



Dear Sarah,

I hope that you are enjoying the summer months and planning some time off to enjoy the sunshine. In this newsletter, we are celebrating the way that our brilliant therapists manage to engage children of all ages and abilities, using an endless range of games and techniques - something we hear regularly in feedback. Footsteps therapy is very intensive but when working with children, you have to make it fun too!

Felix's Footsteps

A smiley, happy two and a half-year-old, Felix Wakefield was in our last therapy session here at Footsteps and we all noticed how well he was doing. Felix and his family are local enough to come regularly and this was his fourth session. We asked his family how he is getting on...

"Felix has thoroughly enjoyed his last therapy session. All the therapists have been brilliant in the handling of Felix and in the Spider he's easily pleased and motivated with a simple book, skittles or a balloon. The therapists use balls, steps and ramps with the general mat work, which as far as we can see he seems to enjoy all aspects of. We particularly enjoy as parents to see Felix come out at the end of the session, being assisted to walk and the look of pure excitement and how proud of himself he feels"

"Felix has progressed so much since attending Footsteps. In the beginning Felix couldn't sit himself up unaided or stay seated without falling over, he can now sit completely unsupported and manoeuvre himself into sitting very easily. He has always commando crawled and is now starting to get into 4 point crawling more and more. Felix can now high kneel completely unsupported and since his last session is now even bouncing up and down on his knees. Felix can also sit to stand from a stool with minimal support now. The continued improvement in Felix is incredible and the strength and confidence he has gained since coming to Footsteps is something we thought we would never see. We are already looking forward to our next session at the end of September. May I take this opportunity to thank all of you for your continued support in helping Felix in all he's achieved"

NEW Helping Hand Project

We are delighted to announce the launch of our Helping Hands Project, designed to support those on lower incomes who may still find it hard to get to Footsteps because of extra costs that come up.

If you are struggling with costs even after receiving a Family Grant to help pay for therapy (or if you are not entitled to a grant but find yourself in exceptional circumstances) we may be able to help. The Helping Hands Grants Project has been set up thanks to a generous one-off donation, to help families with travel costs, accommodation or unexpected circumstances. Please speak to Maggie or Sarah in the office in the first instance if you feel that extra help is needed.

Further details can be found on our website at the end of the page 'Apply for a grant' <https://www.footstepscentre.com/footstep.../apply-for-a-grant/>

Alina Dina's Footsteps Fun

Alina is a bubbly, chatty 6 year-old with cerebral palsy and she has been coming to Footsteps since 2013. She can walk well but finds balance tricky.

Mum tells us that she usually enjoys the therapy and looks forward to it: "She can be cheeky but she is good at it! We know she can get tired near the end but they all do. She is happy with the therapist's and we noticed that she likes doing all the different games, it's not always the same and so she doesn't get bored. The improvements since coming to Footsteps have been huge, as she couldn't walk before she came and now she can! There's lots of things she can now do since starting at Footsteps, that were just a dream before"

Footsteps therapists are very skilled at engaging babies, children and teenagers by using age appropriate games, music and fun. Alina has been playing shop-keeper, stacking hoops, trampoline and balloon-tennis - all while practicing movements to help her balance and transition. As you can see from her smile she loves Footsteps!

Therapists Andrea and Aga tell us that all the fun and games have a serious side:

"Everything that we do with the children is tailored to tier specific targets, which we plan at the beginning of a session. Do they need to work on transitions (from kneeling to standing for example)? Is the right arm weaker? Will we work on balance? Incorporating games means that the child can hold difficult or uncomfortable positions for longer, or it takes their mind off the fact that we are asking them to do difficult things! A lot of children can be anxious or reluctant to try difficult new things. With this in mind, we try to make each session fun, and we have lots of regular games that we use but we also improvise a lot - you get to know what each child likes"

The fantastic improvements in mobility that children make at Footsteps are testament to this approach.

