51,604

Signed on behalf of the trustees

Signature



Name

Ragnheidur Hardardottir

Date

12th June 2023

THE SHINE PROJECT

England & Wales - Charity number 1118173

Accounts



THE **SHINE**
PROJECT

ANNUAL REPORT

SEPT 2020 – AUGUST 2021



2021

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.

In the last 15 years The Shine Project has impacted over 2,546 young people.

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

FACTS

50% of mental health problems are established by age 14

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

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

Pupils who have a mental health problem are more likely to be excluded from school than their peers.

Ford et al

THE SHINE COURSE

Through the provision of an 8-week early intervention physical and mental health course Shine provides students the opportunity to explore subjects in small groups of up to 12 people. The course covers areas in

- 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



EMPOWERMENT



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



EARLY INTERVENTION



The course is designed as an early intervention tool to support young people who are displaying initial tendencies towards poor physical or mental health.



INPUT

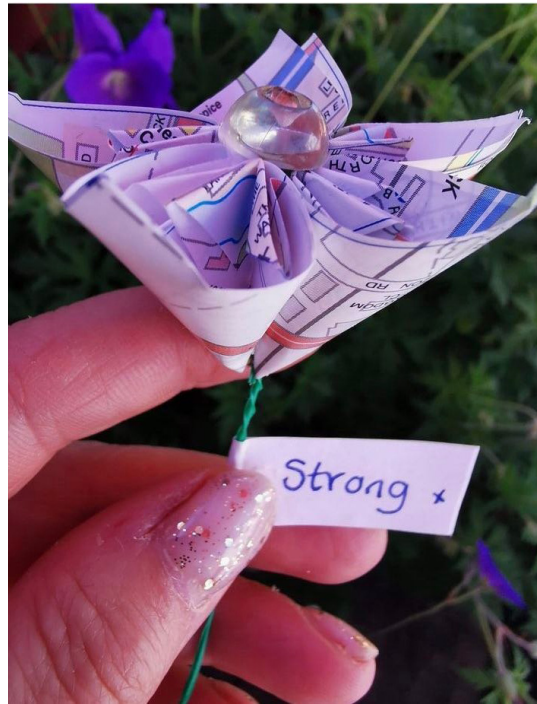


Each of the 8 sessions is between 1 - 1 ½ hours and includes practical activities ranging from self-care to role play, arts and crafts, mindfulness, and exercise classes.

Shine provides a guide to our partner organisations recommending students who would most benefit from the Shine course experience.

This includes the following:

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



Having worked with over 2,500 students over the last 15 years The Shine Project workers 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. A recent Radio 4 article says that studies suggest rates of self-harm have nearly tripled between the year 2000 and 2014, especially in women aged 16 to 24 – with a staggering one in five reporting in 2014 that they'd self-harmed.



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

Shine works in partnership with schools, youth groups and charities to provide students with the opportunity to explore their concerns 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.

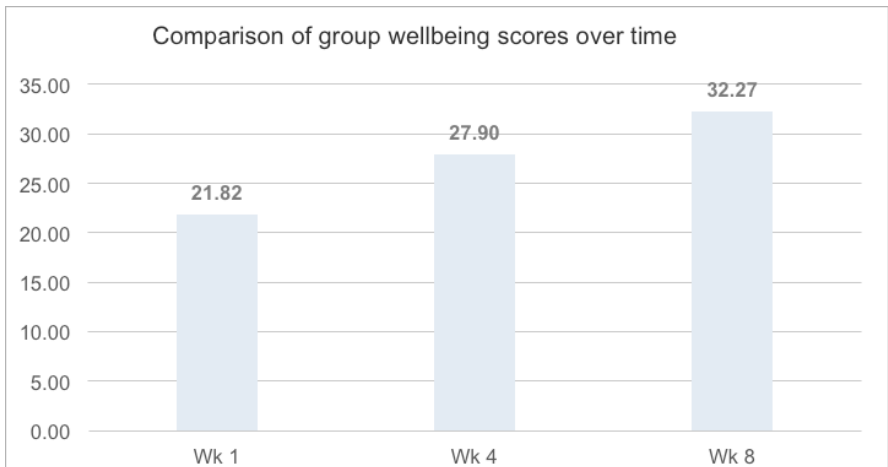
The Shine course encompasses all of these to encourage students to engage in new healthier activities. For example, a simple exercise plan that can be done in the safety of their own room or mindfulness techniques to help them manage their anxiety. The course reduces the stigma that society has created 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.

