



# FOOTSTEPS foundation

Newsletter / Summer 2014

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## featured news...



WIN AN  
APPLE iPad  
AIR in our  
Summer  
raffle



Nye's  
Oxford  
'hobble'  
raises  
£700



Elliott walks  
into assembly  
on his own for  
the first time



The fundraising  
footsteps of  
Camren Haines's  
family



**May Mahem: local events raise over £10,000**

## Exciting times ahead

After ten years of providing intensive physiotherapy to children in the UK, expansion could soon be on the horizon for Footsteps. All will be revealed in good time...

### Book your 2015 sessions now

Bookings for 2015 sessions opened on the 22nd March and are already beginning to fill up. Please call 01865 340376 or email [kirsty@footstepscentre.com](mailto:kirsty@footstepscentre.com) to book your sessions for next year.

## WIN an Apple iPad Air!!!

This year's Summer Raffle has some fantastic prizes on offer... you can buy a ticket for just £1 and be in with a chance to win an Apple iPad Air, dinner for two at the Oxford Ashmolean, or a bottle of Laurent Perrier Champagne with two champagne flutes, as well as many other prizes. We will happily send out tickets to our supporters to sell on to their friends and family and the Footsteps family that manages to sell the most tickets, will get an hour of Footsteps therapy, complimentary of Footsteps Limited. The draw will take place at Footsteps on the 15th August so there is plenty of time to get your tickets. Alternatively, this year you can also get your tickets online – just visit <https://www.make-a-donation.org/campaign/10-year-anniversary-summer-raffle>



## 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 footstep and help begin a journey

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

# Footsteps in action

## Streatley Art Exhibition – August Bank Holiday weekend

The Rotary Club of Pangbourne is organising an Art Exhibition in the Morrell Room, Church Lane, Streatley over the August bank holiday weekend. You can get your hands on a beautiful piece of art for a great price and all proceeds will come to Footsteps Foundation. The exhibition is open to the general public on Saturday 23rd, Sunday 24th and the Bank Holiday Monday from 10.00am - 5.00pm; Admission £1. There will be around 250 framed works of art for sale, painted by local artists with prices ranging from £50-£500.



## Car rally-tastic!



The Wallingford Car Rally on Sunday 11th May was a great success, raising just over £5,000 for Footsteps Foundation. The weather held out and the event attracted hundreds of exhibitors and thousands of supporters. Our team of Footsteps volunteers did a great job of selling hot dogs, raffle tickets, face painting and bucket collecting; Sporting Bears were offering car rides to the public for a donation to Footsteps; Fundraising Manager Clare was rescued from a car by the local emergency services and the Footsteps auction raised a fantastic £940 alone. All in all it was a great day and we thank everyone involved in making it a success.



## Runners raise the roof

The 25th May marked the 2014 Wallingford Thames 10k run and this year Footsteps Foundation are set to walk away with a percentage of the profits. Over 500 runners participated and there was a great atmosphere throughout the morning. The day was made extra special by having some of the Footsteps children there to give out medals to the runners as they crossed the finish line. The children, along with our volunteers did a great job at representing Footsteps. A special thanks to Jaguar Energy Drinks for supporting us once again and to everyone involved in the event.

## Spider quiz

As the Manor Preparatory School's chosen charity, Footsteps Foundation benefitted from their most recent fundraiser – the FOTM Quiz Night. The event raised a whopping £887.25 and they even dedicated a round to the 'Spider'. The children were asked to make spiders to acknowledge the 'Spider' therapy we provide at Footsteps.

## Week of fundraising and awareness

This year's Footsteps Cerebral Palsy Awareness Week has been the biggest and best yet. Seven local companies raised over £800; three schools raised over £250 and a number of generous individuals donated an hour of their salary, raising over £700. We have now smashed last year's total and have raised over £2,000 with more money still to come in.

It was an inspirational week as we shared some stories of the progress achieved by children and families benefitting from the Footsteps therapy programme. All the money raised during the week will financially support these families through intensive physiotherapy at the Footsteps Centre. Thank you for your support.



## Anastacia shakes it up at school

After seeing the improvements that her sister Ellise has made since coming to Footsteps, Anastacia Hayward approached her head teacher and got permission to do a week of fundraising at her school. Every break and lunch time for one week, Anastacia sold cakes, popcorn, biscuits and milk shakes and organised a name the teddy and sweet game. She raised £101 for Footsteps Foundation which will fund two hours of therapy for a child – we think she's a star! Anastacia says: "Every time I come to Footsteps I see my sister progress a lot. It makes me so happy. I just wanted to start raising money to help Ellise and other children's dreams come true."

## Full house for Henley concert

The Missouri State University Concert Choir travelled all the way from the USA to put on a number of concerts around the UK. Their performance in Henley-on-Thames certainly pulled in the crowds and received some fantastic feedback. The talented 50-voice choir helped to raise over £900 for Footsteps Foundation which will help to fund over 18 hours of therapy for disabled children at Footsteps. Thank you to everyone who organised and attended.



