



# ANNUAL REPORT

SEPT 2020 – AUGUST 2021



2021

TRANSFORMING THE LIVES OF YOUNG PEOPLE



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# WHO WE ARE

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## WHAT WE DO

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

We also run health and wellbeing events. 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.

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# 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

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

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

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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.**

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NHS Digital, 2020

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

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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.

This includes the following:

- 
- A hand with pink nail polish holds a small, white, cone-shaped paper flower. The flower is made of folded paper with a pattern of small, colorful squares. A clear, round, faceted gemstone is in the center. A small white tag with the word "Strong" and a star symbol is attached to the stem.

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.

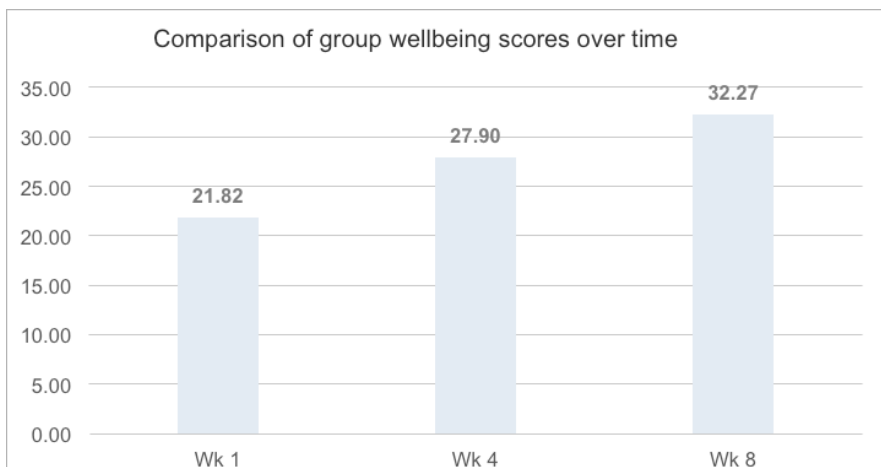
**IN ANOTHER VERY CHALLENGING SCHOOL YEAR OF 2020/2021  
170 STUDENTS EXPERIENCED THE SHINE COURSE EITHER IN THE  
TRADITIONAL SETTING OR THROUGH AN ONLINE FORUM.**



# 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



THE **THRIVE**  
INITIATIVE



## 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](http://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



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# COVID19

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## 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.

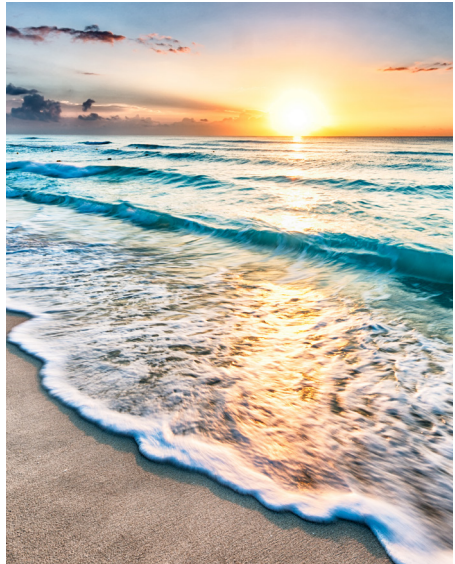
We feel that we rose to the challenge of Covid19 and as a result we have new and innovative ways to interact with young people and additional resources to work with moving forward. We are proud to say that Covid19 has not stopped us from running our courses throughout this school year.

# 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  
Twynham School  
The Grange School



If you are interested in accessing one of our courses, please contact our Operations Manager Anne Clarkson on [anne@shineproject.org.uk](mailto: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](mailto:anne@shineproject.org.uk) for more information.

# I 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**
**On the accounts for  
the year ended**
**Set out on page**
**Responsibilities and  
basis of the report**
**Independent  
examiner's  
statement**
**Signed**
**Name**
**Relevant professional  
qualification(s) or body**
**Address:**
**THE SHINE PROJECT**

31st August 2021

Charity number 1118173

Two of two in section C below

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.

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.*


**Date 25/01/22**

ANTHONY J. ELLIS

A.A.T.

