

FOOTSTEPS FOUNDATION

Newsletter / September 2012

Summer Update

from Footsteps Foundation

www.footstepscentre.com/footsteps-foundation info@footstepsfoundation.com 4 Queen Street, Dorchester-on-Thames, OX10 7HR 01865 340376

Featured news...



Slim-a-thon.
Find out how you can get involved



FOOTSTEPS
CEREBRAL PALSY AWARENESS WEEK
12th-19th MAY 2012

Review of the first Footsteps CP Awareness Week



Chloe walks down the aisle



The fundraising footsteps of Ronnie Jacob's family



THE FOOTSTEPS CENTRE

Celebrating one year in Dorchester

On the 1st August we celebrated one year at The Footsteps Centre in Dorchester-on-Thames. We've had great feedback from our families and we are very happy in our new home!

Half way into the year and we are now in our twelfth session with 177 individual children attending The Footsteps Centre since the start of the year. Whilst we are fully booked for 2012 and the summer and half term holidays are already booked up in 2013, there are still spaces available throughout the rest of 2013.

Contact polly@footstepsfoundation.com to make a booking.

Addition to the Footsteps team

We welcome Bartek Spiwak to the Footsteps team. He joined us at the beginning of June as an Assistant Therapist. We look forward to working with him and wish him all the best in his new role.

Footsteps Assistant Therapist Asia gave birth to Lilliana in May and both mum and baby are doing well.

FOOTSTEPS FOUNDATION

Finding my feet at Footsteps

I would like to use this opportunity to thank everyone at Footsteps for making me feel so welcome in my new job. The past eight months have flown by and I have enjoyed every minute of it. It's been lovely to meet so many inspirational children and families and I look forward to seeing the progress made by the children over time. *Clare*

Fund a footprint and help begin a journey

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

Footsteps fundraisers

Oscar gets hold of the Olympic torch

Oscar Scott Towers was lucky enough to get his hands on the Olympic torch last month when the Spirit Health Club in Oxford hosted a weekend of activities on his behalf. Members of the club took part in running, gym-rowing and swimming and a special fun day was also organised to raise money. There was a bouncy castle, cake sale, face-painting, hotdogs, raffle and even special Oscar wristbands. The Spirit Health Club raised over £1,000 to help Oscar attend the Footsteps Centre.



Swinging into action

El Valle Golf Society in Spain adopted Footsteps Foundation as their charity of the year in 2011 and have since donated over £5,000 to the charity. Neil and Janet Cockings worked hard to raise the money along with the club's members and Joe and Tania Gallagher, whose daughter Olivier attends The Footsteps Centre. They hosted a week of fun-filled community activities including a fashion show, bike ride, go-karting and a golf tournament...we wish we could have been there! Thank you to everyone involved.

Toddle Waddle for Footsteps

Staff and parents accompanied children aged between two and four as they toddled from Seedlings Montessori Nursery Wantage to the Chestnuts play area in Charlton on the 17th of May. The children chose to raise money for Footsteps Foundation and donated £250 in total. They also made their own colourful medals, decorated with footprints and jewels to remind them of the charity they were supporting. Thank you to all of the toddlers, staff and parents for their efforts.



Star in the making

Not only did Joshua Smith and his mum Tracy recently make an appearance on Channel 4's *You deserve this house*, Josh is also becoming a celebrity in his local community. Josh's parents organised a Ball to raise funds for Josh's treatment. The theme was 'Make a Difference' and the evening involved a dinner, disco, auction and raffle. 100 people attended and a fantastic £1,600 was raised! Local firm BSW also put on a golf day in aid of Footsteps Foundation, raising £1,500 through sponsored pot holes and a raffle. It seems it's all going on in Surrey!



Charity Golf Day



Sponsored beard grow funds 7 footsteps!

15 year old Josh from Reading endured teasing and jokes at school but was determined to grow a beard for Footsteps Foundation. And what a fantastic job he has done, raising just over £300! Well done Josh!

Communities making Footsteps count

Community groups all over the country have been raising money for Footsteps Foundation recently. The Friendship Group based at Wallingford Methodist Church organised a fundraising lunch in June and recently handed over a cheque of £150.

The Wallingford District Scouts & Guides also donated £157 to Footsteps Foundation following their St. George's Day parade. Class 8M at Thetford Grammar School organised a number of cake sales and donated £73.50 to Footsteps Foundation. Thank you to all for your support!

Diamond Jubilee Celebrations

On Monday 4th June, everyone in Dorchester came together for the 'Big Village Party' in celebration of the Queen's Diamond Jubilee. The day comprised of a fancy dress parade including the Oxwatts Harry Potter team and the pink ladies of Dorchester W.I. More than 350 villagers enjoyed the hog roast, bbq, live band and a spot of barn dancing. The Parish Council also hosted an auction of promises and kindly donated £750 to Footsteps Foundation following the celebrations. The Footsteps team would like to thank everyone involved for their support.



