



FOOTSTEPS foundation



Newsletter / Easter 2015

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featured news...



**Donate
an hour
& fund a
footstep**



Corney & Barrow Bars Christmas extravaganza raises over £7,000



Amy celebrates her 18th birthday



The fundraising footsteps of Charlie Grainger's family

Get involved in Footsteps Cerebral Palsy (CP) Awareness Week



Last year's awareness week raised just over £2,000 and lots of children and adults learnt something new about cerebral palsy and other neurological conditions. This year, we want to spread even more awareness and raise even more money to help families affected.

How can you help?

Footsteps CP Awareness Week is all about celebrating the progress and achievements of the children and families who attend Footsteps. We want to raise awareness of their conditions and encourage more people to support them through intensive physiotherapy.

If you would like to share some of the progress and achievements of your child during the week, please email them in advance to info@footstepsfoundation.com

Did you know?

During an hour of therapy at Footsteps, we have seen children achieve 100 steps on the treadmill, stand unaided for a few seconds and even take their first independent footsteps.

Donate an hour

Last year, individuals donated an hour of their salary and raised over £700 for Footsteps Foundation. This is a simple and painless way of showing your support without making too much of a hole in your pocket.

Book your 2016 sessions now

Bookings for 2016 sessions opened on the 14th March and are already beginning to fill up. Please call 01865 340376 or email kirsty@footstepscentre.com to book your sessions for next year.affected.

15th May Footsteps Friday

We want to get as many schools as possible involved by simply holding a non-uniform day or a cake sale in aid of Footsteps Foundation. Schools can be as creative, educational or as simple as they like during Footsteps Friday. It's a great opportunity to raise money and awareness...could you ask your child's school to do something?

Could you ask your employer or a company you know to take part in Footsteps Friday by holding a cake sale or coffee morning? Every pound raised is one step closer for a disabled child whose dream is to walk independently.



Do you know someone who could donate an hour of their salary to help make this possible?

Your hourly rate of pay could help a disabled child to achieve one of these memorable milestones. Just visit www.make-a-donation.org/campaign/donate-an-hour-2015 to make this difference. For further information about Footsteps CP Awareness Week or to get hold of some posters and flyers, please contact info@footstepsfoundation.com

Fund a footstep and help begin a journey

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



Footsteps in action



The Footsteps calendar of events Get the dates in your diary!

Wallingford Car Rally & Parade Sunday May 10th 2015

For the second year running, Footsteps Foundation is the chosen charity for the annual Wallingford Car Rally taking place in Oxfordshire on the 10th May. The well-established, exciting event is a must for all car lovers and is a great family day out. The parade of vehicles, ranging from sixties scooters to vintage farm-vehicles to modern-day supercars, starts at 11am and the event is due to end around 4pm. There is lots going on throughout the day including live music, exciting displays in the arena and activities for the kids. We would love to see you there...come along and join in the fun!

As well as looking for help in securing auction and raffle prizes for the car rally, we are also looking for volunteers to help us out at the event. If you are interested in lending a hand and want further information, please contact info@footstepsfoundation.com

Wallingford Thames 10K Run Sunday 24th May 2014

If you are interested in taking part in the Wallingford Thames 10K Run this year, you can register online at www.thamesrun.co.uk and choose to raise money for Footsteps Foundation if you wish. This year's race will start and finish at Crowmarsh Gifford School on the Old Reading Road in Crowmarsh and it will be the first time that the event will be offering both a 5k and a 10k run.

Henley Concert Sunday 24th May, 7.30pm

Building on the success of last year's partnership with Music & Travel Tour Consultants, Footsteps Foundation will benefit from a superb concert hosted by St Mary's Church in Henley-on-Thames on Sunday 24th May at 7.30pm. The RUTGERS UNIVERSITY GLEE CLUB from New Jersey, one of the top male choral ensembles from the United States, will be performing a varied programme of choral music for male voices and traditional glee club music. Tickets are available from Footsteps - please email info@footstepsfoundation.com for further information.