Music therapy day with Radley College

We had a fun break from routine when some boys from Radley College came into the centre to learn some basics of music therapy for their charity engagement day. Our regular musical genius, Lizz Lipscome, gave the boys some ideas about how to invent fun games with music that could engage children with different abilities. Everyone said that Bilaal had got the most from the day and the session had the most profound effect upon him – Bilaal is 11 with cerebral palsy and he is also partially deaf. Bilaal's disability affect all his limbs and he finds it hard to lift his head.

Lizz said: "Bilaal was in the spider with Bartek and on our arrival, we each introduced ourselves by playing our instruments. He smiled at each of the sounds (especially the clarinet) and on occasion, looked at the person playing. The collective energy and sound in front of Bilaal had an observable affect. He grinned and vocalised and raised his head with us as Bartek supported him"

Bilaals mum Nabila said: "the music therapy was really good and Bilaal really enjoyed it. At first he was not lifting his head up but when the boys started the music therapy he started to lift his head immediately and began to enjoy the session"

Nabila said she loved the way the boys sat on the floor and played music whilst Bilaal lifted his head. They went up and down with Bilaals head movement and he really enjoyed that.

Thanks Lizz and the boys from Radley for providing a fun day for Footsteps!

Could your work help our work...?

Did you know that lots of companies have schemes to support small charities like Footsteps?

Did you know, in the last few years, Footsteps has received over £80,000 from corporate giving, funding an incredible 1,500 hours of Footsteps therapy?

Ways that your employer may be able to help: Payroll giving; match-funding; cake sales, dress-down days; quizzes; collection tins; corporate 'charity of the year'; Sponsored challenge events – they may even have their own foundation to distribute funds to charity.

Can you help children like Felix, Alina and Bilaal in 2019 by spreading the word...? Ask at your company, or mention it to friends and family.

Thanks to our lovely supporters:

We love seeing how proud children are when they enjoy their therapy, learn through play and achieve new milestones at Footsteps! All our wonderful supporters help to make this happen:

The National Lottery Awards for All, Abingdon Flower Club, Banbury Charities, Catherine Morris, Dr Jane Mellor, Elliott Guest, Hayley Froud, Jens Tholstrup, Louise Van Heyningen, Midcounties Coop, Mr & Mrs Nash, Mr T Milton, Mrs Christine Briggs, Mrs J Fletcher, Mrs Joyce Seaman, Mrs Harding, Mrs Violando Percival, Sarah McAdden, Pangbourne College, Paul Groom, Promote Leisure, Rebecca Naish, Rowse Family Trust, So Charitable Lottery, St Clares College Medical Students, St Michaels and All Saints Charities, Sylvia Harrison, Tambour Foundation, The Christopher Laing Foundation, The Cotton Trust, The Hugh Fraser Foundation, The Sovereign Health Care Charitable Trust, The Strangward Trust, The Waterfront Café-Benson and William Chown Charitable Trust.

Thanks for your ongoing support,

The Footsteps Team.

Fund a footstep and help begin a journey

footstepscentre.com | twitter.com/footstepsE | facebook.com/footstepsfoundation

4 Queen Street
Dorchester-On-Thames
OX10 7HR
United Kingdom
[01865 343851](tel:01865343851)

[Unsubscribe](#)

Important message please read.

This email and any documents, audio, video or pictures sent with it are intended solely for the named recipient and may be legally privileged and/or confidential. If you have received this email in error please destroy it and contact the sender on +44 (0) 1865 858382. Under no circumstances should you copy, use the contents, attachments or information in any way or pass onto a third party without prior permission from the author. Any unauthorised use or disclosure may be unlawful. Footsteps Foundation cannot guarantee the accuracy or completeness of this email after it is sent from the originator over the Internet and accepts no responsibility for changes made after it was sent. Any opinion expressed in this email is personal to the author and may not necessarily reflect the opinions of Footsteps Foundation (Registered Charity no:1123440)