It's all about the hair



Reading based hairdresser Tanya Banks braved all by shaving her hair in aid of Footsteps Foundation. She raised £500 which will contribute towards Owen Kew's therapy at the Footsteps Centre. Well done Tanya; what a sport!

Thank you!

So far in 2012 thanks to your support, Footsteps Foundation has been able to award grants to over **72** individual children and help over **54 families** with the cost of specialist equipment.

Footsteps in action

Footsteps CP Awareness Week Success

12th-19th May 2012 saw the launch of the first Footsteps Cerebral Palsy Awareness Week. The week began with an Open Day at the Footsteps Centre which gave locals the opportunity to see the 'Spider' in action. Volunteers made cakes, we ran fundraising activities and the day alone raised £75.

Some of our Footsteps mums held Coffee Mornings in aid of the Awareness Week. Thank you to Tracy Smith who raised £109 at her coffee morning in Sussex and to Helen Kew who raised £365 through not only a coffee morning but various other fundraising activities in aid of Footsteps CP Awareness Week. Helen's son Owen will benefit from a free hour of physiotherapy as she raised the most money for Footsteps Foundation during CP Awareness Week. We also launched our Summer Raffle during the CP Awareness Week

and made the draw on the 31st July. £1,120 was raised thanks to the local community and friends and families of the Footsteps Centre. Congratulations to Catheryn Higgins who sold the most raffle tickets (17 books). She has also won a one hour therapy session for her son Sonny, donated by the Footsteps Centre.

A number of supporters donated an hour of their salary in aid of Footsteps CP Awareness Week. The campaign has so far raised £500 and we have decided to keep it running throughout the year. If you would like to donate an hour of your salary, please go to <https://www.justgiving.com/Donate-an-hour-to-Footsteps-Foundation>

Thank you to all those who got involved in Footsteps Cerebral Palsy Awareness Week. Next year will be bigger and better!



Supported by Wittfest

This year's Wittfest in Oxfordshire chose Footsteps Foundation as one of the charities to benefit from the proceeds of the family-friendly music festival. It was a great weekend with lots of music, dancing, face painting and BBQ's...and the sun was shining! Thank you to the Wittfest Committee for all their hard work and their generous donation of £1,350.



10k challenge for Footsteps

On Sunday 8th July six brave supporters took to the streets of London to take part in the British 10km on behalf of Footsteps Foundation. Congratulations to Debbi Barnett, Gin Tidridge, Rose Tidridge and Jacki Piper, representing 'Team Annie' and Helen Kelly and Ellie Johnston. All six runners did a fantastic job on the day and between them have so far raised over £2,000.



Grants

Footsteps Foundation has recently received grants from the following trusts:

The James Tudor Foundation

The Childwick Trust

The Sir Jules Thorn Charitable Trust

PF Charitable Trust

The Saddlers' Company

TJX Europe

Thank you for your support

Thank you to Bite CP for donating their creative design services to Footsteps Foundation.

Get involved



Slim-a-thon aims to raise £2,000

Do you want to shed some pounds? You can now take part in the Footsteps Foundation Slim-a-thon anytime between 1st August and 31st December 2012.

Last year's Slim-a-thon changed the life of Footsteps mum Debbi Barnett whose daughter Annie has extensive brain damage following the contraction of meningitis as a baby. She set out to lose weight and raise money for Annie's therapy at the Footsteps Centre and has now lost an incredible 55lb. She has also just completed the British 10km on behalf of Footsteps Foundation and has recently become an inspirational leader at her local weight-loss club.

Debbi Says

"The Footsteps slim-a-thon was just what I needed for a much required kick to lose the weight to be a better support for my daughter! I had been so inspired by Polly's (Centre Manager at The Footsteps Centre) weight loss last year & I knew that I could do it...and you can too!"



The deal? Simply set your own personal target and walk your way to a healthier you... You could join a club, exercise, watch what you eat and raise sponsorship along the way! There will be a prize for the biggest Loser and the biggest Fundraiser so let the slimming begin!!!

For further information, please contact clare@footstepsfoundation.com

Chocoholics

If you have a sweet tooth or are looking for some chocolately gifts in the lead up to Christmas, keep an eye out for our Chocoholics catalogue available from September. If there is enough interest, we will become a Gold Discount Customer so check it out now!

www.chocolate-parties.com



Recycle your children's clothes and toys

We will be holding a Christmas sale in Abingdon Town Square on Saturday 10th November 2012. We're collecting children's clothes and toys so if you have any unwanted items in good condition, please drop them into the Footsteps Centre or feel free to send them to us. We will also be looking for volunteers to make Christmassy cakes and crafts so if you can lend a hand, please get in touch!

