



FOOTSTEPS foundation



Newsletter / Easter 2014

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featured news...



Join Team Footsteps in the Abingdon Dragon Boat Race



Our little bag-packers raise £625



Joshua prepares for his first Mini Run



The fundraising footsteps of Ben Butler's family

Footsteps Cerebral Palsy Awareness Week

10th – 17th May 2014



Footsteps Cerebral Palsy (CP) Awareness Week is back!

Not only does this year mark the third edition of Footsteps' very own Cerebral Palsy (CP) Awareness Week, it also marks TEN YEARS of Footsteps! With this in mind, we need your help to make Footsteps CP Awareness Week the biggest and best yet.

How can you get involved?

Footsteps CP Awareness Week is all about celebrating the progress and achievements of the children and families who attend Footsteps. We want to raise awareness of their conditions and encourage more people to support them through intensive physiotherapy.

If you would like to share some of the progress and achievements of your child during the week, please email them in advance to info@footstepsfoundation.com

16th May Footsteps Friday

We want to get as many schools as possible involved by simply holding a non-uniform day or a cake sale in aid of Footsteps Foundation. Schools can be as creative, educational or as simple as they like during Footsteps Friday. It's a great opportunity to raise money and awareness...could you ask your child's school to do something? Could you ask your employer or a company you know to take part in Footsteps Friday by holding a cake sale or coffee morning? Every pound raised is one step closer for a disabled child whose dream is to walk independently.



Donate an hour

Last year, individuals donated an hour of their salary and raised over £200 for Footsteps Foundation. This is a simple and painless way of showing your support without making too much of a hole in your pocket.

Did you know? During an hour of therapy at Footsteps, we have seen children achieve 100 steps on the treadmill, stand unaided for a few seconds and even take their first independent footsteps.

Do you know someone who could donate an hour of their salary to help make this possible? Your hourly rate of pay could help a disabled child to achieve one of these memorable milestones. Just visit <http://bit.ly/1mafXxh> to make this difference. For further information about Footsteps CP Awareness Week or to get hold of some posters and flyers, please contact info@footstepsfoundation.com

Fund a footprint and help begin a journey

Log on to www.justgiving.com/footstepsfoundation/Donate



Footsteps in action

Book your 2015 sessions now

Bookings for 2015 sessions opened on the 22nd March and are already beginning to fill up. Please call 01865 340376 or email kirsty@footstepscentre.com to book your sessions for next year.

Wallingford Car Rally & Parade – Sunday May 11th 2014

Footsteps Foundation is this year's chosen charity for the annual Wallingford Car Rally taking place in Oxfordshire on the 11th May. The well-established, exciting event is a must for all car lovers and is a great family day out. The parade of vehicles, ranging from sixties scooters to vintage farm-vehicles to modern-day supercars, starts at 11am and the event is due to end around 4pm. There is lots going on throughout the day including live music, exciting displays in the arena and activities for the kids. We would love to see you there...come along and join in the fun!



Henley Concert – Sunday 25th May, 7.30pm

The Missouri State University Concert Choir are travelling all the way from the USA to put on a number of concerts around the UK. They will be performing at St Mary's Church in Henley on the 25th May and all donations collected at the event will benefit Footsteps Foundation. Their recital is guaranteed to entertain lovers of classical music so this is one not to be missed!

The polished American university choir are 56 singers, who perform a varied cappella repertoire ranging from the Renaissance to the present. Tickets are available from Footsteps – please email info@footstepsfoundation.com for further information.

Wallingford Thames 10K Run – Sunday 25th May 2014



The annual 10k run, based in Wallingford, is supporting Footsteps Foundation this year. The 10k run, taking place on Sunday 25th May at 10.00am, features a multi-terrain course along the Thames and around the historic Oxfordshire town, starting and finishing at Howbery Park.

Online registration is now open at <http://bit.ly/1rJyrsE> We want to form a big team of runners who will attempt to raise a bit of cash for Footsteps Foundation. There's no minimum sponsorship and we will be there to cheer you on! For more information and details on the event please contact info@footstepsfoundation.com

We are also looking for volunteers to help us out at both the Wallingford Car Rally and the Thames 10K. If you are interested in lending a hand and want further information, please contact info@footstepsfoundation.com

Join Team Footsteps in the Abingdon Dragon Boat Race

The Rotary Club of Abingdon Vesper's Dragon Boat Day is a well-established, annual charity fundraising event held alongside the River Thames in Abingdon. This year, it takes place on Sunday 7th September and we are looking to form a team of 20 people to represent 'Team Footsteps' in the race. It's a fantastic team-building opportunity which is fun and a great way to keep fit. No experience or pre-event training is required. All you need to do is raise a minimum of £125 and turn up on the day to join in the fun!

