



# FOOTSTEPS foundation



Newsletter / Summer 2013

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## featured news...



Great prizes to be won in the Footsteps Summer Raffle



Footsteps Cerebral Palsy Awareness Week success



Yasmin wins a bronze medal in track-racing



The fundraising footsteps of Molly Moore's family



## Footsteps is filling up

There are a few spaces still available for therapy sessions in 2014. If you would like to make a booking please contact Kirsty on **01865 340376**.

We are pleased to report that our therapist Beata had a baby girl called Maja on the 25th March; both mum and daughter are doing well. Our other therapists have been busy with their professional development as Adam recently completed the NDT Bobath course in Poland and Filip has since attended a PNF course.

**The Footsteps team wishes you a warm and fun-filled summer!**

## Footsteps Centre Manager raises over £800 for Footsteps families

Our very own Centre Manager Kirsty, took on an extremely challenging walk with her husband Angus to help raise vital funds for disabled children in need of intensive physiotherapy.

Kirsty and Angus took on an incredible 91 miles over the Bank Holiday weekend as they walked across the Ridgeway National Trail end-to-end. After long days and uncomfortable nights in their tiny tent, they made it to the end and have so far raised £800 in doing so. Even with blisters galore and limping legs, both Kirsty and Angus are pleased to have completed the challenge in aid of the children at Footsteps and are thankful for the support they've been given.



 Kirsty and Angus

## Family Grants

£115,500 in grants has so far been allocated to families in 2013. Funding for grants comes from various fundraising sources including community groups, trusts, companies, individuals and fundraising initiatives organised by Footsteps families. Equally, 50% of all profit made by the Footsteps Centre goes back into the Foundation to provide further support for families. Grant applications for sessions in 2014 will be welcomed from August this year.

## The Equipment Bank is here to help

If our therapists recommend items of specialist equipment for your child's home-care plan, Footsteps Foundation can help by refunding 50% of the total equipment cost. All you need to do is:

- Complete the equipment request form
- Order your items
- Submit your request form along with your order confirmation.



# Fund a footprint and help begin a journey

Log on to [www.justgiving.com/footstepsfoundation/Donate](http://www.justgiving.com/footstepsfoundation/Donate)

# Footsteps in action

## Summer bazaar

A Summer bazaar hosted by Georgie Rowse and organized by Tania Llewelyn in May was a great success. An array of colourful unique gifts were on offer and each of the exhibitors donated a percentage of their sales to Footsteps Foundation. The event raised a fantastic £1,275 and the money is still rolling in. Thank you to all involved.

## Footsteps Cerebral Palsy (CP) Awareness Week

This year's Footsteps Cerebral Palsy Awareness Week was a chance for us to celebrate the achievements of children attending Footsteps. Each day from the 11th - 18th May we showed one of our family films demonstrating the impact that Footsteps therapy continues to make to children with neurological disorders.

Local and national organisations came together to raise funds during Footsteps Friday and we have been overwhelmed with the response. Companies and schools held non-uniform days, cake sales, raffles and other activities to raise funds for Footsteps Foundation.

We have so far received £765 from schools including Lord Williams School & Sixth Form College, St. Birinus Primary School, Oxford Brookes Nursery and Clinton Primary School. Local businesses have been equally supportive donating £550 to Footsteps so far. Thanks to Grundon Waste Management, Jennings, Hallidays, HR Wallingford and the Environment Agency as well as the individuals who have played an important role in making Footsteps Friday a success.

Clayton Sullivan-Webb, Finance Director and Company Secretary at Grundon, said "Footsteps Foundation is particularly close to our hearts here at the Benson head office because two of our employees have children who benefit enormously from attending the centre."

### Donate an hour campaign

As part of Footsteps CP Awareness Week, individuals were kind enough to donate an hour of their salary to help disabled children access Footsteps therapy. £220 has so far been raised; we have not yet reached our target of £750 so please help by asking your friends and colleagues to make a contribution, however small. You can visit <http://www.justgiving.com/Footsteps-Foundation-DonateAnHour2013> to make a difference.

### Could you join the Footsteps Dragon Boat Team?

On Sunday 8th September, the annual Dragon Boat Race takes place on the River Thames in Abingdon. Footsteps would like to put together a team of 20 to take part in the water fun and games. Could your employer sponsor a team in aid of Footsteps Foundation? It's a great way to team-build and have fun at the same time. If you would be interested in learning more, please contact [clare@footstepsfoundation.com](mailto:clare@footstepsfoundation.com).

## Summer Raffle

Raffle tickets are now in and there are some great prizes to be won including a Tandem Skydive, a Co-operative Fairtrade Hamper worth £100 and a £50 M&S voucher among many more. Raffle tickets will be on sale until 9th August and are available from the Footsteps Centre. Don't miss your chance to WIN AN HOUR OF THERAPY. The Footsteps Centre will donate an hour of physiotherapy worth £50 to the family that manages to sell the most raffle tickets on behalf of Footsteps. Please contact [clare@footstepsfoundation.com](mailto:clare@footstepsfoundation.com) to get some tickets.