**IN ANOTHER VERY CHALLENGING SCHOOL YEAR OF 2020/2021
170 STUDENTS EXPERIENCED THE SHINE COURSE EITHER IN THE
TRADITIONAL SETTING OR THROUGH AN ONLINE FORUM.**

RESULTS



Using the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) Shine takes responses to this questionnaire at the beginning, middle and end of the course and as a result we are able to map each young person's journey over the eight weeks. Results are compiled, analysed, and presented to the schools/youth organisations along with a suggested action plan for each individual.



**"THEY HELPED
ME FEEL
COMFORTABLE
AND
UNDERSTAND
I AM WORTH
SOMETHING"**

Oak Academy Student 2021

**"THANK YOU FOR
TALKING ABOUT
SUBJECTS THAT
ARE NOT USUALLY
TALKED ABOUT.
IT WAS A GOOD
EXPERIENCE"**

Poole High Student 2021

**"I LIKED THE
WAY THAT I
WAS ACCEPTED
FOR MYSELF. IT
WAS AN ESCAPE
FROM STRESS"**

**Highcliffe School
Student 2021**

**"I LIKED EVERYONE'S BUBBLY
PERSONALITIES. I THINK SHINE IS AMAZING
AND A GOOD PLACE TO SHARE YOUR
THOUGHTS. I FELT REFRESHED AND HAPPY.
EVERYONE IS AMAZING"**

Glenmoor School student 2021

**Written Feedback from
the Shine Students**



RESULTS



WRITTEN FEEDBACK FROM SCHOOLS

"The students have shared that they loved having the opportunity to be part of something that was just for them. This in turn had an impact on their perceptions of not only themselves but also others. One of the young people actually saw her attendance increase. She had been a school refuser and this course, in conjunction with internal strategies for support, aided her coming on site. It was lovely to see so many of our girls stating that they felt loved. Growth in confidence was the main area of improvement. Having spoken with Liz, it is really lovely to see how the course will diversify to ensure that LGBTQIA+ students feel inclusive within the sessions or young people who do not identify as 'a girly girl!'.

Absolutely love the enthusiasm of Liz and the passion she has for the young people and the skills that she and her wider team are imparting. These skills also form part of the Governments RSE programme which allows us to dovetail and follow up session completed by Shine in our own Learning for Life lessons." –

Oak Academy 2021

WRITTEN FEEDBACK FROM PARENTS

"Shine came at the right time for my daughter. It gave her a new focus and she got to meet other girls at the school. She says it has helped her to talk about her feelings more and lessened her anger. She is beginning to feel more confident. Many Thanks."

"Thanks to all the people that made this happen and helped build my daughters confidence back up. A happy child is a happy parent! Thanks so much."

OUTCOMES

Using data and the written and verbal feedback from Shine students, teachers, youth workers, parents and carers we find that the Shine course helps student to:

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

'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 THRIVE INITIATIVE

We are excited to announce that The Shine Project has a **new course**. This new service has been specifically designed for young people who identify as male. Through the provision of a 7-week wellbeing course Thrive will provide young people the opportunity to explore subjects closely related to their physical and mental health, in small groups of up to 12 people. The course covers areas in;

- Self-acceptance and identifying healthy masculinity
- Understanding mental health
- Gaming and social media usage
- Healthy relationships
- Positive communication
- Managing strong emotions
- Bullying,
- Healthy eating
- Respect (including building positive attitudes to women)
- The benefits of exercise
- Identifying skills, talents, and aspirations



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.



DEVELOPMENT



This pilot course will be delivered over the next 12 months and is based on the highly successful Shine model. Over this time steering groups will be used to develop the course into a user led supportive service.



INPUT



Each session is between 1 - 1 ½ hours and includes practical activities ranging from team building activities, self-care, role play, arts and crafts, mindfulness and exercise classes.



FACTS

WHY THRIVE MATTERS...

'In the UK, suicide is the highest cause of death among men under the age 45'

– Dr Funke Balfour, British Psychological Society

'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

EXPANSION



This year we have brought on board two more sessional workers to deliver The Shine Course and two new trustees. This additional support means that we can increase our delivery by a third reaching more young people than ever before.