Alternatively, if you have a team of 20 all ready to go and would like to raise funds for Footsteps Foundation, let us know and we can sort it out for you. Please contact info@footstepsfoundation.com for more information.



Footsteps little bag-packers raise £625

On Saturday 7th December, Footsteps volunteers took over the tills at Waitrose in Wallingford and helped to pack the bags of busy Christmas shoppers. Santa's little helpers did a fantastic job at collecting money and over the course of the day we raised a total of £625! Thank you to everyone who helped and donated. This will fund over 12 hours of therapy!

Christmas treats put smiles on faces

The children on session 17 of last year were in for a surprise as they received some special treats in the lead up to Christmas...

Thanks to the Oxford Freemasons, some of the children at Footsteps were given the opportunity to attend the Kenton Theatre's Christmas production of Aladdin. There were lots of laughs, songs and 'He's behind you'. It was a great end to the last Footsteps session of the year.

And as if that wasn't enough, local company Rowse Honey provided Footsteps Foundation with funding to buy a small gift for each child on the Christmas session at Footsteps. The smiles on their faces said it all!



Abingdon Manor pupils name our 'Spider'

You may recognise this little fella. He pops up now and then at Footsteps...and he now has a name! As part of The Manor Preparatory School Abingdon's fundraising, they launched a competition to name the Footsteps 'Spider' and we're pleased to announce that the winning name was 'Spindles'.

The parent's charity committee at the school (FOTM) has selected Footsteps Foundation as their charity of the year and they've been busy fundraising. We most

recently received £101 from their coffee morning and we look forward to their quiz night this month.



HSBC celebrate the Winter Olympics

HSBC Thames Valley Corporate Centre celebrated the Sochi Winter Olympics in style by raising money for Footsteps Foundation. Thank you to the team for donating over £125.



Thanks to your support in 2013

Footsteps Foundation supported 76 individual children with a grant and funded equipment for 53 individual children.

We encourage all families eligible for a grant to get their applications into Footsteps Foundation as soon as possible. All applications should be received at least two months prior to your first booked session of the year.

Footsteps family support Footsteps Foundation through their family business

Frontier Holidays provides spectacular walking trips across the beautiful Spanish countryside. Tracy and Callum Christie, whose daughter Lucia has been attending Footsteps for six years, wanted to give something back to the charity and have decided to generously donate £10 for every client that books a walking holiday with Frontier in 2014. They are also featuring the charity logo on their websites and invoices to help raise awareness of our valuable work. We can't thank the Christie family enough for their continued support.

Tracy says "We arrived at Footsteps for a consultation with Filip in 2008, with our three year old daughter Lucia. Back then, she couldn't walk and had limited speech & understanding as a result of two devastating brain haemorrhages at the age of two. Five years later, we have a bright and happy child who can walk, play, jump on the trampoline, ride a pony and swim. Her language and cognitive development has also developed exceptionally well over the years and continues to improve.

Our debt of gratitude to Footsteps will be with us all of our lives. So, we wish to share the wonderful work of the therapists at the Centre with our international clientele. And we hope to encourage them to "fund a footstep" as they embark on one of our walking holidays in Spain"

If you are a keen walker and are looking for a walking holiday in the beautiful country of Spain, please visit <http://www.frontierholidays.net/index> for further information. The Christie's other website www.walkthecamino.com specialises in the world famous Camino de Santiago.

Join Team Footsteps in the British 10k run 2014

Last year, six individuals took part in the British 10k run and raised £3,000 for Footsteps Foundation. We have a limited number of guaranteed entry places for this year's race on Sunday 13th July and are looking for willing participants to join Team Footsteps. The British 10k London Run is staged on the world's greatest route through the heart of the City of Westminster & City of London. If you are interested in taking one of our places in this year's British 10k or to find out about other challenge events, please contact info@footstepsfoundation.com



10 year old Erin raises big bucks for her brother Max

"Hi, I am Erin. I am 10 years old. I have been trying to raise money for my little brother Max who has Cerebral Palsy, to help him walk and give him a better life.

