



# FOOTSTEPS foundation



Newsletter / Autumn 2013

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## featured news...



Join us at the Radcliffe Orchestra Concert



Team Footsteps raise over £2,500 through the British 10k



Hollie excels in horse riding



The fundraising footsteps of Jacob Wright's family

## An injection of colour at Footsteps

The doors to each therapy room at Footsteps have now been painted a different colour to help the children and families identify which room they will be in for therapy. It's looking very colourful!



### 2014 availability

Footsteps sessions in 2014 are nearly fully booked. There are still a couple of spaces on the first session of the year which is from Monday 6th-24th January and then the next availability is in March so if you would like to know what times are available on those sessions please give Kirsty a call on 01865 340376.

**The Footsteps Team looks forward to welcoming new families and seeing regular faces in the lead up to Christmas!**

### Footsteps Foundation

Footsteps Foundation says good bye to part-time Fundraiser Emma and wishes her luck in her new role. We also welcome our first fundraising intern who will be assisting with the Foundation's fundraising and administration over the next three months. We look forward to introducing you to Maggie Davies who is now working two days a week at Footsteps.

### Family Grants

We are now accepting grant applications for 2014 sessions. We encourage families with a Gross Household Income of less than £60,000 to submit their applications at least two months' prior to their first booked session of the year. Funding for grants comes from various fundraising sources including community groups, trusts, companies, individuals and fundraising initiatives organised by Footsteps families. Equally, 50% of all profit made by the Footsteps Centre goes back into the Foundation to provide further support for families.

### 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

### Memo shoes

We are now selling Memo shoes at Footsteps for £50 per pair. Ask at the office to see if we have your child's size in stock.



# Fund a footprint and help begin a journey

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



# Footsteps in action

## Radcliffe Orchestra Concert set to benefit Footsteps

On Saturday 9th November Footsteps Foundation will be the local charity benefitting from the Radcliffe Orchestra Concert at the John Radcliffe Hospital in Oxford. The orchestra consists mainly of professionals in the health care sector who have been playing together for over 26 years. November's concert programme will include Chopin's 1st piano concerto and Brahms' 2nd symphony.

The concert starts at 7.45pm in the Tingewick Hall of the John Radcliffe hospital. Tickets are £10 (£8 concessions, under 16 free); and includes refreshments afterwards. To buy your tickets please contact [admin@footstepsfoundation.com](mailto:admin@footstepsfoundation.com) We would love to see you there!

## Once, Twice, Three times the Orwell Walk!



Theresa Skelhorn has now completed the Orwell Walk three times in aid of Footsteps Foundation. Her godson Matthew has attended Footsteps since he was a toddler and the stunning 25-mile walk is her way of showing her appreciation of the work that Footsteps has done to help Matthew. Theresa says 'Over the years that Matthew has been attending the centre I have seen for myself the progress that Footsteps intensive physiotherapy has made. On a recent visit to Footsteps I was further inspired by the dedicated team who help make these improvements to children's lives. This year friends, family and work colleagues who kindly sponsored me helped me to reach a total of £515 and my employer ING matched this amount making the final total of £1,022. The sponsorship money over the three years has totalled £2,662! The Orwell Walk crosses farmland, woods, rivers and beaches and despite the aches and pains, Theresa completed it in six and a half hours. Theresa says 'How lucky am I to be able to walk for pleasure and if I can help further in the future, by participating in more long distance walking events to help support such an inspirational charity continue their good work I hope to do so.'

## Footsteps cakes

Following Peter's recent session at Footsteps, he went home to celebrate his birthday and requested a Footsteps cake! We think it looks great. Local supporter Caitlyn also baked a Footsteps cake for our tea room take-over which went down very well. If you bake a Footsteps themed cake, please send us your photos!



## Birthday bash raises just under £10,000

Fiona and Derek Harding both celebrated their 40th birthdays this year and they very generously decided to celebrate by holding a big garden party in aid of Footsteps Foundation. Family and friends donated generously and the Hardings organised a silent auction which raised over £2,000 alone. We are extremely grateful to the Harding family for their dedication and support. What an enjoyable way to raise money for charity!

## Child of Courage Award

The last weekend of September is a busy one for Footsteps. While our volunteers will be helping at the Choko Beer Festival, Fundraiser Clare will be in York presenting to a conference of 800 people. In addition, the Rotary International District 1070 will be presenting an Award of Courage to Grace Windram so the Windram family will also be in York that weekend to help represent Footsteps and collect Grace's award.



## Tea Room Takeover

On Saturday 7th September, a team of Footsteps volunteers took over the tea room at Dorchester Abbey for a couple of hours. They were busy selling home-made cakes and serving cups of tea to local residents and tourists visiting the renowned Abbey. In only two hours, the team raised £250 for Footsteps Foundation. Thank you to all those who made cakes and donated their time to help out.



