



Dear Supporter

In this newsletter, we share some of the highlights of our recent fundraiser #AMillionStepsforFootsteps and let you know that it is still not too late to donate or start a challenge!

A Million Thanks



We would like to thank everyone who has taken part in the challenge or donated - you have made a real impact! Our incredible fundraisers have ensured we will be able to continue offering our life-changing support for the months to come and we are over the moon with the response. We have raised enough to fund approximately 1,700 hours of therapy for young people like Ronnie, pictured.

Each year Footsteps Foundation funds around 2,600 hours for 100 children, and prior to the pandemic we have relied on businesses, community and sponsored events for around half our income. The incredible generosity of people donating to #AMillionStepsforFootsteps means we can currently maintain our services for those in need.

Ronnie has completed his epic 5k walk to raise money for Footsteps Foundation and is pictured here happy and tired having achieved his goal! He said: **"It was a struggle at first, there were some hard days, but towards the end I found it got much easier. So I'm really pleased that I did it. I'm going to keep it up, to try and keep fit"**

Mum, Katie said: **"I'm so proud of him. He pushed through, even on days when he was tired and his legs were aching. It was lovely to be able to give something back after all the years the Foundation has helped us"**

[DONATE OR JOIN HERE](#)

Footsteps Families take on the challenge!



We are so grateful to all the Footsteps families who stepped up to join A Million Steps for Footsteps and so proud of all the Footsteps children and young people who have been giving back to the charity that helps them!

Ronnie, with his now completed, very challenging 5k walk, done in stages throughout the month.

Emily, pictured here, completed a 30 minute treadmill challenge in half term and is still fundraising because: **"I am forever grateful for the team's tremendous effort to make a difference to the abilities of disabled young people just like me!"**

Charlotte took on 5km stretches of the Ridgeway in her wheelchair shares her story below as does **Clark**, who managed to cover (at least) a mile!

Thomas will be walking, swimming and biking in 30 minute stints; and of course **Minty**, who has been doing (a minimum of) 2k treks every day! Don't forget to check our [SOCIAL MEDIA](#) for pics and videos of all the challenges.

Holly Treasure, whose daughter Anabelle attends Footsteps also took the challenge. She said: **"Annabelle has attended the Footsteps foundation 4 times. After every block of therapy she has been able to do something physically that she couldn't do before. I am in no doubt that the reason she is walking and now running, is because of the amazing work the team do there. I can't tell you how much difference Footsteps has made to us as a family and it is so important that as many children as possible can access the same incredible therapy and support"**

FEEL LIKE A CHALLENGE? ITS NOT TOO LATE TO JOIN

- [FIND OUT HOW HERE](#)

#Lockdown Heroes - there's still time to join!



Maybe you missed the opportunity in October to join in the fun, but it's not too late! We still have quite a few people doing challenges this November and December. Perhaps you were thinking of joining but didn't get around to it, or maybe now the idea of having a challenge and an exercise goal when we are stuck at home is suddenly more appealing - having a goal is very motivating! We would love some more Footsteps

families to get involved, so if you are interested, just email maggie@footstepsfoundation.com

Minty's friend Lucy Parker has been so inspired by Minty's achievement that she will be running or cycling 30 minutes every day in November - well done Lucy!

At the end of November, The Footsteps Foundation Team of supporters from London will be walking The Thames Bridges path to raise funds. This is a 25km walk zig zagging over all of London's main bridges from east to west.

Meyrick Forbes is continuing for the next month or two with his epic pledge to complete an entire million steps himself - 760kms!

Foundation manager Maggie couldn't complete her challenge in October as she had to spend half of the month in self-isolation. So she is looking forward to running 100k in November, getting fit and raising more funds for #AMillionSteps

And finally little Thomas Balmer, pictured, will complete his challenging mini triathlon - a 33 minute walk, 33 minutes cycling and 33 minutes swimming - in December.

If you would like to set yourself a lockdown challenge for Footsteps, just email maggie@footstepsfoundation.com



Charlotte's Ridgeway Wheelchair Treks

10 year-old Charlotte completed a brilliant challenge by going on 5 different 5k Ridgeway treks in her wheelchair. Charlotte regularly attends Footsteps for physiotherapy and has raised funds to help others

receive the same.

"Charlotte decided to wheel 5 x 5k routes along the Ridgeway, Britain's oldest road. Over the half term holidays she completed routes from Barbury Castle in Wiltshire, through Berkshire and Oxfordshire, ending in Goring for a well deserved cake at a lovely local cafe"

What a wonderful achievement - well done Charlotte! With thanks from Footsteps to the whole family for getting involved and supporting #AMillionStepsforFootsteps

From New Zealand to Singapore & New York - thirteen million steps or ten thousand kilometres completed to help disabled children!