Max is now 7 years old. He is very funny and I love him! When he was born the doctors told mummy and daddy he may not be able to do anything or he may be lucky and have a slight limp or be really bad at maths. He has had a lot of ups and downs but is doing really well now. He is able to walk with some support for short distances and uses a walker or a special buggy. Mummy and daddy are always looking for something to help Max and they found Footsteps. It is very special and has made a huge difference to Max. It has helped him to walk and do more for himself, which means he can play more with his friends and me.

Max really needs 'Spider' therapy, or 'spuder foofoooy' as I call it, a few times a year and he also needs a special needs trike to help him grow stronger and play more with me and his friends. This is why on Sunday 2nd February my mum and dad and I walked from my home in Whetstone, North

London into the middle of London to raise money for Max. We met friends and family along the way and had such an amazing day. Max also joined us at the beginning and the end of the walk. We thought it would be 10 miles but it turned out to be 12.7 miles. It was a long way but really worth it.

I am so happy with the support people have given us. We have managed to raise over £10,000 which will help towards paying for his 'Spuder foofoooy'. And we have already ordered his trike. Thank you Footsteps for helping my little brother Max become more independent :) Love Erin (Max's big sister)!"



Jaywing raises £900



Swindon-based company Jaywing have just donated £900 to Footsteps Foundation following a number of fundraising activities the team have organised over the year.

Footsteps Foundation was nominated by one of the company's employees and was soon after selected as the company's favourite to receive 60% of the money raised throughout 2013.

The team have done a fantastic job at raising £1,500 for three charities. Employees have participated in marathons, leg waxing challenges, head shaves and onesie days as well as organising a number of events including cake competitions and quiz nights. So as well as raising lots of money for charity, the Jaywing team have had a lot of fun doing it! Thank you to all of the team at Jaywing for their fundraising efforts. Their contribution of £900 will fund 18 hours of intensive therapy for children attending Footsteps.

The Marlborough School raise £1,175 for Footsteps Foundation

The Marlborough School in Woodstock selected five local charities to be the beneficiaries of their Charity Week in November 2013 and Footsteps Foundation was one of the lucky five!

We were invited to get involved in the action by participating in the Fun Run around Blenheim Palace and making a presentation to the pupils. It was great to engage with the students during the charity week and together they did a fantastic job of raising over £7,000 for charity, £1,175 of which was donated to Footsteps Foundation. Thank you!!



Do you have any lucky contacts?

We are trying to get our hands on a number of 'money can't buy' items to promote in the Small Charities Week eBay auction in June. If you have a lucky contact who could help us get a piece of signed memorabilia, dinner with a celeb or something else exciting, please contact info@footstepsfoundation.com Money raised from the auction will help to fund intensive physiotherapy for disabled children. The more items we can get the more children we can help!

Grants

Footsteps Foundation has recently received grants from the following trusts:
John Horniman's Children's Trust
William Chown Charitable Trust
The Rest-Harrow Trust

Reuben Foundation
The Schuster Charitable Trust
The Rose Adeane Trust
The Sobell Foundation
The Pixel Fund
The D.L. Donne Charitable Trust
James Wise Charitable Trust
The Broyst Foundation

The Pennycress Trust
The Webb Family Charitable Trust
The Aylesford Family Charitable Trust
Pelham Charitable Trust
St. Michael's & All Saints Charities
Doris Field Charitable Trust

Supporting us...



Follow in the fundraising footsteps of Ben Butler's family

This issue features the fundraising activities of five year old Ben Butler and his family who have been busy raising money for Ben's Selective Dorsal Rhizotomy (SDR) surgery in America as well as his on-going therapy at Footsteps. Ben's mum Mikayla shares her experiences.

What were you fundraising for?

We're fundraising for Ben to go to America at the end of the year for SDR surgery & also post-op therapy at Footsteps :-)) Our target is £60k.

What did you do to raise money?