## The Jennings team go 'Wally' for Footsteps

The wacky team at Jennings held a 'Where's Wally' Day in aid of Comic Relief. They kindly donated half of the money raised to Footsteps Foundation. In addition, the Jennings team made a fantastic contribution to Footsteps CP Awareness Week, contributing a total of £292 to Footsteps Foundation. Thank you to the 'Wally's' at Jennings!

## Footsteps takes over the Abbey Tea Room

On Saturday 7th September between 3-5pm, Footsteps will be taking over the Abbey Tea Room and selling home-made cakes to the locals. If you would like to bake a cake or help out for a couple of hours on the day, please contact [clare@footstepsfoundation.com](mailto:clare@footstepsfoundation.com) to get some tickets.

## Good Luck Team Footsteps!

Six of our supporters have been training and fundraising hard in the lead up to the British 10K run in London. We wish them all the best for race day!



## Blues & Beers Festival

This year's annual Blues & Beers Festival in Wallingford took place on the 7th & 8th June and a team of Footsteps volunteers were there to lend a hand behind the bar. The music was great, there was a vast selection of real ales to choose from and the general atmosphere was fantastic! This year's festival will support Footsteps Foundation along with two other local charities. Thank you to all the volunteers that helped over the weekend.



## Jaguar Energy Drinks & The Queen's College Ball visit Footsteps

The Queen's College Ball committee and Jaguar Energy Drinks jointly decided to donate £500 to Footsteps Foundation in the lead up to the university's prestigious event. Dr. Amit Sra, Director of Jaguar Energy Drinks, visited the Footsteps Centre along with members of the Ball Committee and presented a cheque to Finn during his therapy session in the 'Spider'. Thank you to the Queen's College Ball Committee and Jaguar Energy Drinks from all at Footsteps!



## Goring Lions make a 'roar' for Footsteps

The Goring, Woodcote & District Lions Club visited us during the Footsteps open day at the start of CP Week and kindly presented a cheque for £750 to Footsteps Foundation. Their generous donation will fund a 50% grant for one of our local families. Thank you Lions!

## Grants

Footsteps Foundation has recently received grants from the following trusts:

- The Hospital Saturday Fund
- Bartlett Taylor Charitable Trust
- The Steven Bloch Image of Disability Charitable Trust
- The Hugh Fraser Foundation
- The Co-operative Membership
- C Brewer & Sons LTD Trust
- The Christopher Laing Foundation
- Enid Slater Charitable Trust
- The Joyce Chapman Charitable Trust

## A big thank you

To all community groups, schools and businesses for their recent fundraising activities including: the Rotary Club of Wantage, Sutton Courtenay WI, St. Anthony's Girls' Catholic Academy, Rotary Club of Oxford Spires, Isis Satellite of The Independent Order of Foresters, South Moreton Boxing Club, Dorchester Co-operative, The Fleur de Lys, Dorchester Abbey, CBF Golf Society, Mercer Lewin, Ella's Kitchen, ITV Studio Ltd and Eau de Vie Limited.

## Follow in the fundraising footsteps of Molly Moore's family



This issue features the fundraising activities of Molly Moore and her family who are raising money to pay for Molly's therapy sessions at Footsteps. Molly's mum Katie shares her experiences.

### What were you fundraising for?

We have been raising money to pay for Molly's sessions at Footsteps.

### What did you do to raise money?

We have done several things - I have been selling cake pops at the Footsteps Centre, and also have a stall at the local farmers market twice a month. I am just about to take part in the Nightrider cycle challenge - 100km cycle around London during the hours of darkness! I entered Molly into the Direct Debit Big Break vote - unfortunately she didn't get enough votes to win a share of the money, but I did get some coverage in our local paper, which prompted quite a few people to donate to my JustGiving page, and one local company has donated over £700 to Molly's account! I am also organising a fun day in our village which seems to be getting bigger by the day! Molly will be

doing a sponsored walk at the event, and we are encouraging other people to do a challenging walk with her. I have also written to our local Tesco to do a charity bag pack - when I spoke to them they have 2 slots per month and they were booked up until August, so hopefully we will get a date in September or October to do that.

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

I think I was a little unaware of the costs of running a fun day - insurance; license; costs of printing posters, raffle tickets etc.. I have tried to involve as many local companies as possible to offer their help or services for free.

### What did you enjoy about it?

The fun day is planned for July, so I am still right in the middle of things, but project management is kind of what I have done for a living for a good few years, so I love having to-do lists, and crossing things off as I go!

### How much did you raise?

So far, I have raised £2260, so that's one full session at Footsteps covered! I am hoping to raise about the same amount at the fun day, and I'm not sure how much to expect from the bag pack.

### What is your top tip?

Don't be afraid to ask - people are more than willing to help out, especially if they know you, or have heard of you through publicity etc...! And no idea is a silly one!



## Following the footsteps of Yasmin Somers

In this newsletter we are following in the footsteps of Yasmin who has recently taken up wheelchair track racing and has made great progress following her final session at Footsteps in 2011.



