

ANNUAL REPORT

SEPT 2024- AUGUST 2025

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

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*”

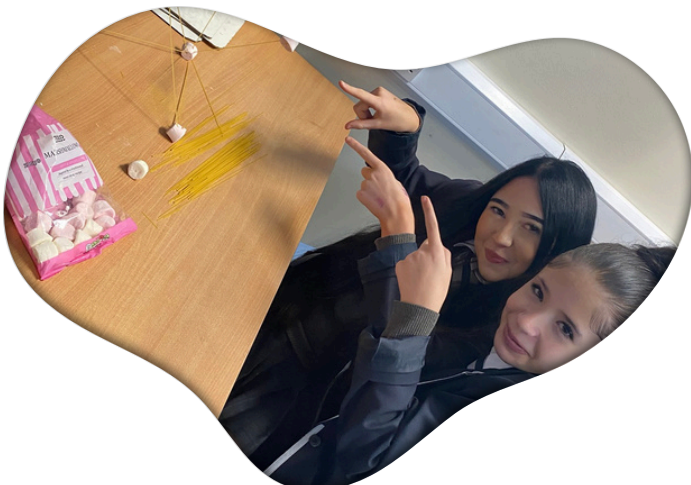
Transforming the lives of
young people



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.

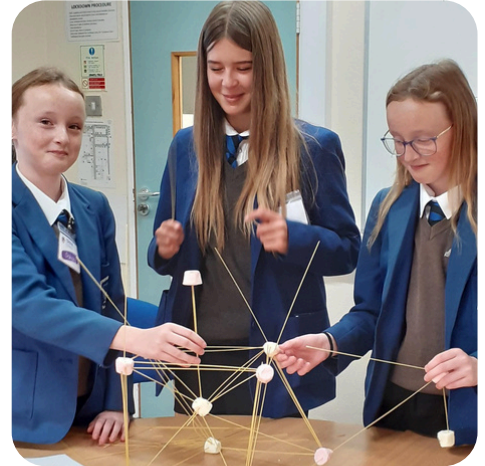
Give. Do something nice for a friend.





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](https://www.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.

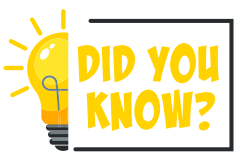
Findings from the Thrive Initiative show that our young men are presenting with slightly higher levels of wellbeing compared to our cohorts of female young people. However, they have been experiencing a variety of pressures which are new to schools, parents and key workers and are not feeling they have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

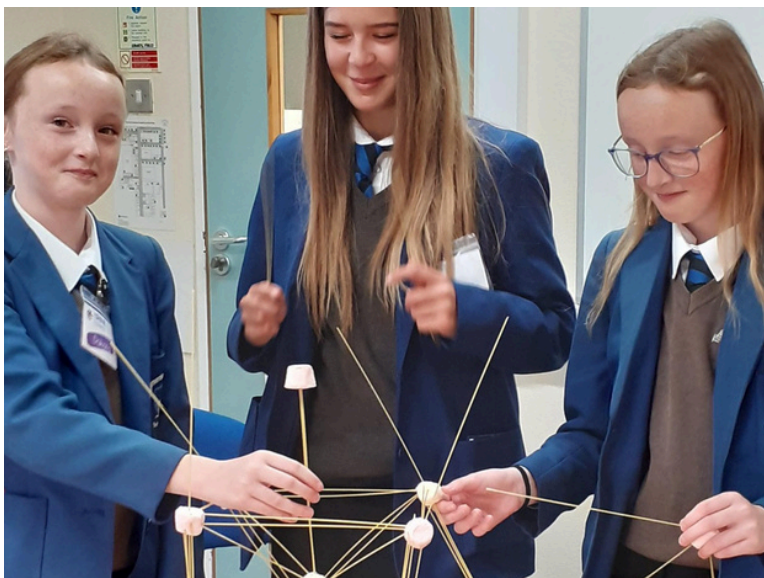
“I liked the conversation, Thrive was so cool, fun and helpful.”– The Grange School Student 2025