## Raffle raises £1,000

Thanks to all the families and supporters who bought and sold tickets for the Footsteps Summer Raffle. The first prize was won by Tania Gallagher who will soon be throwing herself out of a plane having won the tandem skydive. A special thanks to the Allen family for selling 100 tickets. Amy will now receive a free hour of therapy at Footsteps, worth £50.

## Team Footsteps braved the heat wave

While the majority of us would have been sipping a nice cold drink in the garden, six of our supporters braved the heat and completed the British 10k race on July 14th. All runners completed the challenge and as a team they have raised just under a fantastic £3,000 for Footsteps! Congratulations and well done to you all.

If you are interested in taking one of our six places in next year's British 10k or to find out about other challenge events, please contact [clare@footstepsfoundation.com](mailto:clare@footstepsfoundation.com)



## A shout out to the Khan family

"I would like to share the story of my sister-in-law who is absolutely the most amazing person. Her story is one of struggle, commitment, laughter, tears and most of all love. She and her daughter are regular attendees at Footsteps. I feel that she deserves a huge well done for all of her hard work and determination with her daughter." Javeria Khan  
If you would like to include a shout out to one of the parents or families at Footsteps in our next newsletter, please send your short message to [clare@footstepsfoundation.com](mailto:clare@footstepsfoundation.com)



## Choko Beer Festival

Come along and join the Footsteps team at the Choko Beer Festival in Cholsey on Saturday 28th September. Footsteps Foundation has been chosen as this year's local charity and is set to receive some of the profits made from the annual event. Footsteps volunteers will be there to lend a hand behind the bar on Saturday evening so come and join in the fun if you are in the area. For further information, please visit <http://www.chokobeerfestival.org.uk/>

## Grants

Footsteps Foundation has recently received grants from the following trusts:  
The Saddlers' Company  
The 29th May 1961 Charitable Trust  
The Sir Jules Thorn Charitable Trust

## Wacky Wittfest

Footsteps Foundation was chosen to be one of the two local charities benefitting from this year's Wittfest at The Plough Inn in Long Wittenham. For the second year running, our creative volunteers painted lots of faces, children and adults, across the weekend. The weather was lovely, the music was great and it was a fantastic atmosphere. We attended the cheque presentation and took home £1,650 for Footsteps.



## Stephen attempts two gruelling challenges in one day!

On October 19th, supporter Stephen Morgan will attempt not one but two gruelling challenges in aid of Footsteps Foundation. In the morning, he will complete the Grim Duathlon, a 5k run followed by a 20k bike ride and then another 5k run. Despite the Duathlon being a big challenge in its own right, Stephen will also attempt the Grim Blackout by night – a 15k run in the dark! We think he deserves a medal! If you would like to show your support, you can sponsor Stephen at <http://www.justgiving.com/Stephen-Morgan8> Every little helps to fund a footstep!

## Follow in the fundraising footsteps of Jacob Wright's family



This issue features the fundraising activities of Jacob Wright and his family who have been busy raising money for Jacob's Selective Dorsal Rhizotomy (SDR) surgery in America. Jacob's mum Lucie shares her experiences.

### What were you fundraising for?

We were fundraising for our son Jacob to have an operation called Selective Dorsal Rhizotomy (SDR) at the St. Louis Children's Hospital in the USA. It involves cutting some of the nerves in the spinal cord and significantly reduces the lower limb spasticity that many children with Cerebral Palsy suffer with. We also wanted to fundraise for Jacob's aftercare, equipment and the many hours of physiotherapy that he will need for the next few years.

### What did you do to raise money?

We did everything from cake sales at the boys' nursery, to marathons and a 3 peak challenge. We arranged a lot of collections in supermarkets and did some sponsored cycles in shopping centres and pubs. We held a magic and music charity evening which raised £1,500 and also 14 people did skydives for us and that raised around £8,000. We were also lucky enough to have a very generous donation from a local charity.

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

I think the hardest thing is knowing where to start, it's a very daunting amount to try and raise and just getting the ball rolling and the word spread takes a bit of time! We booked our date for surgery as soon as we started fundraising so it gave us the push and motivation that we needed to keep going. It really helped having a time frame to work with and it gave everyone more incentive to start planning events straight away. To begin with I don't think anyone believed that we would raise the money that quickly but when you see the amazing results that SDR has had on other families, you know you have to keep going no matter what!! There were an awful lot of late nights planning and weekends missed. It does take over your lives for a few months, but eventually it just seems to snowball and run its self!