We have many people getting involved by being sponsored to do something. We have walkers (including my 75 year old Nan doing a 5 mile walk!), runners, a lady shaving her head and a Zumba-thon. I spoke to Christian O'Connell on Absolute Radios' morning show and had over £5k in donations from listeners. They also auctioned off the show for a morning and the winning bid was £5k. I'm also organising a number of events. On Valentine's Day I held a Ball which raised £7k. We have a race night, quiz night and comedy night all coming up too.

What difficulties have you come across and how have you overcome them?

The main difficulty is finding time to organise events. Evenings after the kids' bed time is best though.

What are you enjoying about it?

I feel lucky to enjoy organising events as I'd imagine it would be very difficult to do if you didn't enjoy it. I absolutely LOVE announcing to everyone what's been raised after an event.

How much did you raise?

In four weeks of having the 'yes' from the surgery team in St. Louis, we have raised £37k.

What is your top tip?

My biggest tip to fundraisers would be to organise a variety of events so hopefully at least one of them will appeal to everyone. That way more people will get involved :) Also, always update everyone with your fundraising - tell them how much each event raised and how your son/daughter is doing. Whether by a Facebook or twitter or website! People like to see what they're getting involved in and helping towards.

Following the footsteps of Joshua Smith

In this newsletter we are following in the footsteps of Joshua who has recently completed a three-week session at Footsteps and who is now training for the Hastings Half Marathon Mini Run.

Joshua was diagnosed with cerebral palsy and epilepsy a year after he was born. He now also has a severe speech and language disorder and a learning disability. Despite his conditions, he has fighting spirit and his parents say he has always been an active and sporty child. Football, rugby, golf and particularly judo are his passions.

Joshua's mum Tracy says: 'After years of fighting for physio for Josh so that he could participate in all these things, we found Footsteps. In Joshua's first session at Footsteps in 2010, he took his very first independent steps and went from strength to strength, managing to achieve so much that he could walk unaided at school and home and could participate in judo competitions on his feet. Josh was finally doing what he wanted to do and his confidence soared.

In March 2013 Josh had to have a hip operation that meant his legs and trunk became very weak. He was not allowed to stand for 8 weeks and became very upset and grumpy. Footsteps has played a huge part in his recovery and despite a very difficult year for all of us (including some Footsteps therapists!) he has finally achieved independent walking. The last three weeks have been tough for Josh but within the first week he was walking again. It was nearly as emotional as seeing his first steps 4 years ago!

Josh has always been involved in our fundraising but this year he is taking matters into his own hands. He is participating in the Hastings Half Marathon Mini Run for the first time. He is going to try to go the whole distance, 2.5km, on his walking frame with big brother Alex as his wing man!! We know that this is just another beginning for Josh and can't wait to see what he will achieve in the future.'

We think this is fantastic! Josh certainly is a fighter and we wish him all the best for his first Mini Run. Watch this space...



A shout out to the Hussain family

"I just wanted to say I believe my gorgeous sister Zahra deserves a shout out for all the effort she puts in for her beautiful daughter Hooriya. She works so hard trying to continuously fit her in at Footsteps as well holding down a job & studying all at the same time. It's not easy leaving two children behind to come to Footsteps for three weeks and live away from home but she does it because she would go to any lengths for Hooriya and yes Hooriya is absolutely worth it. Also a massive thank you too all the wonderful therapists who do an amazing job, all the admin staff who we all know work extremely hard and finally to all the amazing children that are positively fighting their way through life with a big smile on their faces! I'm proud to say that I've been to Footsteps myself & I would definitely recommend it to others; thank you!" Rukiha Hussain

"I think Aran deserves a mention - he's done two metres of independent steps!!" Kurda Rahman Jackson

"I think Antonella Morris deserves a shout out for her determination and hard work finding the best care for her son!" Helen Windram

A big thank you to all community groups, schools and businesses for their recent fundraising activities including:

Yorkshire Building Society, Dorchester Co-op, The Six Bells Pub, Chocolate for Chocoholics Limited, Waitrose Wallingford, St. Birinus C.of.E Primary School, Mercer Lewin, Bite CP, The Paviers' Society, Rowse Honey Limited, The Marlborough School, HSBC Thames Valley Corporate Centre, Barclays Wallingford, Kingsbury Green Primary School, Weston-on-the-Green WI, The Dragon School, The Isis Satellite of The Independent Order of Foresters, Jaywing, The Deepings Rotary Club and The Manor Preparatory School Abingdon.

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