“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

CASE STUDY- SHINE STUDENT'S STORY

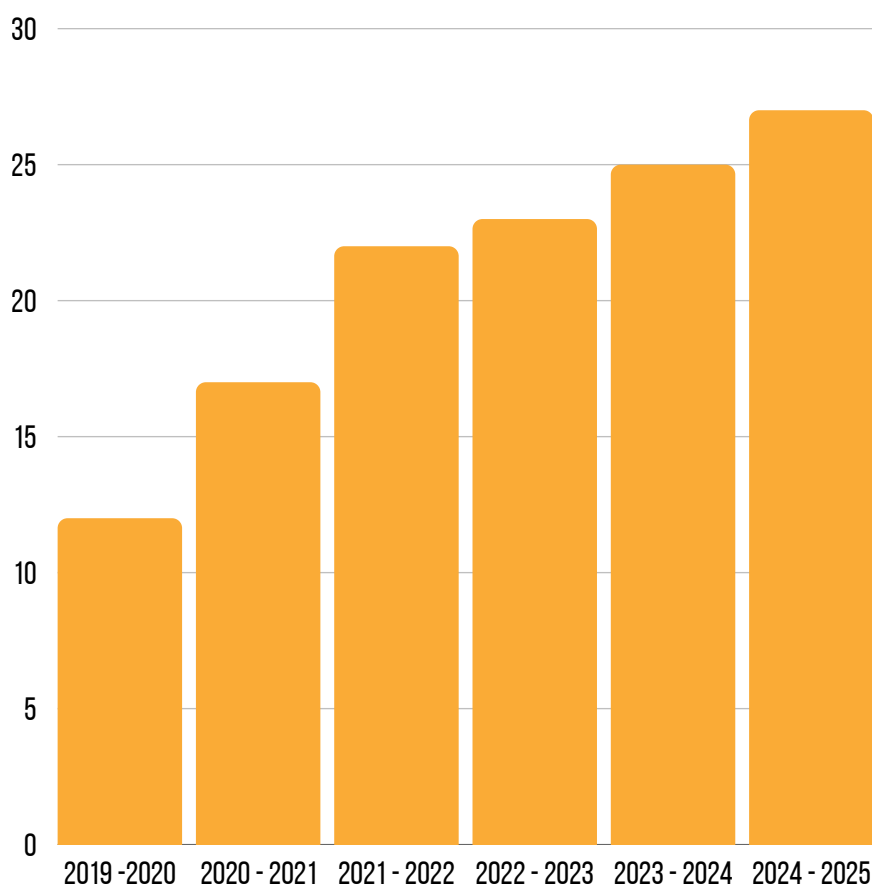
“Before Shine started I was feeling sad, bored and sick of school. I felt generally useless. My teacher came to me and told me about Shine. I was really scared and nervous about doing Shine but also quite excited. Shine was really good and helpful, I particularly enjoyed the arts and crafts and planting 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



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:**

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 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

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.



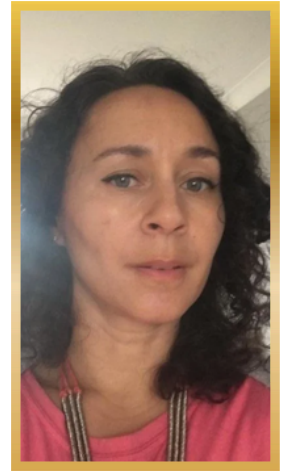
#WITH THANKS TO- THE SHINE TEAM

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."

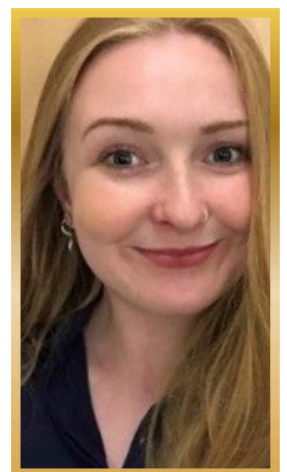


Ms Libby Walker

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

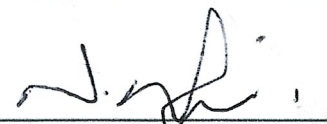
Cash in CAF Bank 1	-	11,434	34,059
Cash in CAF Bank Gold	-	54,943	34,135
Cash in NatWest	-	-	126
	-	66,377	68,320

Signed on behalf of the trustees

Signature

Name

Date


 NICK MAIN
 5.11.25.



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 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.