

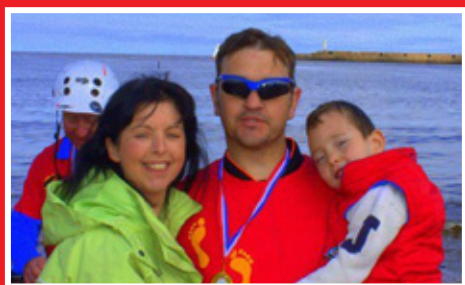


Fund a footstep and help begin a journey

Log on to www.justgiving.com/footstepsfoundation/Donate



Follow in the fundraising footsteps of Phillip Scott's family



When Phillip was diagnosed with cerebral palsy, we decided to help him as much as possible. We needed to start fundraising so he had money to pay for the things he needed. Our first fundraising event was a wax and shave – my brother-in-law's idea! Ten lads removed all body hair – painful! From then on family and friends have taken part in fun runs, the Great North Run, the Coast to Coast bike ride and sky jumps. We've also organised lots of events including girls' nights, fancy dress parties, race nights, sponsored walks, boot camps and New Year's Eve parties as well as holding stalls at fairs.



What difficulties did you come across and how did you overcome them?

Trying to keep track of everything that's going on and getting the information together for people who are fundraising for us.

What did you enjoy about it?

I think when the local Sunderland Echo got involved and printed Phillip's story. As a family we were overwhelmed by how many people wanted to help us fundraise. Lots of people just phoned up and wanted to give us some money or knocked on our door with a donation. There are a lot of nice people out there who want to help.



How much did you raise?

From our Phillip being 10 months old, we've fundraised every year and have raised over £20,000.

What is your top tip?

Be organised and keep people informed of any fundraising event you do.



A shout out to the Tupper family

"I would like to share a shout out to the Tupper family. Both Izzy and Siena attend Footsteps and their mum Jenny is dedicated to the appointments and the time that both girls get at Footsteps. Just the travelling in itself is a long day but no matter what, the girls are always there. We have all seen a vast improvement in Izzy and I know that's thanks to Footsteps and the dedication of Jenny, known by us as SUPER MUM." Cassie Stewart

If you would like to include a shout out to one of the parents or families at Footsteps in our next newsletter, please send your short message to clare@footstepsfoundation.com

We need volunteers for next year's exciting events



We have two big community events coming up in May 2014 and we need lots of volunteers to help us out on the day. Activities include marshalling, selling programmes, manning the Footsteps stand and raffle, bucket collections etc. If either of the following events interest you, please get in touch and we can give you more details.

Wallingford Car Rally & Parade – Sunday 11th May 2014

Thames Run, Wallingford – Sunday 25th May 2014

Both events are a great opportunity to get involved in local community activities while supporting Footsteps. Please contact info@footstepsfoundation.com for further information.

NEW Footsteps T-shirts now in!

Our new t-shirts are nice and bright and are available to buy for £10 each. We have a range of sizes suitable for both adults and children alike.



You can reserve yours ahead of your session or try one on while at Footsteps. We also have Footsteps wristbands in stock. If you think you can sell any at an event or at school, please get in touch.

New CP Football Session Starting February 2014

Oxford City Football Club and the Oxfordshire Sports Partnership are offering regular weekly football sessions for children with cerebral palsy. One of our very own Footsteps children recently attended the taster session and had a great time. For more information, you can visit www.oxfordshirefa.com or contact Lucy at Disability@oxfordshiresport.org

Unwanted gifts & toys?

If you receive too many toys and gifts for you to handle, please offload them onto Footsteps. One of our volunteers has kindly offered to hold a car boot sale in the new year and give the proceeds to Footsteps Foundation. If you want to get rid of some toys and gifts after Christmas, please contact info@footstepsfoundation.com



Merry Christmas

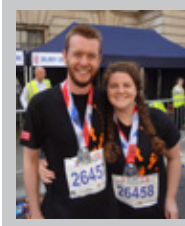
from the Footsteps team



Newsletter / December 2013

www.footstepsfoundation.com info@footstepsfoundation.com 4 Queen Street, Dorchester-on-Thames, OX10 7HR 01865 343851

featured news...



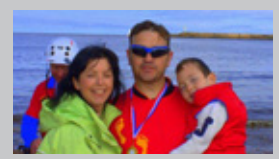
Get your hands on one of our guaranteed entry places



Radcliffe Orchestra
Concert raises £1,500



Lexi crawls for the first time



The fundraising footsteps of **Phillip Scott's family**



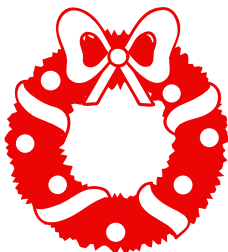
The Footsteps team wishes you a Merry Christmas

Now that we are approaching the end of the year, 2013 has seen 154 individual children attend Footsteps, 75 of whom have received grants from Footsteps Foundation and 52 of whom have benefitted from specialist equipment at a reduced cost. There are a couple of spaces available on 2014 sessions outside of the holiday dates. If you would like more information please contact Kirsty on 01865 340376. Kirsty emails out session times and availability in advance. Please check your emails and your SPAM folder for these details.