New Sessional Workers

Both our new sessional workers have been volunteering for The Shine Project for years and so were ideally suited to taking on the role of delivering it themselves.

JOANNA WILSON

Jo started her career as a hairdresser. She also worked for a project management company for 5 years then relocated to the south coast. Jo is married with 2 children and enjoys being with her family and friends and spending time at the beach. Once her youngest went to school, Jo started to volunteer with The Shine Project giving haircare advice. She enjoyed working alongside the young people and saw the value and enjoyment they got from the course so volunteered for the full course. Jo has now been part of the Shine team for more than 5 years & recently started delivering Shine courses.



MEL TILSED



Mel is a trained makeup artist and wedding hairstylist who joined the Shine project over 10 years ago as a volunteer and has now been delivering courses for 1 year. 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.

VANIA ROPER

Vania is a married mother of 3 children aged 9 to 15. 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.

JAYNE JACKSON



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 sailing and the sea as well as gardening and travel. Her photographic work is strongly orientated to empowering others and creating positive change.

www.jaynejacksonphotography.co.uk

AMBITION QUALITY MARK



Ambition is the quality mark for the youth sector and is the only standard on the market to provide supported achievement for youth provision of any size. This spans from a one night per week provision staffed by volunteers within rented premises, right up to a multimillion-pound youth infrastructure body. Ambition Quality is an assurance scheme specifically designed for organisations working with young people. This scheme enables youth organisations to demonstrate quality provision through a supported self-assessment process. These standards have been set in order to:

- Provide a clear structure to recognise and develop quality provision
- Achieve lasting improvements to practice and management
- Improve individual and organisational confidence in the delivery and management of young people's services
- Evidence the quality of services being delivered to young people Involve young people in the process of quality provision
- Provide a nationally recognised award for those working with young people

THE SHINE PROJECT PASSED AND IS NOW A QUALITY ASSURED CHARITY.

"I AM IMPRESSED WITH SHINE IN UNDERSTANDING WHAT QUALITY MEANS AND YOUR EVIDENCE, PARTICULARLY FOR A CHARITY OF YOUR SIZE."

– Ambition assessor

"IT WAS GREAT TO SEE THAT TREATING EVERYBODY WITH RESPECT AND DIGNITY FEATURES PROMINENTLY IN YOUR CODE OF CONDUCT AND THAT THE PLANNING OF ACTIVITIES TAKES INTO THE NEEDS OF INDIVIDUAL PARTICIPANTS WHICH IS GOOD PRACTICE."

– Ambition Assessor



COVID19

RESPONSE

We have managed to continue supporting our young people throughout the last year and its further two lockdowns. We have continued to use social media as a support, plus delivered our online courses and adapted our traditional course to be socially distanced.

Shine Online

Shine Online replicates the content in our traditional face-to-face course and includes the fun activities so that each student felt they got a true Shine experience. We decided the best way to engage the young people would be to send them care packages each week containing the resources to support the activities.

Prior to the course our Shine workers visit each student at a distance and provide them their first package, giving the young people the opportunity to meet the Shine worker and answer any questions or concerns prior to the first session. This had the added benefit of involving parents and carers and helped the Shine worker to build a relationship with the whole family. The weekly packages engaged the students and made each session exciting. Shy students felt more comfortable in their home environment.

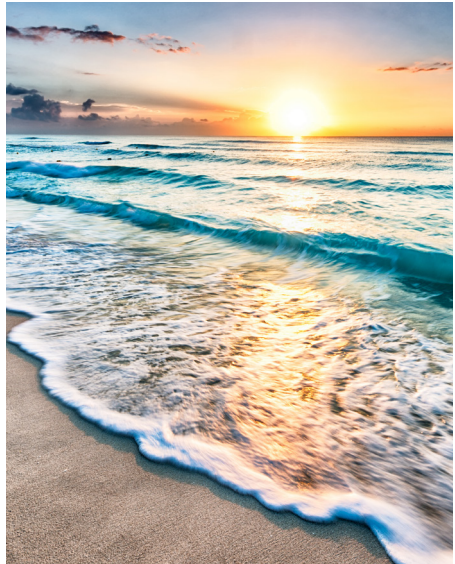
We feel that we rose to the challenge of Covid19 and as a result we have new and innovative ways to interact with young people and additional resources to work with moving forward. We are proud to say that Covid19 has not stopped us from running our courses throughout this school year.