37 SHERWOOD AVENUE, POOLE, BH14 8OH

## 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**

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 £
<b>A1 Receipts</b>					
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>	<b>22,502</b>	<b>27,590</b>	<b>-</b>	<b>50,093</b>	<b>34,751</b>
<b>A2 Assets and investment sales etc.</b>	-	-	-	-	-
<b>Total receipts</b>	<b>22,502</b>	<b>27,590</b>	<b>-</b>	<b>50,093</b>	<b>34,751</b>
<b>A3 Payments</b>					
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>	<b>8,078</b>	<b>19,562</b>	<b>-</b>	<b>27,641</b>	<b>24,311</b>
<b>A4 Asset and investment purchases etc.</b>	-	-	-	-	-
<b>Total payments</b>	<b>8,078</b>	<b>19,562</b>	<b>-</b>	<b>27,641</b>	<b>24,311</b>
<i>Receipts less payments</i>	<b>14,424</b>	<b>8,028</b>	<b>-</b>	<b>22,452</b>	<b>10,440</b>
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	19,207	9,626	-	28,833	18,833
Adjust to recognise expense card balance	319	-	-	319	-
<i>Cash funds this year end</i>	<b>33,950</b>	<b>17,654</b>	<b>-</b>	<b>51,604</b>	<b>28,833</b>

### B1 Cash funds

Cash held in bank accounts	-	51,604	28,833
	-		
	-		
	<b>51,604</b>	<b>28,833</b>	

Signed on behalf of the trustees

Signature

Name

Date



Ragnheidur Hardardottir

25/01/2022

## TRUSTEES:

Mrs Ragnheidur Hardardottir: [ragna@shineproject.org.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://www.jaynejacksonphotography.co.uk)



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

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

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Adolescent Wellness Academy

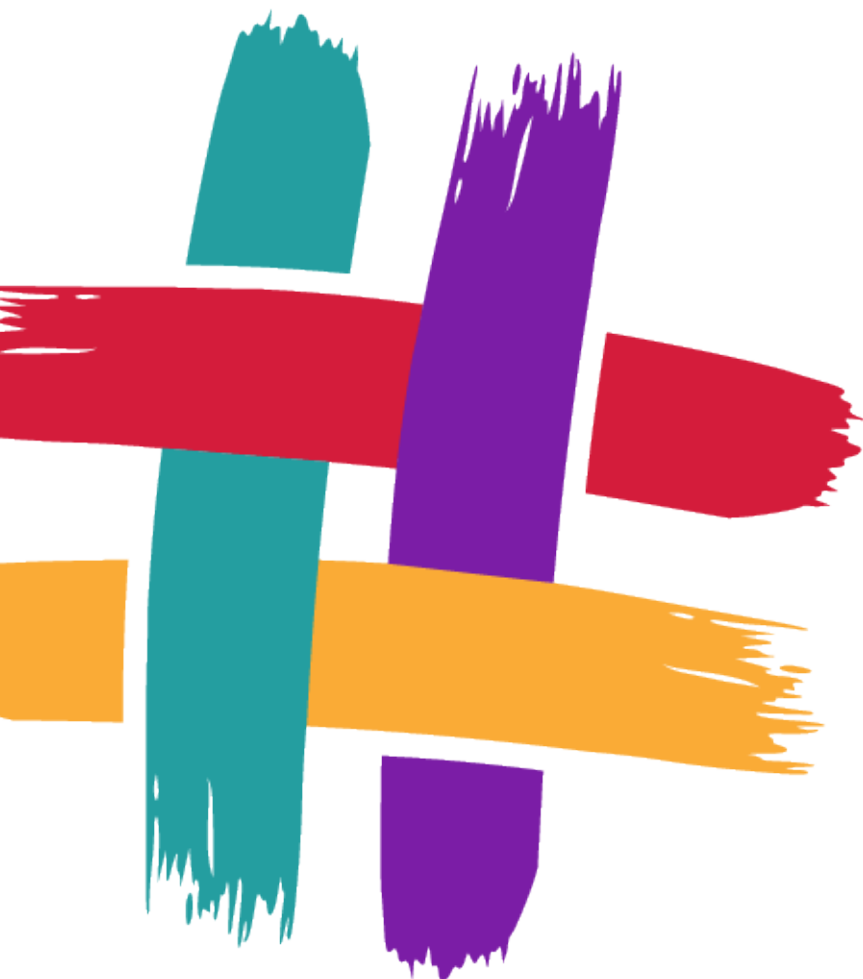
**7 in 10 girls believe that they are not good enough or don't measure up in some way including looks, performance in school and relationships with friends and family members**

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Dove's beauty campaign

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

**– Oscar Wilde**



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