We wish everyone a very Merry Christmas and look forward to seeing you in the new year!

Family Grants

We encourage all families eligible for a grant to get their applications into Footsteps Foundation as soon as possible. All applications should be received at least two months' prior to your first booked session of the year. £50,000 has already been committed to families in 2014 so please get your applications in as early as you can.



'A big thank you'

to all community groups, schools and businesses for their recent fundraising activities including: Mercer Lewin, M&Co Abingdon, Louise Claire Millinery, Bibby Financial Services, Irwin Mitchell, Stoke Park Junior School, The Fleur de Lys, The Six Bells, Wittfest Charity Music Festival, Oxford Brookes University Nursery, Cleeve-by-Goring WI, War Memorial Place Residents Association, Mother Goose Day Nursery, Blues & Beers Festival, Rotary District 1070, Wittenham Warriors, St. Mary's Ladies Lunch, Dragonflies Montessori School, OxFizz, Rotary Club of Biggleswade Ivel and Choko Beer Festival.



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Footsteps in action



Radcliffe Orchestra Concert raises £1,500 for Footsteps Foundation



On Saturday 9th November, the Radcliffe Orchestra did a fantastic job at entertaining its audience of around 140 people at a concert held in aid of Footsteps Foundation. They played music from Beethoven, Chopin and Brahms which was thoroughly enjoyed by all who attended.

Footsteps Foundation would like to thank Grundon for sponsoring the costs of the event. Thanks to their support, we were able to provide wine and refreshments at the post-concert reception, which seemed to go down well with the musicians and guests.

Our volunteers were brilliant. They helped sell tickets, organise the raffle, present gifts to the orchestra and prepare the food and drink. We couldn't have done it without them!

Special thanks to The Picnic Hamper, Waitrose Headington and all of the local companies who donated gifts and prizes for the event. We raised £1,500 for Footsteps Foundation which will contribute towards the cost of therapy for disabled children in need of financial assistance. Thank you to everyone involved in making this possible.

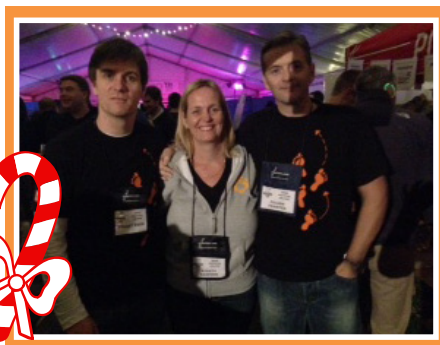
M&Co Fashion Show

On the 21st October, local fashion store M&Co hosted a fashion show in aid of Footsteps Foundation. It was a great way for them to showcase their collections while supporting a local charity at the same time. All guests received a glass of wine and some refreshments while they sat back and enjoyed the show....and one of our committee members and Footsteps mum was modelling! Footsteps Foundation received £317 from the event – thanks M&Co!

Dancing for Footsteps



The Cry Havoc Morris Dancers select a charity to support each year and Footsteps Foundation was the lucky chosen one for 2013. The group are well known in the community of Morris dancers and have been entertaining the crowds around the streets of Oxfordshire at a number of events over the year. They kindly donated £1,012 to Footsteps Foundation in September. Thank you to everyone involved.



Footsteps volunteers get behind the bar at the Choko Beer Festival

On Saturday 28th September, a team of Footsteps volunteers pulled up their sleeves to help out at the Choko Beer Festival in Cholsey. Footsteps Foundation was one of the chosen local charities for this year's event and received £600 from the committee as a result. The day was a fun-filled family event with local bands and activities to keep the children entertained during the day. We loved having the opportunity to get involved in such a great local event.

Grace collects her Child of Courage award



On the 28th September, Grace Windram and her family joined Footsteps Foundation's Fundraiser, Clare, at the Rotary 1070 District Conference in York. Footsteps Foundation was one of the chosen charities to present to the 800 conference delegates and Grace accepted a 'Child of Courage' award on behalf of Footsteps. Grace looked like a princess and was really pleased with her award. It was such a special occasion and we were delighted to take away £2,000 from the event.

Manor Preparatory School Abingdon Gift Fair



The Manor Preparatory School Abingdon, held their Charity Christmas Gift Fair on Saturday 23rd November, with all the money raised being split between FOTM (Friends of the Manor) and Footsteps Foundation.