Footsteps dads pedal to success

On Saturday 21st March, Andy, Pete and Julian, all Footsteps' Dads, set out on a challenge to cycle 155 miles on static bikes in the foyer of Sainsbury's Heyford Hill supermarket in Oxford. In just six hours, they were challenged to cycle one mile for every child that received physiotherapy at Footsteps in 2014. The Foundation funded intensive physiotherapy sessions for 90 of these children in 2014 and these

dads wanted to show their support by cycling their hearts out in return for donations to the charity. Between them, they cycled an incredible 201 miles in six hours, smashing the target. By the end of it, everyone was tired with aching legs but they finished with a sense of achievement and were grateful for the generous support of the public and the staff at Sainsbury's. In total, the boys raised an amazing £625! They did a fantastic job and certainly did us proud. Well done guys and thank you from us all at Footsteps!

Mattel donate toys

Thanks to the generous support of Mattel, who kindly donated a number of toys to Footsteps Foundation just before Christmas, we were able to give each child on the last session of 2014 a gift. The smiles said it all!



Can you help us to secure a raffle or auction prize?

We are currently looking for a number of auction and raffle prizes which will help us to raise lots of money for children in need of intensive physiotherapy. Please contact Clare or Maggie for further information on 01865 343851 or info@footstepsfoundation.com



Volunteers help with Christmas collections

Although Christmas is well and truly out the way for at least another nine months, we have to shout out to our fantastic volunteers who helped with a number of collections in the lead up to Christmas, including collections at Millets Farm and Bicester Avenue Garden Centre. They braved the cold and wet weather and raised just under £500 in doing so. Thank you to everyone who helped and donated.



Literary quiz raises £1,025

Mostly Books in Abingdon chose to support Footsteps Foundation through their annual quiz night which took place last month. We rounded up a team of amazing volunteers who baked delicious treats and helped us to run the bar on the night. Through ticket and raffle sales and the bar, we raised an incredible £1,025 which will fund over 20 hours of therapy for children at Footsteps. Thank you to the team at Mostly Books and our wonderful volunteers. Nicki Thornton from Mostly Books said: "Our annual Book Quiz is a really popular community event and it's great to support such a fantastic and worthwhile local charity. We hope the money raised can be put to good use keeping up the excellent work the charity does. We appreciated all the hard work that the volunteers put into the refreshments and the hard work on the night, it really enhanced a fun evening and we are glad that it raised lots of money too."



Harry's footsteps challenge

Seven-year old Harry recently attended his second three-week session at Footsteps. It appears that this alone wasn't a big enough challenge as Harry decided to use his session to do a sponsored walk and raise money for HABILIT, a charity set up to fund physiotherapy for Harry and other children in the future. He counted the steps which he took on the treadmill while in the 'Spider', and his friends and family pledged him money per step. At the end of the three weeks, Harry achieved an amazing 1891 steps and has raised an incredible £900. Harry's mum

Hilary says: "It has not only motivated him to really work hard right at that point of the daily session when he has reached his limit, but has also helped to set us well on our way to raising the money for his next session later in the year. Harry's sponsored walk has been the first event of what we hope will be many to continually raise funds to pay for at least two sessions a year and if the fundraising goes well we hope to be able to provide grants for equipment to other children in our locality with brain injuries." **WELL DONE HARRY!**



Corney & Barrow Bars Xmas extravaganza

Christmas fundraising was a breeze for the team from Corney & Barrow Bars who are one of our corporate partners this year. They raised over £7,000 for Footsteps Foundation by asking people to add £1 to their bills in December. What a fantastic idea! A big thank you to the team at Corney & Barrow, and to the Angus Lawson Memorial Trust who were responsible for introducing us to C&B. Together they have donated an incredible **£10,659** to Footsteps Foundation. We are hugely grateful for their support.



Local Lions deliver gifts

The Goring & Woodcote Lions Club toured the local villages before Christmas with their Santa's float. They have kindly chosen to donate £750 from the money raised to Footsteps Foundation, which will contribute towards the cost of a course of Footsteps therapy for a local child. Thank you Lions for your generous donation!

New rocking horse 'rocks'

Thanks to The Jack O'Donnell Foundation, this fine rocking horse now takes pride of place in the Footsteps family room. It was recently donated to us by The Jack O'Donnell Foundation who are also currently supporting a number of local children. Thank you for the lovely donation - I'm sure it will be well loved!



