



As we are fast approaching Christmas and nearing the end of another year, we are proud of the hard work and resilience of the children attending Footsteps along with the dedicated therapist providing the therapy sessions.

It is a joy to see the children improving and getting stronger and becoming more mobile.



### **Olivia's journey...**

Meet Olivia who is 2 years old and has been coming to Footsteps since December 2021. She hopes to come 2-3 times each year.

Olivia was diagnosed with 1p36 chromosome deletion syndrome. She has global developmental delays, hearing loss, a visual impairment, heart condition, epilepsy and low muscles tone. Olivia struggles significantly with her head control. She has the ability to use all of her limbs, however she struggles significantly due to her learning disabilities and low muscle tone.

Mum Aimee tells us about her experience coming to Footsteps

“Olivia's abilities have improved significantly since attending footsteps, she is significantly stronger and has a better idea of what is being asked of her. She is more accepting of therapy

and sometimes she even smiles whilst actively participating.”

What do the physios at Footsteps work on?

“Olivia's primary problems are her low tone and her understanding of her body and how it works.

The therapists at Footsteps, work with Olivia to teach her why she needs to move in specific ways, and show me ways of continuing her learning at home.”

What Olivia enjoys

“Olivia enjoys standing and being upright, she worked very well in the 'spider' and on the Galileo.

Olivia shows that she is very proud of herself when she settles into movements and feels confident.”

Future hopes for Olivia – “My dream for Olivia is for her to have some independence; For her to be able to play unaided and have enough mobility to live her BEST LIFE.”

“There are so many reasons why we highly recommend and keep coming back to Footsteps. Footsteps doesn't just support Olivia, but the team teach me how to help Olivia to progress at home between visits. They make me feel that the hard work we are putting in at home is paying off and is worthwhile.”

Well done Olivia on all your hard work & mum Aimee's terrific support.

Have a wonderful Christmas Olivia and family.

## Footsteps Centre News



We have a new physiotherapist at Footsteps. Akshata joined us in November and is currently busy completing her training on the 'spider'. She brings a wealth of knowledge and skills to the Team and we are pleased to have her with us.

Most of the therapy team have now completed the Introductory **Level A DMI Course** and they plan to do the Level B Course next year. We are excited to be able to offer this innovative therapy at Footsteps.

For more information about session availability in 2023 please email the Centre Manager, Kirsty on [kirsty@footstepscentre.com](mailto:kirsty@footstepscentre.com).

## How Footsteps Foundation Supports Footsteps Families

### Apply for a Family Grant

If you would like to apply for a Family Grant for 2023 please click on the link below to take you to the application.

Please note that if your household income is under £75,000 you would be eligible for a grant.



[Grant Application 2023](#)

### Helping Hand Fund

Our Helping Hand fund is more vital than ever to help families afford the fuel and accommodation to come to Footsteps.

We have increased the amounts that we give to families in light of the current cost of living.

Our Helping Hand fund is open to ALL families that attend Footsteps.

Please see form attached if you would like to apply.



[Helping Hand Application 2023](#)

## Equipment Bank & Shoes

Each calendar year every child attending Footsteps is entitled to

-one FREE pair of shoes

-50% refund on equipment purchased as recommended by a therapist (maximum of £200 in a year refunded)

## Shoes



The Asda Foundation came in for a visit, to look round and give us a cheque for £500 to buy shoes. A big thank you to Asda.

This helps us to provide a free pair of shoes for all

children that come to Footsteps.

## CAN YOU HELP FOOTSTEPS?



It is a testing time currently for everyone but for those families who rely on bringing their children to Footsteps to help them become stronger, more mobile, more independent, it can be a worrying time with finances.

We at Footsteps Foundation are here to try and make sure children who benefit from Footsteps physiotherapy can get access to it regardless of their finances. We can only do

this with donations & financial support.

Please donate if you are able to, enabling the foundation to continue helping children to access much-needed therapy.

**DONATE**

There are many ways that you can help Footsteps...



### Amazon Smile

Do you use Amazon.co.uk? If so can you please purchase via the Amazon Smile link below and select Footsteps Foundation. That way AmazonSmile will donate 0.5% of your eligible purchases to Footsteps!

[Amazon Smile](#)



### Corporate Donations

Corporate donations are one of our sources of income for the Foundation. Do you or your friends & family's workplace have a Charity of the Year



### So Charitable Lottery

SO Charitable Lottery is an exciting weekly lottery that raises money for good causes in South Oxfordshire. Support Footsteps now by playing the lottery.

[So Charitable Lottery - PLAY](#)

that you can put  
Footsteps Foundation  
forward for? We can  
supply all the  
information needed  
about Footsteps.  
Does your workplace do  
payroll giving where you  
can donate from your  
salary to Footsteps  
Foundation?

Corporate Support

## Christmas Cards

Our Footsteps Christmas Cards, illustrated by the lovely Lynette who attends Footsteps are on sale at the centre, £5 for a pack of 10.

Please email [sarah@footstepsfoundation.com](mailto:sarah@footstepsfoundation.com) if you would like to order any to be delivered to you.



## A Christmas Gift...

Why not donate to Footsteps for a Christmas present to loved ones. Knowing that they have helped children with neurological disorders get much needed therapy. Please contact Sarah to order, [sarah@footstepsfoundation.com](mailto:sarah@footstepsfoundation.com).



**A BIG THANK YOU TO OUR AMAZING SUPPORTERS!**

## Golf Day

James is one of our  
charity ambassadors  
and has continued to  
support Footsteps  
raising money through



his Charity Golf Days which are a huge success.



### Sensory Swing

Thank you so much to Promote Leisure for their donation to buy this swing along with some other equipment needed.

Our kind thanks goes to all those that have donated including, Tambour Foundation, James Gesner, The Sobell Foundation, Leathersellers, Little Lives, The Chadwick Trust, 29th May 1961 CT, Lynn Jameson, Pangbourne College, Ipsen Bioinnovation, Woodroffe Benton Foundation, Dragon School, Invesco Cares, The Webb Family CT, PF CT, Iron Bridge Trust, DLM Trust, Little Lives, Rotary Club Oxford North, Doris Field CT, 3 Ts Charitable Trust, Promote Leisure, Susan & Peter Twitchett, Steven Bloch Image of Disability CT, The Ammco Trust, Lady Victoria Getty, Asda Foundation, Knight Profession, Bartle Family CT, HDH Wills 1965 CT, The Christopher Laing Foundation, William Chown Charitable Trust, Archbishop McGrath Catholic High School, Bill Howard

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Lomax, Play2Give, Polly Nissman, Richard Farrant, St Birinus School, The C J C Whitehouse Charitable Trust

*Wishing you all a very merry Christmas and prosperous*

*New Year from all at Footsteps.*

**DONATE**



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