The total figures from the gift fair are not yet finalised, however it is estimated that it will have raised around £3,000 for Footsteps Foundation.

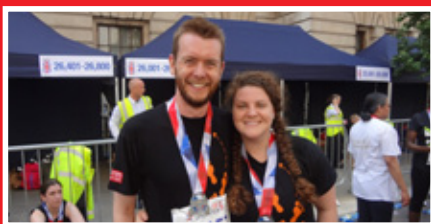


Grants

Footsteps Foundation has recently received grants from the following trusts:

- The Syder Foundation
- Bruce Wake Charitable Trust
- The Joyce Chapman Charitable Trust
- Meeting Industry Meeting Needs
- CHK Charities Limited
- The Lynn Foundation
- Mr & Mrs JA Pye's Charitable Settlement
- Mark Stolkin Foundation
- The Duke of Marlborough's Charitable Settlement
- DLM Charitable Trust
- The Elizabeth Jane Foundation
- The Sandford Trust
- A & S Lass Charities Limited

Join Team Footsteps in the British 10k run 2014



This year, six individuals took part in the British 10k run and raised £3,000 for Footsteps Foundation. We now have six guaranteed entry places for next year's race on Sunday 13th July and are looking for six willing participants to join Team Footsteps. The British 10k London Run is staged on the world's greatest route through the heart of the City of Westminster & City of London. If you are interested in taking one of our six places in next year's British 10k or to find out about other challenge events, please contact clare@footstepsfoundation.com

Other 2014 challenge events for which we have places and are looking for individuals to join Team Footsteps include:

- Adidas Silverstone Half Marathon – Sunday 2nd March
- Abingdon Dragon Boat Race – September

Get your jogging shoes on for the Thames Run 2014

The 2014 Wallingford Thames Run is raising money for Footsteps Foundation and we're looking for all levels of runners to get involved and join Team Footsteps. It's an established and increasingly popular event which attracts over 500 runners and is achievable for all. The 10k run taking place on Sunday 25th May at 10.00am features a multi-terrain course along the Thames and around the historic Oxfordshire town, starting and finishing at Howbery Park.

Please visit www.thamesrun.co.uk for more details on the race and contact info@footstepsfoundation.com if you would like to find out more about running with Team Footsteps.



James achieves 84 miles in 16 hours!



James Hooper ran "The Druid" ultra-marathon for Footsteps Foundation raising £800 from 8-10 November. This involved running 84 miles in three days. Each day was more than a marathon: 29 miles then 27 miles and finishing with 28 miles. James completed the course in a total of 16 hours 16 minutes and 16 seconds.

James became aware of Footsteps through our Centre Manager Kirsty, and later learned that Footsteps had helped another friend's son. "I'd heard about Footsteps, but when I discovered the personal connection I was determined to raise some money. It helped me get through the training and made sure I got to the start line! A visit to the Centre made me appreciate the real value of the therapy sessions, so I increased my fundraising target to cover a week of sessions and was fortunate enough to reach it."

Despite the physical challenge it was a great experience. "You run-eat-sleep together for three days, so it's pretty intense, but every runner really wants you to do well and it fosters a great sense of camaraderie. It may sound crazy, but it's a great way to spend a weekend."

Following the footsteps of Lexi Hailstone

In this newsletter we are following in the footsteps of Lexi who recently crawled for the first time during a therapy session at Footsteps.

Lexi was born with a rare chromosome disorder called 1p36 deletion syndrome. Her mum, Natasha, says "I was told that Lexi would never walk or talk and may never sit up, smile or laugh. I was determined to prove the doctors wrong. Lexi sat up at the age of three and now at the age of almost six (on New Year's Eve) Lexi is standing with support and attempting to take steps all thanks to the amazing therapy provided by Footsteps.



Lexi has had two courses of physiotherapy so far at Footsteps and we have another two booked for 2014. After the second course in September this year Lexi changed amazingly; it was a tough three weeks but Lexi crawled for the first time whilst we were at the Centre. This is something we never thought we would see. Since coming home Lexi is like a different child - she is more alert, she wants to be on her feet all the time and is still attempting to crawl. Lexi can roll to wherever she wants to go and can play with her toys in kneeling position.

Lexi cannot communicate and we are not sure of what she can understand, but with the hard work from the Centre she is changing and developing in ways we never thought we would see. The physiotherapists just go above and beyond with all the children and to me they seem to treat them as their own. Thank you to everyone at the Centre especially Filip who works with her incredibly well!"

It's great to hear how much progress Lexi is making with the help of Footsteps. We look forward to seeing her and her family again in January. Well done Lexi!