Odd socks day at Chandlings School

The Chandlings children are doing a great job at coming up with some wild and wacky ways to raise money for their school charity - Footsteps Foundation. They recently had an odd socks and shoes day and even the headmaster, Mr Walker, sported a brightly coloured odd pair of socks! The Brownies also held a cake sale recently which raised over £405 and I hear that there are more exciting events on the way, including a quiz night and a photo competition. Thanks again to Chandlings for doing such a great job!



Super Kyan completes Ironboy challenge

Seven-year old Kyan decided off his own back that he wanted to raise money for his brother Oscar by doing an Ironboy challenge. After completing his challenge last month, he raised over £1,350 in total for Oscar and other children like him. He swam 30 lengths, cycled 1.2 km and ran over 1/2 a km. Kyan says "The easiest was the running but the swimming was easier than I thought it would be." Swimming pal James did the swim with Kyan, and Oliver, Zak and Ellie did a combination of the running and cycling with him. He then proceeded to play football and was up for further sporting activities! What a fantastic achievement Kyan - keep up the good work!



Abingdon Prep make their own collection boots

The staff and children at Abingdon Preparatory School have been busy raising money for Footsteps Foundation through an array of creative and exciting events. They recently held a quiz night and made their own collection boxes out of old pairs of shoes. At the end of last year, the school also held a silver trail which raised an amazing £895 laying nearly 10,000 coins around the school. The Christmas Bazaar was a success too, bringing the school's current fundraising total to a smashing £4,000! A huge thank you from everyone at Footsteps...keep up the good work folks!

Shout outs to some special people

"I would very much like to shout out to a very special little boy who has been working very hard at Footsteps recently: Alfie O'Neill, age 7, from Gillingham in Dorset. A very brave and special little boy, we are all cheering you on every day, well done on your tremendous progress with loads of hugs and support from all your friends at Wyke Primary School xxx"
Jemma Underwood



"I would like to do a shout out to my fantastic parents and Charlie's grandparents, Geoff & Denise Barker. They get up at stupid "o" clock to do the 90-minute journey to Footsteps so that I can still go to work. We would be completely lost without them!"
Laura Grainger

Free Memo shoes for Footsteps families

Thanks to Hilton in the Community Foundation who have awarded a grant to Footsteps Foundation, we have been able to offer over 75 pairs of orthopaedic shoes to children attending Footsteps in 2015. We also have additional funds to award equipment grants to Footsteps families so if you need a pair of shoes or physiotherapy equipment for your child, please get in touch.



Following the footsteps of Amy Allen

In this newsletter we are following in the footsteps of Amy who recently turned 18 years old, making her the Footsteps Centre's oldest young adult. She has just finished a three-week session at Footsteps and despite coming for several years, she still seems to enjoy it!

Amy's mum Tracy says: "Amy began attending Footsteps five years ago when she was 13 years old. She has a severe global development delay which means that the doctors were unable to provide a diagnosis for her. Unfortunately the NHS have been unable to provide Amy with the support she needs, so we have explored various other therapies and Amy wouldn't be the person she is today without them.

After Amy's first three-week session at Footsteps, there was a clear improvement in her core body strength and flexibility, and her ability to support herself was much more evident. Amy receives little physiotherapy at school so her time at Footsteps is very important to her mobility. She really enjoys her time at Footsteps; it is great to see her expressing genuine excitement when she arrives for her sessions. We only wish we could attend every week!"

Amy recently celebrated her 18th birthday with all her family and friends. Instead of presents, she received a number of donations towards her physiotherapy which her family are really grateful for. She is also looking forward to a family trip to Disneyland. Keep smiling Amy!

Thank you for your support in 2014

Thanks to the generous support of individuals, community groups, companies and charitable trusts, Footsteps Foundation was able to fund 185 intensive physiotherapy sessions for 90 children in 2014. We also funded equipment for 86 children. Thank to everyone who helped us to achieve this.

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.

