

May 2016 Newsletter



Dear Supporter,

We have had a busy few months here at Footsteps and we wanted to share some of our stories with you. I hope you enjoy reading about the charities' events and fundraisers, as well as some heart-warming stories of children's achievements.

Mae's Dream Comes True...



When Mae Fox's mum and dad decided to tie the knot, all she wanted was to be able to walk them down the aisle. In 2014, little Mae had the specialist SDR spinal surgery which can help some children with cerebral palsy by reducing spasticity. After the surgery, it is very important to have intensive physiotherapy, so Mae, aged 6, has been coming to Footsteps regularly to build up her strength and ability. Many children come to Footsteps for pre and post-surgery therapy. When Mae first came to Footsteps at 4 years old she could only get around by crawling, or in a wheelchair. Through hard work and incredible determination, Mae has achieved the spectacular feat of learning to walk! She now walks about with her K-Walker and the wedding was the special day the family had dreamed of, with Mae looking beautiful in her dress walking mummy down the aisle! Her proud family wanted to share their story and photos with friends of Footsteps Foundation to show how important the therapy is and the real-life stories behind the scenes. Mae's achievement shows what is possible through Footsteps therapy. It is

truly life-changing and has practical, everyday uses, as well as leading to magic one-off moments! See all the photos at <https://www.facebook.com/footstepsfoundation/>

Fundraising Superstars



The past few months have seen people getting super active for Footsteps Foundation, putting in some serious miles and raising thousands of pounds. **Charlotte Milgate and Lorna Briggs** completed the London Marathon on April 24th. It was the first time the ladies had run a marathon and they loved the atmosphere. They heard about Footsteps Foundation through friends who used the centre for their disabled daughter, and after they visited the centre the Milgates were so enthusiastic and keen to run in order to help children walk.

Regular supporter **Holly Bayliss** participated in a 100k ultra marathon round the Isle of White on the 1st of May. Holly has been running marathons and ultras for us for years, inspired by family friends who come to Footsteps regularly– what a star fundraiser – really going the extra mile(S)!

At the end of April, **James Howard** was ‘gently’ gearing up for a weekend of back-to-back triathlons at Blenheim in June, by holding a 24 hour static bike ride at his workplace! James is kindly raising funds for Footsteps Foundation since his son, Aiden, learned to walk with the programme.

INSPIRED? We still have 3 places left in the British 10k on July 10th – the iconic race sees runners passing through traffic-free central London with crowds of cheering spectators..... <http://www.thebritish10klondon.co.uk/>

Summer Events Calendar

24th-26th June: Wittfest - this fabulous local mini-fest is being held in aid of Footsteps Foundation in the lovely gardens of The Plough pub, Long Wittenham. The event starts at 6pm on Friday 24th June and ends on Sunday 26th June at 6pm. There will be stalls selling cakes, plants and more plus raffle with some great prizes. Peppa Pig, Minions and Spiderman will be there on Saturday as well as face painting and bouncy castle. And of course there will be food and LOTS of great beers! **Get on down and show your support!**

24th James Gesner Hadden Hill Golf Day – the wonderful James Gesner is pulling out all the stops again for us this year by inviting 120 golfers to Hadden Hill Golf Club for a charity tee-off, aiming to raise £5000 for us! Well done James! **Raffle & Auction prizes welcome...**

June date TBC - Summer Raffle Launch - look out on our website and social media for our incredible Summer Raffle. This year we will be offering many prizes such as a night in a Dorchester

Wittfest
 THE PLOUGH INN, LONG WITTENHAM
24th – 26th June 2016
 Bands including : **C U Tuesday, Blackmax and the pirates, and Class Dismissed. Plus more Many more...**
FIRE DANCERS!!
RAFFLE!!!
BBQ!!!
BEER TENT!!!
CHARITY STALLS..
 Camping available, please contact pub ahead of the event!
 The Plough Inn : 01865407738
 Facebook: www.facebook.com/theploughlw

hotel, a box of fine wine, a family studio photograph portrait, a luxury cashmere sweater, massages, giant teddies, high-end picnic hampers, beauty product and many many more...**star prize to be revealed...**

2nd July: Dorchester Abbey charity tea room - fantastic village institution invites Footsteps Foundation to serve tea and cakes in the quintessentially English charity tea-room. **We need volunteers, cakes and visitors!**

10th July – British 10k, London. We need runners! We need two more runners to join the iconic race through traffic-free streets of London, past cheering spectators. **Get that rosy glow through serious exercise for a good cause!**

Would you like to join our fundraising committee or help out at our fundraising events...? e-mail maggie@footstepsfoundation.com

Ronnie Jafrate's Footsteps



Ronnie Jafrate, aged 8, has just finished his third session at Footsteps, having started therapy with us in June 2015. His family told us he has improved rapidly with the intensive physiotherapy – before he came to Footsteps he could not stand, was wheelchair bound and his family had been told that he would probably never walk. **BUT - in this therapy session, Ronnie took 9 steps with no help whatsoever** and he is aiming for 10 tomorrow and 11 the next day! He is a very bright, sunny and cheerful young man and every day when he walks in to the centre he chats to us about why he likes Footsteps and learning to walk. As you can probably tell, he is incredibly determined - well done Ronnie keep up the good work!

Go to Facebook to see a video of Ronnie chatting about his experiences at Footsteps: <https://www.facebook.com/footstepsfoundation/>

Our Amazing Supporters



A huge thanks to **Dana Walfisz and her team of fundraising friends at the Circle of 8,** who very kindly held an event in our honour. This is a first for the charity as the Circle of 8 held an evening's entertainment with a psychic. Enjoyed by all apparently and raising the fabulous sum of £3560.

Early May saw the final year of our involvement of the Wallingford Car Rally and the event was a sizzling success. Classic car fans and families enjoyed the day in the 25 degree heat. A huge thanks to **Mark Brett, Neal**

Reed and all the organisers and volunteers that pulled together to raise an astounding £8369 to help disabled children get the physiotherapy they need.

Thanks also to the fabulous fundraisers at **The Springs Golf Club, Tackley Primary School, Oxford School of English, The Dragon School, Dorchester Co-op, Pure Fluke, Poyry Management Consultants, All Saints Women's Group, St Marys Church Bampton, Mattel UK, Cranford House School, Oxford Round Table, Henley Lions Club, Music & Travel Tour Consultants, Abingdon Young Farmers and the Wittenham Lunch Club.** We could not carry out our work with children like Mae and Ronnie without all your support!

Become a Friend of Footsteps



If these stories inspired you there is one very simple thing you can do: imagine if 10 people reading this today chose to make a regular monthly donation of just £5 through Justgiving, this would be a fantastic help, funding one hour of therapy for a child like Ronnie or Mae. Footsteps Foundation is a small charity and we rely on kind donations like these to help children with disabilities get the best chance in life. **Thanks so much to all of those kind people who are already making regular donations to the charity, this helps enormously with our financial planning and means that many more**

children will have the chance to learn to take their first footsteps. See our Justgiving page for more details <https://www.justgiving.com/footstepsfoundation>

Or email maggie@footstepsfoundation

Thanks for reading and for your ongoing support,

The Footsteps Foundation team.