Yasmin has Cerebral Palsy which affects the lower half of her body severely and the top half moderately. She started going to Footsteps when she was five years old and would come at least four times a year. We catch up with Yasmin to find out how she is getting on now at the age of 13.

Yasmin's mum Karen says "Yasmin has made massive progress over the years; this doesn't mean that she can now walk, we believe far too much progress is measured in this way. Yasmin continues to battle with her condition in an attempt to keep her body in shape. She has overcome many hurdles and despite losing over 2 years of schooling with all her physio that she did she still maintains excellent grades at her main stream school. Yasmin has always demonstrated great determination and resilience and manages to wear her smile for longer than most of us! She has grown up a very happy mature young lady and has eventually found something she is passionate about ...track racing. This has meant a significant level of commitment with practice sessions no less than 3 times per week"

Wheelchair track racing has been extremely beneficial for Yasmin; it keeps her fit in the first instance and gives her a camaraderie with the other team members and athletes that she has not experienced before.

Yasmin got involved in the sport after her final hip surgery in November and entered her first competition in April, getting a bronze medal in her classification. To top off the occasion, David Weir presented her medal. Yasmin is now a member of the WeirArcher Academy and will be participating in a few more competitions this year. Her goal is to do the London Mini-Marathon in April 2014 and we wish her all the best with her new passion.

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and help begin a journey

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## Tracy runs to fund a footstep for Joshua

Joshua Smith has been attending Footsteps for two years and his mum Tracy has been raising money to help fund his therapy. She recently completed the Hastings Half-Marathon with some friends and raised over £1,000 for Joshua's therapy. Despite the cold weather, Joshua stayed out to cheer on his mum!



## May Day celebrations

One of our valued fundraising committee members – Jenny, and her family held the fort for Footsteps at the Chalgrove May Day Festival. They sold children's books, lovely plants and ran a tombola. The weather was beautiful too! Thanks to their efforts, £130 was raised for Footsteps Foundation.

# Supporting us...



## Donation form

If you would like to support Footsteps with a donation you can use the form below. Please return this form to: Footsteps Foundation, 4 Queen Street, Dorchester-on-Thames, Oxon OX10 7HR. Registered charity Number: 1123440. Alternatively, you can call **01865 343851** to make a donation.

**Thank You!**

Your name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Tel: \_\_\_\_\_

Email Address: \_\_\_\_\_

I would like to: \_\_\_\_\_

- Give a single donation of £ \_\_\_\_\_
- I am paying by cheque (payable to Footsteps Foundation) £ \_\_\_\_\_
- I am paying by card £ \_\_\_\_\_

**Give a regular donation of:**  £5  £10  £50 Other

And the same amount:  monthly  annually

Starting on the \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_\_

Bank: \_\_\_\_\_

Address: \_\_\_\_\_

Account no. \_\_\_\_\_ Sort code: \_\_\_\_\_

Please pay to: HSBC BANK Plc to the credit of Footsteps Foundation

Account no. 11592017 Sort code: 40-04-10

Signature \_\_\_\_\_

### Gift aid declaration

I declare that any donation I shall make to Footsteps Foundation and all previous donations I have made since 2009, unless I specify otherwise, are to be treated as Gift Aid donations. I understand that I must pay Income Tax or Capital Gains Tax at least equal to or more than the tax the charity is able to reclaim on my donation. I agree to notify the charity if I cannot fulfil that requirement at any time in the future.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## New branding

Thanks to Bite CP who are kindly donating their design expertise to Footsteps, our new website will soon be up and running and you will begin to notice a slight change to our branding in our fundraising packs and other marketing materials. If you are holding an event in aid of Footsteps Foundation and want to use our logo please contact [clare@footstepsfoundation.com](mailto:clare@footstepsfoundation.com) for the new logo and our brand guidelines.



## Junior footballers go all out for Footsteps

The Burpham Juniors FC Hawks U11 Football Team have just retained their Surrey Primary League Premiership title and the boys have proudly been sporting their new t-shirts displaying the Footsteps logo. Not only are the boys playing great but they look great too and have so far raised nearly £200 for Footsteps Foundation. Keep up the good work!

## Braving shark-infested waters

Damian Agnew recently braved the risky challenge of swimming 5kms in shark-infested waters from Perth to Rottneest Island in Australia. Even though there have been a number of great white fatalities and attacks in these waters in the last year, Damian formed a team of four to attempt the challenge in aid of Oscar Scott-Tower's therapy at Footsteps. There were suspected great white shark sightings during the swim but helicopters swooped low enough to scare them away. Damian and his team survived the challenge and raised an incredible £5,734. Well done guys!

## Raise money through everyclick



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

## Give as you live



Sign up to [www.giveasyoulive.com/join/footstepsfoundation](http://www.giveasyoulive.com/join/footstepsfoundation) and we'll receive a donation every time you buy online from stores like Tesco, John Lewis and Easyjet.

## Join us on Facebook, Twitter and LinkedIn



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Please like our Facebook page as well as joining the existing group.



@FootstepsF



Footsteps Foundation



[www.youtube.com/user/footstepsf](http://www.youtube.com/user/footstepsf)



Listening Learning Leading



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