## Josh crosses the finish line

You might remember us following the footsteps of Joshua in our spring newsletter. We are pleased to say that Joshua completed the Hastings Mini Marathon and in doing so, he's raised over £2,000 towards therapy at Footsteps. His mum Tracy says: "The mini marathon was just fantastic. Josh and Alex did the 2.5km in just over 45 minutes and the support on the day was wonderful. He had the roads closed off for him, two escorts and the whole crowd cheered him over the line. There were people lining the seafront cheering him on and the winner of the main race asked to meet him and have his photo taken with him! Although he was completely exhausted he was so proud of himself!"



## Nye's Oxford 'hobble'

Local lad Nye Hughes recently took it upon himself to organise a "hobble" around Oxford to raise money for Footsteps Foundation. He was inspired by his former teacher, Mr Keymer,

whose son Gethin has cerebral palsy and receives treatment at Footsteps. Nye's mother, Laura, says "The Footsteps Foundation helps Gethin and other children like him afford treatment at Footsteps, so we thought we would try and drum up some more support with a 7.5 mile sponsored hobble around a circuit which passes Nye's old school and his present one. In case you're wondering, the "hobble" is Nye's reference to the fact that he's still having a bit of trouble himself with walking outdoors in the regular way but he's getting better and is up for this challenge." Nye completed the challenge in one piece, was joined by Gethin and his family for a half-way picnic and has raised just under £700! Well done Nye!

## Grants

Footsteps Foundation has recently received grants from the following trusts:

- The Strangward Trust
- The Bernard Sunley Charitable Foundation
- The Cumber Family Charitable Trust
- The Act Foundation
- The Iron Bridge Trust
- The Helianthus Charitable Trust
- St. James's Place Foundation
- Douglas Arter Foundation
- PF Charitable Trust

## More Footsteps film stars

Thanks to the help and expertise of Tracy Christie, whose daughter Lucia attends Footsteps, we recently produced some more films to help capture the work and values of Footsteps. We now have a 20-minute presentation film which is suitable to send to Rotary Clubs and other organisations around the UK, in place of a speaker. If you know of any organisations that might be interested in the presentation film, please email [info@footstepsfoundation.com](mailto:info@footstepsfoundation.com) for further details.

## Follow in the fundraising footsteps of Camren Haines's family



This issue features the fundraising activities of four year old Camren Haines and his family who are right in the middle of fundraising for Camren's therapy at Footsteps and specialist equipment to help with his therapy. Camren's mum Sophie shares her experiences:

### What were you fundraising for?

We are fundraising for Camren to attend Footsteps and to pay for things like equipment to help with his physio at home – items like the large wedges which are used at Footsteps.

### What did you do to raise money?

So far we have done a 16k walk around Oxford, for which I was dressed in a Scooby-Doo suit. It was a very warm day but in total, it took me five hours to complete the walk! The eight-year old daughter of a close friend of mine, organised a cake sale at her school; she went out of her way to organise it and her and her friends even made posters to advertise it. We have also done a craft sale and a concert of Broadway and West End musical songs sung by professionally trained classical singers. We also have more events coming up including a charity auction, a dance-a-thon and a family fun day.

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

My main difficulties have been finding the time to organise events, which I try to do while the kids are at school and in bed. It's also difficult asking companies to donate gifts which we can enter into

raffles and our auction as it feels very foreign asking for help and it takes a certain amount of courage because a lot of the time you get knock backs but you just have to pick yourself up, smile and try again.

### What are you enjoying about it?

I enjoy seeing the improvement in Camren's abilities as a direct result of the fundraising and also I enjoy telling everybody how much we've raised and telling everybody how Camren is improving.

### How much have you raised so far?

So far we have raised about £2,000, just over 10% of our total.

### What is your top tip?

My two number one top tips are: a) To try to remain positive even when you've had knock backs and you feel embarrassed and you think you can't go into another shop/business because they might say no and then you feel like you have a huge mountain to climb - just keep going and before you know it you'll be at the top feeling great at what you've achieved and you'll look back and think 'Wow, I did that, I didn't give up and look what I've achieved for my little one' and b) Try to arrange a varied amount of events so that everyone can get involved, whatever their age or ability.



## Run local: Oxford Half Marathon – Sunday 12th October

We are excited to be partnering with the Oxford Half Marathon this year and have a limited number of charity places available. If a run around the beautiful city of Oxford takes your fancy, please get in touch with us for further details.

## Sign up! Didcot 5 - Sunday 6th July 2014

The Didcot 5 is the biggest running event in Didcot with up to 500 runners and several more spectators, and this year Footsteps Foundation is benefitting from the proceeds. There are two options: the fabulous 2 mile fun run for adults and children, or the full flat 5 mile one lap route. The race starts from Willowbrook Leisure centre in Didcot. More information can be found at [www.didcotrunners.co.uk/didcot5.php](http://www.didcotrunners.co.uk/didcot5.php)

## Following the footsteps of Elliott Baker

In this newsletter we are following in the footsteps of Elliott who has recently completed a three-week session at Footsteps and shocked everyone by walking independently into his school assembly.