BUILDING RELATIONSHIPS

Schools and charities are vital to the success of Shine. The course can be delivered in school hours or as a lunchtime or after-school club, and 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:

Bourne Academy
Bournemouth School for Girls
Cornerstone Academy
Dumpton School
Ferndown Upper School
Glenmoor Academy
Highcliffe School
Parkfield School
St Aldhelms School
St Edwards School
The Bishop of Winchester Academy
Twyndham 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

the BIG support

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, Suzi Shepherd, Joyce Coleman, Vania Roper, Jayne Jackson and Liza Foster.

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.

| 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
Neighbourhood Fund
The Yapp Charitable
Foundation
Valentine Charitable Trust



DONATIONS

Bourne Academy
BH Coastal Lottery
Dumpton School
Glenmoor School
Local Giving Covid Grant
Magic little Grants
Oak Academy
Ruth Roberts
St Andrews Church
St Edwards School
St Peters School
Tesco



YOUNG PEOPLE

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

FACTS AND FIGURES

2546



YOUNG PEOPLE
SUPPORTED OVER
15 YEARS

4



NEW TRUSTEES AND
COURSE DELIVERERS
RECRUITED IN 2021

170



YOUNG PEOPLE
RECEIVED COURSES
ONLINE OR IN
PERSON IN 2021

35





**CHARITY COMMISSION
FOR ENGLAND AND WALES**

Independent examiner's report on the accounts

Section A Independent Examiner's Report

**Report to the trustees /
members of**

THE SHINE PROJECT

**On the accounts for
the year ended**

31st August 2021

Charity number

1118173

Set out on page

Two of two in section C below

**Responsibilities and
basis of the report**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31/08/2021**.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's
statement**

I have completed my examination. I confirm that no material matters have come to my attention (*other than that disclosed below* *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed



Date 25/01/22

Name

ANTHONY J. ELLIS

**Relevant professional
qualification(s) or body**

A.A.T.

Address:

37 SHERWOOD AVENUE, POOLE, BH14 8OH

Section B Disclosure

**Give here brief details of
any items that the
examiner wishes to
disclose**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

NONE

FINANCES I

Section C Receipts and payments - THE ACCOUNTS

Final accounts of the SHINE PROJECT for year ended 31st August 2021	Charity Name The Shine Project		Number 1118173		CC16a
	For the period from	Period start date 01/09/2020	to	Period end date 31/08/2021	
	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	16,500	27,590	-	44,090	25,770
Interest reviewed	0	-	-	-	-
Donations and other income	6,002	-	-	6,002	8,981
<i>of which fundraising</i>	<i>2,887</i>	<i>-</i>	<i>-</i>	<i>2,887</i>	<i>3,355</i>
<i>Sub total</i>	22,502	27,590	-	50,093	34,751
A2 Assets and investment sales etc.	-	-	-	-	-
Total receipts	22,502	27,590	-	50,093	34,751
A3 Payments					
Salaries and allied costs (co-ordinators)	7,147	13,760	-	20,907	19,602
Coordinators expenses	178	1,171	-	1,350	1,055
Contractor fees	-	1,600	-	1,600	-
Insurance & accountability fees	250	-	-	250	368
Course Supplies including meal	98	2,659	-	2,758	1,813
Administrative expenses	300	66	-	366	98
Equipment and resources	-	-	-	-	47
Promotion costs	5	-	-	5	1,224
Volunteers (including training)	17	225	-	242	105
Other (including staff training)	83	81	-	164	-
<i>Sub total</i>	8,078	19,562	-	27,641	24,311
A4 Asset and investment purchases etc.	-	-	-	-	-
Total payments	8,078	19,562	-	27,641	24,311
<i>Receipts less payments</i>	14,424	8,028	-	22,452	10,440
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	19,207	9,626	-	28,833	18,383
Adjust to recognise expense card balance	319	-	-	319	-
<i>Cash funds this year end</i>	33,950	17,654	-	51,604	28,833

B1 Cash funds

Cash held in bank accounts	-	51,604	28,833
	-		
	-		
		51,604	28,833

Signed on behalf of the trustees

Signature



Name

Ragnheidur Hardardottir

Date

25/01/2022

TRUSTEES:

Mrs Ragnheidur Hardardottir: ragna@shineproject.org.uk
Ragnheidur is a qualified nurse, mother of three and grandmother of 2. Originally from Iceland she enjoys visiting her family there frequently along with skiing and gardening. She has been involved in various women's work. Ragnheidur is has been the chair of Trustees for the last 5 years.



