

ANNUAL REPORT

SEPT 2023- AUGUST 2024

Registered Charity No.
1118173
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Bournemouth, BH10 6LH
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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



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**

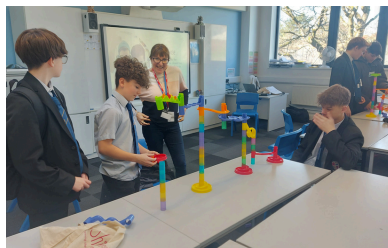
The Thrive Initiative has been running for over two years now and has been specifically designed for young people who identify as male/non-binary. Thrive is based on the highly successful Shine model and delivers early intervention through the provision of a 7-week wellbeing course. Thrive provides young 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](https://www.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.

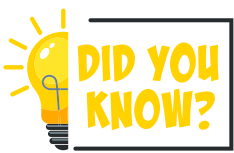
Early findings from the Thrive Initiative show that our young men are presenting with slightly higher levels of wellbeing compared to our cohorts of female young people. However, they have been experiencing a variety of pressures which are new to schools, parents and key workers and are not feeling they 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

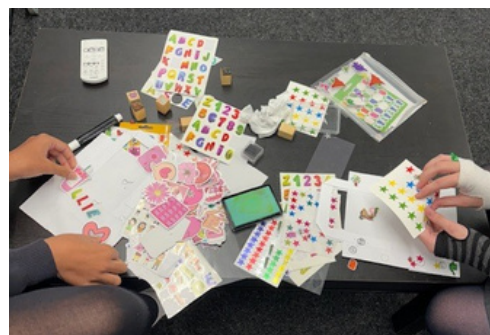
Transforming the lives of
young people

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

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.

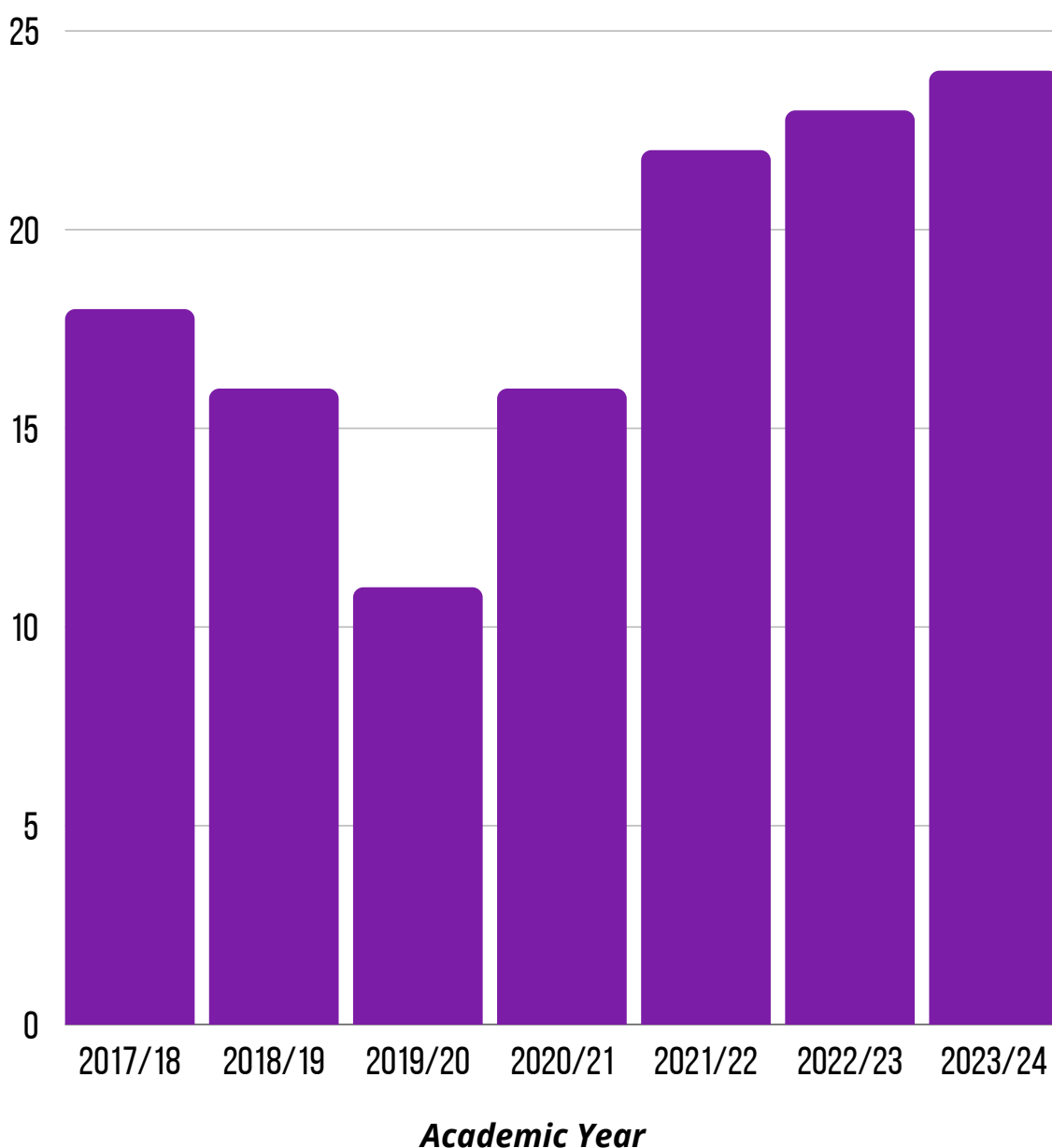
I think Thrive will help me in the future – I don’t really know how yet. I liked the fact that it helped me identify the things I am good at. I am creative – if you asked me to write a story today – I’d be able to do it. I also have learnt that I’m a good problem solver as I often take on this role with 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	10,966
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



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 bhcoastallottery.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





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	10,966
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



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 accounts for the year ended

31 August 2024

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 31/8/2024.

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):

IER

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.