Elliott's mum, Caroline, says: "For anyone who meets Elliott the first thing they notice is the big smile and cheeky grin. He is now nearly seven years old and started visiting Footsteps when he was three.

At his first visit he could sit unaided but couldn't crawl or hold his weight in a crawling position, although we had been trying to do this for over two years. After the first three week session at Footsteps he was able to crawl across the room. Not in a very coordinated way but at least he could move.

Since then he has gone from strength to strength. After his last session three weeks ago he shocked us all by going into school and walking completely unaided to assembly. To explain how far this is, it's the equivalent of walking from Footsteps to the Co-op in Dorchester. He achieved a Head teacher's award as the whole school cheered him on. Moments like this make it all worthwhile and show that without the support and help of Footsteps and the Footsteps Foundation, Elliott would not have achieved this.

Now all I have to do is keep an eye on his movements as he is now off under his own steam and has his eye on running and climbing trees independently!!! We hope to have fewer visits to the John Radcliffe AE department in the next year but I'm not sure whether that is going to happen with a very independent boy who just wants to be like every other seven year old boy."

What a little star! We love Elliott's visits to Footsteps and it's great to see him progress into an independent young boy.

**Fund a footstep  
and help begin a journey**

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

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

Charters School, IFF Research, Mercer Lewin, Cholsey Day Centre, Lilly's Café, South Moreton Boxing Club, Dorchester Golf Society, Boswells of

Oxford Ltd, Rotary Club of St. Ives, SS Philip and James School, Chalgrove Community Primary School, Friends of St. Nicholas School, Hallidays, The Manor Preparatory School, Wallingford Car Rally & Parade, HSBC Thames Valley Corporate Banking Centre, St. Birinus C of E Primary School, ASDA Living, Environment Agency, Music and Travel Tour Consultants Ltd, Wallingford Thames 10k Run, Dorchester Pre-School, Pöyry Management Consulting, GTI, Bookpoint Ltd, Culham Centre for Fusion Energy and The Abingdon Lions Club.

## 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 \_\_\_\_\_

### Three shout-outs in one!

"Firstly, I'd like to shout out to Vanessa Wright, (Zakari's mum), who has single-handedly fought for years to get the right educational support for her son and only recently managed to get his educational needs met in the most suitable school. Also her commitment in getting him to Footsteps regularly and other therapeutic centres for his physiotherapy needs. She is one determined lady, whose strength is inspirational and she has a very kind heart. Vanessa's children have an amazing mum!



Then, a mention for Katie and Dave Shiers, (Grace's parents), who are working amazingly hard to raise money for Grace's SDR surgery and physiotherapy. They are fully focused on getting Grace what she needs and creating events for others to enjoy, whilst fundraising at the same time.

Also I'd like to shout-out to Mikayla Chennells, (Ben's mum), who is so cheerful and bubbly. She is doing an incredible job fundraising for Ben's operation and therapy as well as keeping up his Footsteps sessions. She is constantly planning and arranging events to help Ben's progress and has such energy for it, she amazes me!" Jenny Tupper

### New partnership with Boswells of Oxford

Since the 1st April 2014, Footsteps Foundation has been chosen as the Corporate Charity for Boswells of Oxford, the city's largest independent department store. Frank Smith, Store Operations Manager, says: "We have a history of supporting locally based charities and feel the great work that the Footsteps Foundation carries out to improve the quality of life for so many children makes it a truly life-changing charity. We are pleased to team up with the Footsteps Foundation for this coming year and look forward to launching fundraising events with our colleagues and customers alike throughout the year to support and highlight the organisation".

We are very excited about the partnership and look forward to working with the team. If you are taking a trip to Oxford, please pop into Boswells and put a small donation in the pot or pick up a Footsteps wristband.

### School Salsa-size



The SS Philip and James School in Oxford recently organised a 'salsa-size' event which included 53 children, five teaching staff, one member of the office staff, one caretaker and the head teacher. Tiffany Ponsonby, a teacher at the school said: "Everyone really enjoyed it and we got our legs and arms moving to the Salsa beat!

There was a great buzz and the children were very proud of themselves. The school chose to support Footsteps Foundation over the coming year because pupil Jacob, attends Footsteps regularly. Before the event, Jacob told his classmates "They help me learn new things like crawling and walking better, because my legs are wobbly sometimes." Salsa-size raised just under £500 for Footsteps Foundation!

### Join us on Facebook, Twitter and LinkedIn

 [www.facebook.com/footstepsfoundation](http://www.facebook.com/footstepsfoundation)

 Footsteps Foundation  @FootstepsF



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