We are so humbled by the show of support for disabled children from well-wishers around the world. People have cycled 100kms in a day, circumnavigated cities, and walked solidly for 24 hours - incredible achievements that will make a huge difference to disabled children's lives over the next year. We have seen supporters from all around the UK as well as New Zealand, Singapore and New York, running, painting pictures, playing video

games, taking on wheelchair treks, swimming, cycling, hill-walking, post-op rehabilitating, golfing, cycling and generally pulling out all the stops to support our work. A Million Thanks for coming together to collectively achieve something great in these difficult times!!!

Clark Norman's Epic One Mile Walk!



Little 4 year-old Clark Norman has the rare condition 1P36 syndrome, making walking very tricky for him. He has been coming to Footsteps since he was a baby and when his family heard about the challenge, they pledged to walk a mile in stages with Clark, which is a huge distance for him! They anticipated him being quite resistant. However, mum Laura said he did really well:

"Clark has absolutely smashed his challenge and we're 100% sure he's done way over the mile! He's been brilliant throughout, it's been very hard for him, but he has loved the independence and being upright so much, it's also taught us that he is ready to do more and more walking which is fantastic! Clark's challenge has had great support from our family and has inspired many of us to do some more fundraising for Footsteps in 2021.

Watch this space! Thank you to everyone at Footsteps for helping Clark to achieve his challenge and being well on his way to taking independent steps"

Well done Clark and thanks to to all the family! **Watch videos of little Clark's walk on our [Facebook Page](#)**

Minty's 100k



Minty Hoyer Millar, whose parents founded Footsteps, has been an absolute hero, going out EVERY SINGLE DAY in October come rain or shine. She totally surpassed her target of 62kms in the month to complete 100km! She also raised an incredible £15,000 to support children with cerebral palsy and other neurological conditions, enabling them to benefit from specialist therapy as she has done. Minty was out in some pretty muddy and wet conditions but said **"Its for a good cause!"** whenever she felt like she was flagging.

To think that doctors were unsure as to whether Minty would ever be able to walk when she was very young!

Minty is a testament to determination, perseverance and specialist physiotherapy - what a superstar!

#AMillionThanks to all our lovely supporters who took the challenge:

Minty Hoyer Millar; Sarah Higgs; Phoebe Hoyer Millar and Girls on the Run team: Milly Donaldson, Eliza Sketchley, Sarah Worssam, Sophie Crabtree, Immy Wade, Georgia Alford, Rosie Lamb, Hannah Saunders, Bella Gent & Alice Higgins; Nick Stephens; Olivia Bloomfield; Jens Tholstrup; Gail Corrie; Gerrard McCullough; Sarah Hoyer Millar and The Trampers team: Tori Gill, Connie Vincent, Steph Davey, Leetal Stark, Jen Sutcliff, Laura Duckworth, Chesca Lord, Monnie Beresford, Tanya Sharma & Natalie Burgess; Alex Schlich; Linda Hender; Lirtsy & Angus Dawson; Paul Kavanagh; Ewan Hunter; Henry Hoyer Millar; Tony Scott; Tom Hoyer Millar; Katie Halfhead; Rose Nordujin; Ronnie & Katie Jacobs; Tim Halfhead; Holly Treasure; Marianne & Holly of James Gesner Estate Agents; Thomas Balmer & Family; Barnabas Cleave; Laura & Clark Norman; Filip & Gosia Swietlik; Annie Clarkson Webb; Mathew Wakefield; Meyrick Forbes; Daff Richardson; Ania Harazinska; The Footsteps Therapy Team: Andrea, Mark, Ania, Bartek & Aga; Michael Page; Emily Faruku; Stephen Caiger; Marta Szczepiniak; The NDI Team: Marta, Katie, Michael, Zach & Jon; Paul Stockdale; Luca Brantly & London Bridges team: Emma Philipps, Tortie Willis, Sophie Sinclair, Nina Shenkman, Alice Law, Milly Smith, Portia Leslie, Cordi Fleming and Georgina Philipps; Tania Rowley; Charlotte Morris & Susan & Peter Twitchett; Nicola Brown; Archie Cripwell; Francesca Thornton; Jean Noel & Anita Riquier with the Camelot team; Robert & Penelope McLarty; Maggie Davies & Lucy Parker.

Thanks for your ongoing support,

The Footsteps Team.

Fund a footstep and help begin a journey

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