### What did you enjoy about it?

I loved meeting complete strangers that were wonderfully generous and interested in our story! It was very emotional and humbling to think that so many people care and want to help. We would get donations through several times a day and it was really exciting to see the fund going up! It was a fantastic relief and sense of achievement when we saw our target hit 100 %!

### How much did you raise?

We started in January this year and set out to raise £65,000. We now have £80,000 and it's still going up!

### What is your top tip?

- Believe that you can do it- don't get disheartened if an event doesn't make as much as you hoped or progress is slow to begin with!
- Set a date so you have a focus
- Spread the word as much as possible
- Ask for help!! If you don't ask you don't get! You will be amazed at the help-particularly from strangers!

## Following the footsteps of Hollie Ravenhill



In this newsletter we are following in the footsteps of Hollie whose disability has not got in the way of her passion – her passion for horse riding.



Hollie was born with cerebral palsy which was caused by a delayed delivery. Her condition means she has weakness in all four limbs although her legs are more affected than her arms. Hollie's mum, Lucie, says 'Since her diagnosis at six months old we have always been determined to give Hollie as much help and support as possible to ensure she could lead a happy and fulfilled life. This has taken us on quite a journey trying different therapies and travelling to different countries to see which would be of most benefit to her. We eventually found out about Footsteps from an article in the local press and since the age of five Hollie has been coming several times each year and has gone from strength to strength not only in her physical capabilities' but in her own self-esteem and confidence.'

One of Hollie's other passions which has had a huge affect on her life is horse riding. Hollie joined Abingdon RDA when she was just three years old and now at the age of 14 she has competed at a national level in dressage, riding her favourite horse 'Speckles' and recently came second in her class at Hartbury College and first in dressage to music. Her achievement was even more special as both her Footsteps therapists, Adam and Fiona, went along to support her, which was fantastic!

We wish Hollie all the best with her horse riding and we look forward to hearing more about her competitions. Well done Hollie!

# 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: Amey Group Services Limited, Dorchester Co-operative, Manches LLP, Stoke Park Junior School, Mercer Lewin, Bibby Financial Services, The Charities Trust, The Abingdon Manor Preparatory School, Grondon Waste Management, Burpham Juniors Football Club, The Dragon School, The Wallingford Methodist Friendship Group and Dorchester Post Office.

## Footsteps wristbands are now in

Local supporter, Sarah Pickford and her family, kindly offered to take 1000 wristbands from us and sell them at a family event they were going to. They returned having sold all 1000 wristbands and handed over £1000 in cash! They did a fantastic job, thank you guys! We have lots left so if you would like to do something similar or if you know of anywhere they would sell, please contact [info@footstepsfoundation.com](mailto:info@footstepsfoundation.com)



# Supporting us...

## Travel Insurance for people with medical conditions



Footsteps Foundation and Freedom have joined forces to help provide you with a travel insurance policy that includes cover for your pre-existing medical conditions. With the skiing season approaching, you may be looking for an insurance policy to cover your family. You can get a quote from Freedom by calling 01223 454290. If you take out a policy with Freedom, please mention Footsteps and we will receive a percentage of the premium. For further details, visit [www.freedominsure.co.uk](http://www.freedominsure.co.uk)

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

## A message from our fundraising committee

My name is Lydia and we have been attending Footsteps for 12 months with our three and a half year old daughter Emilia. I joined the Footsteps Foundation fundraising committee about eight months ago as a volunteer. During this time I have volunteered on a number of events to raise money for the Foundation. I never thought I'd bake so many cakes!



So why do I volunteer? I find it really rewarding knowing that I have helped raise money to enable children to receive treatment at Footsteps. Also it's fun and I have made friends doing it.

We always need more volunteers, so if you want to give something back come and join our team. For more information please contact either Clare Morley or myself for more information - [info@footstepsfoundation.com](mailto:info@footstepsfoundation.com)

## Raise money through everyclick



Did you know you can raise money for Footsteps Foundation by simply clicking your mouse? Register at [www.everyclick.com](http://www.everyclick.com) and set it as your homepage. Use it as your search engine and every click raises money!

## Give as you live



Sign up to [www.giveasyoulive.com/join/footstepsfoundation](http://www.giveasyoulive.com/join/footstepsfoundation) and we'll receive a donation every time you buy online from stores like Tesco, John Lewis and Easyjet.

## Join us on Facebook, Twitter and LinkedIn



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

Please like our Facebook page as well as joining the existing group.



@FootstepsF



Footsteps Foundation



[www.youtube.com/user/footstepsf](http://www.youtube.com/user/footstepsf)

# Just Text Giving™

by **vodafone**

**Text Foot11 £xx to 70070**

All text donations will be allocated to the Family Grants Project