Footsteps forms new corporate partnerships

As well as working again with Jenks of Oxford, who will be sponsoring the cost of our running t-shirts and event expenses, we are delighted to be working with three new local businesses this year – Hedges Law LLP, Lesters Estate Agents and The Marketing Practice. Staff from each of the businesses have visited us at Footsteps and have been impressed by what they've seen, not to mention the determination of the children and families. They each have some great ideas for raising money... the Hedges team will be embarking on a 29-mile trek across the Brecon Beacons, Lesters are planning golf days and martial arts events and The Marketing Practice will be attempting 175 mile-cycle challenge in only 14 hours. It seems like we've got some committed supporters on board and we look forward to keeping you all updated on their activities. Watch this space...



Follow in the fundraising footsteps of Charlie Grainger's family

This issue features the fundraising activities of six year old Charlie Grainger and his family who have been fundraising for a whole range of therapies and equipment to suit Charlie's needs as well as Selective Dorsal Rhizotomy (SDR) surgery. Charlie's mum Laura shares her experiences...and some unique ideas!



What are you fundraising for?

We started fundraising in January 2012 and funds initially went towards me taking a Bowen course to treat Charlie at home, as well as Footsteps sessions, a tomcat tiger trike, an iPad, a car seat and private physio. We were overwhelmed by the response from the local community and when we found out Charlie would be a candidate for SDR, we started to raise the £60,000 needed to take him to America for the operation which Charlie had done in August 2013.

What are you doing to raise money?

We have done lots of different things to raise money, including quiz nights, tombola's at fetes and fayres and I'm always selling unwanted items on eBay or at car boot sales. I also do NCT sales with toys and clothes that my boys have grown out of. All you need to do is price them up, drop them off at the venue, pick up what was remaining at the end and then get 70% back from whatever is sold. In November I set up a raffles page with the help of friends and local businesses who have donated prizes and services; so far this has raised nearly £2500. I have a friend who has made a book called Laugh Out Loud which contains funny things that children have said. This is being sold at £10 with all the proceeds to Charlie. We also have some friends whose sons, aged 6 and 19, are doing their version of the 3 Peaks to raise money. I recently did a soft toy selfie inviting friends to post on Facebook, tag friends, then nominate others to do the same then make a text donation. I am planning on doing a ball later this year as they always prove to be the more lucrative events. We have held two balls in the past and these raised £16,000 together.

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

What has proved difficult is reaching people outside our circle of family and friends and there are only so many times you can wave a sponsorship form under their noses.

How much have you raised so far?

We have physio costs covered until the end of 2016 but we now have to start on raising funds for our house adaptations which we think will be between £40-60,000 :--(We are hoping we can get some help from the council, but they have currently only agreed to £18,000 towards this.

What is your top tip?

Social media has proved instrumental to our fundraising and has enabled us to reach a wider audience. I update Charlie's Facebook page all the time with photographs, his progress and events. That way people really get to know Charlie and see how their donations are helping.

A big thank you to all community groups, schools and businesses for their recent fundraising activities including:

Dragon Christmas Gift Fair, Mostly Books, Oxford Guild of Sommeliers, Cranford House School, Rotary Club of Banbury Cherwell, Didcot B Power Station, Rotary Club of Biggleswade Ivel, Goring, Woodcote & District Lions, White Hill Service Station, South Moreton Boxing Club, Bicester Avenue Garden Centre, Chocolates for Chocoholics Ltd, Rotary Club of Thame, Mercer Lewin, Paypal Giving Fund, Abingdon Preparatory School, St. Mary's School, St. Birinus CE Primary School, Corney & Barrow Bars Ltd, Ridgeway Trefoil Guild, Gresham Computing Plc, Barclays Wallingford, Boswells of Oxford, Pull Digital, The Comrades Club Wallingford, Chandlings School, The Cathedral and Abbey Church of Saint Alban, The Waterfront Café, Rotary Club of Wolverhampton St. George's, and Mattel UK.

Grants

Banbury Charities	Lionel Wigram Memorial Trust
Theodore Roussel Memorial Trust	Parmar Consultants
Barclays Stockbrokers Charitable Trust	The Lynn Foundation
William Chown Charitable Trust	The James Tudor Foundation
The Wessex Youth Trust	The Rose Adeane Trust
The Christopher Laing Foundation	Hilton in the Community Foundation
	The Sobell Foundation

Raise money through everyclick



Did you know you can raise money for Footsteps Foundation by simply clicking your mouse? Register at www.everyclick.com and set it as your homepage. Use it as your search engine and every click raises money!

Give as you live



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