Seeking a Celebrity Patron

Footsteps Foundation continues to grow and we feel it is time to get a celebrity patron on board. If you have any ideas or connections, we look forward to hearing from you.

Would you like to volunteer at the Abingdon Marathon?

We are looking for a minimum of 6 volunteers to help marshal at the Abingdon Marathon on Sunday 21st October 2012 at gam.



Celebrating its 30th year, the event promises to be lots of fun with a great atmosphere. This is your chance to be involved and in return the organisers will donate £25 to Footsteps Foundation for every volunteer we can provide.

For more information, please contact clare@footstepsfoundation.com

Christmas Card Competition

Although it is still Summer, it won't be long until Christmas is on our doorstep. We would like to collect Christmas cards specially made by Footsteps children and siblings in time to sell them at our craft stall on the 10th November. You can send in as many or as little as you like and there will be a prize for the best card.

Challenge yourself

If any of the following events interest you, please contact: clare@footstepsfoundation.com for further details.

- Spring Skydive (2013)
- Silverstone half marathon (March 2013)
- Cycle London to Paris (April 2013)
- Lets Trek for Children - Hike the Himalayas (April 2014)



Join us at the Play2Give Charity Evening

Local charity Play2Give are celebrating their five year anniversary with an event being held at Abingdon United Football & Social Club at 7:30pm on 22nd September 2012. Footsteps Foundation is one of three charities to benefit from the event. Local singer Simon Batten will be playing and there will also be a disco, karaoke, buffet and raffle. Tickets are only £5 so if you would like further details, please get in touch!



Follow in the fundraising footsteps of Ronnie Jacob's family

This issue features the fundraising activities of Ronnie Jacob and his family.

Ronnie travelled to America to have Selective Dorzhal Rhizotomy (SDR) surgery in May 2011; his family had to raise £50,000. Ronnie's mum Katie tells how they raised the money and offers advice to other families.



What were you fundraising for?

In December 2010 after a conversation with Jurek - Ronnie's therapist, we decided to try for SDR, so we started with a story to our local press.



Ronnie's journey fundraising event

challenge, and the participants went off and raised sponsorship. I have to say luck was really on our side, we had complete strangers approaching us and putting on events, all off their own back, and handing us cheques for hundreds of pounds.

What did you do to raise money?

Our first event was not until the beginning of Feb 2011, but we were lucky with Facebook, the paper and radio station. There was such a lot of talk about it that the fashion show ended up being a sell-out raising about £2,500!!! We tried lots of events, some weren't quite as successful as others, but we took every opportunity offered to us. One of our biggest was a celebrity football match raising us about £7,500!! We also organised an Easter ball, a big bike ride



Sponsored walk

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

It was a very draining and emotional experience, but so worth it when the account was adding up and every pound was a step closer to getting Ronnie to America. I would do it all again tomorrow.

What did you enjoy about it?

It was really lively having everybody come together like an old fashioned community, it really snowballed.

How much did you raise?

In the end we raised over £80,000!!! It was such an amazing experience, and feels like a dream now!!



Parachute jump

What is your top tip?

My top tip is always except the help offered to you, even if a tiny thing it all adds up and takes a little pressure off of you!

Footsteps news

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 £ _____Card type: Mastercard Visa Electron Maestro

Card number: _____ Expiry date: _____

Issue no. _____ Sec. code: _____

Name on 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 _____

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 340376** to make a donation.

Thank You!

Raise money through everyclick



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

Charity Checkout

<https://www.charitycheckout.co.uk/1123440/donate>



Give as you live



Give as you Live™

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



Following the footsteps of... Chloe Streeter

In this newsletter we are following the footsteps of Chloe who has recently had a session at the Footsteps Centre and managed to walk 30 consecutive steps!

Chloe has a genetic undiagnosed neurological condition that has an impact on her posture and her ability to walk; she has uncontrolled movements and her legs often collapse underneath her causing her to fall to the ground.

Chloe has been attending the Footsteps Centre for 3 years now and has shown steady progress due to a combination of her medication, a lycra medical suit and the 'Spider' therapy at the Footsteps Centre.

Chloe's dad, Nick says 'Going to Footsteps has helped enormously with Chloe's confidence. She has learnt how to crouch down, push a skateboard with her foot, catch a ball in standing and jump on a trampoline with the aid of the spider; some of these she can also do out of the spider too. She has shown so much confidence in the last 12 months by starting at a mainstream school and being a brilliant bridesmaid at our wedding earlier this year! What a fantastic achievement for Chloe and her family; no doubt she will be walking down the aisle as the blushing bride in years to come!

Join us on Facebook, Twitter and LinkedIn



www.facebook.com/footstepsfoundation

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



@FootstepsF



Footsteps Foundation

Just Text Giving™

by  **vodafone**

Text Foot11 £XX to 70070 All text donations will be allocated to the Family Grants Project



Listening Learning Leading