Mr Luke Price: luke@shineproject.org.uk
Luke is a documentary film editor who has worked in broadcast television for 20 years. Luke is married with 4 children aged 14-20 and loves living by the sea. Any time of year you can find the Prices on the water or the beach with their dog braving the elements.

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 3 children aged 9 to 15. 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



Mrs Anne Clarkson: anne@shineproject.org.uk
Operations Manager

Anne has worked for The Shine Project for the last 10 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 3 courses per term. Anne oversees the day-to-day operations of The Shine Project. 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 started working as a co-ordinator for Shine in October 2013 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 2 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 10 years ago as a volunteer and has now been delivering courses for 1 year. 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.



Joanna Wilson: jo@shineproject.org.uk
Shine Course Deliverer

Jo started her career as a hairdresser. She also worked for a project management company for 5 years then relocated to the south coast. Jo is married with 2 children and enjoys being with her family and friends and spending time at the beach. Once her youngest went to school, Jo started to volunteer with The Shine Project giving haircare advice. She enjoyed working alongside the young people and saw the value and enjoyment they got from the course so volunteered for the full course. Jo has now been part of the Shine team for more than 5 years and recently started delivering Shine courses.

FACTS

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

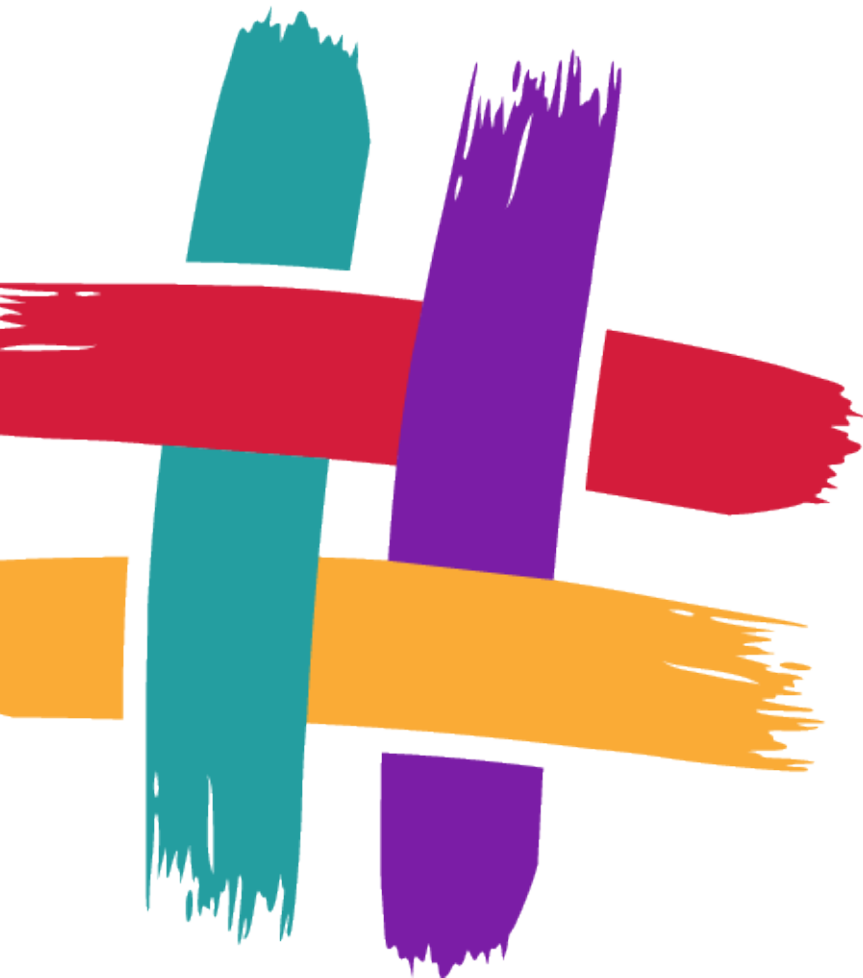
Adolescent Wellness Academy

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



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