



# FOOTSTEPS foundation



Newsletter / Easter 2013

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## featured news...



Footsteps Cerebral Palsy Awareness Week is back!  
11th – 18th May 2013



Footsteps Filmstars



Sonny takes his first steps



The fundraising footsteps of Molly Grove's family



## The Footsteps Team wishes you a Happy Easter

All therapy sessions in 2013 are now fully booked and we are operating waiting lists for each of them. Bookings for 2014 opened on Saturday 9 March and sessions are already beginning to fill. Please call **01865 340376** to book your sessions for next year.

The Footsteps Centre now has ten therapists. We welcome **Bartek, Aga** and **Andrea** to the team and we welcome back therapist **Asia** and Fundraiser **Emma** part-time. Beata has recently gone on maternity leave so we wish her all the best for her new arrival.

**We wish everyone a Happy Easter!**

## A message from our new Centre Manager

'It has been a busy but really enjoyable couple of months since I joined the Footsteps team at the beginning of December. Everyone at the Centre has been very friendly and helpful and I have especially enjoyed meeting the children and their families. It's a very rewarding, lively place to work and I'm really enjoying being part of Footsteps. I've already met a few families more than once so gradually I'm recognising faces and I'm looking forward to meeting other families as the year goes on. If you have any questions or want to know about sessions for next year then please drop me an email on [Kirsty@footstepscentre.com](mailto:Kirsty@footstepscentre.com)

## Family Grants

It is good to see more and more families applying for grants early in the year. We encourage early applications as over £100,000 has already been allocated to families for 2013. 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.



## Changes to the Equipment Bank Project

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

# 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



## Footsteps Cerebral Palsy (CP) Awareness Week



This years' Footsteps Cerebral Palsy Awareness Week is set to be bigger and better with something for everyone to get involved in between 11 – 18 May.

### 11 MAY OPEN DAY AT THE FOOTSTEPS CENTRE

Come along, meet the team and see the 'Spider' in action!

### 17 MAY FOOTSTEPS FRIDAY

We want to get as many schools as possible involved by simply holding a non-uniform day in aid of Footsteps Foundation. Footsteps Friday can be as simple, creative or as educational as each school likes – can you ask your children's schools to take part?

Could you ask your company to take part in Footsteps Friday by holding a cake sale or wearing fancy dress? Every pound raised is one step closer for a disabled child whose dream is to walk like the rest of us.

### DONATE AN HOUR

Last year, individuals donated an hour of their salary raising over £500 for Footsteps Foundation. This year, with your help we hope to raise £750 through the campaign. During an hour of therapy at the Footsteps Centre, a disabled child can achieve 100 steps on the treadmill. Do you know someone who could simply donate an hour of their salary to help make this possible? Visit [www.justgiving.com/Footsteps-Foundation-DonateAnHour2013](http://www.justgiving.com/Footsteps-Foundation-DonateAnHour2013) and make a difference. For further details about how you can support Footsteps Cerebral Palsy Awareness Week, contact clare@footstepsfoundation.com

### Do you know somewhere we could leave a Footsteps collection box?

We have recently received some new collection boxes and would like to get them out and about raising money for Footsteps Foundation. If you know somewhere we could leave one, please contact: clare@footstepsfoundation.com

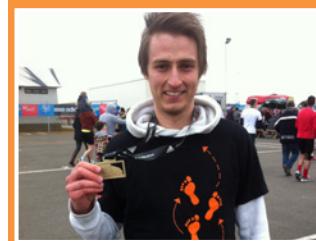
## Summer Raffle

It will soon be that time of year again when you will have the chance to be the lucky winner of some top prizes. Raffle tickets will be on sale from **10 May until 9 August** and will be available from the Footsteps Centre. Prizes include a Tandem Skydive, Fairtrade Hamper worth £100 and a £50 M&S Voucher. Once again, Footsteps Limited will donate an hour of physiotherapy worth £50 to the family that manages to sell the most raffle tickets on behalf of Footsteps. What are you waiting for?



## School children learn about the Spider

The children at Stadhampton Primary School donated £420 to Footsteps Foundation which they raised through the ticket sales of their Christmas performances. Clare was invited to talk to the children about Footsteps during their assembly and they were particularly interested in hearing about the Spider and seeing lots of photos. The Footsteps team would like to thank all of the staff, parents and children at Stadhampton Primary School for all of their hard work.



## Running for Footsteps

Congratulations to Ben Meckiff for completing the Adidas Silverstone half marathon on 3 March in 1hr28 in aid of Footsteps. He has so far raised £360 and he's still going. Well done Ben! If you fancy a challenge, why not try the London2Brighton Challenge – 100km. Walk it. Run it. Your challenge. Your way. The event takes place on 25-26 May and the deadline for registration is 31 March 2013. For further information, please contact clare@footstepsfoundation.com

## Boxers bare all for Footsteps

South Moreton Boxing Club have yet again produced a cheeky calendar in aid of Footsteps Foundation. Organiser, John Houston, has already handed over £250 of the profits but don't worry ladies, we still have a couple left if you want to get your hands on a copy! The Boxing Club also donated £115 from the annual Wallingford Pancake Race which was a great success and enjoyed by all.

## Play2Give

Play2Give held a celebratory charity night at Abingdon United football club in September for 3 charities including Footsteps Foundation. £520 was raised throughout the evening, a third of which was donated towards Sienna Steptoe's therapy at the Footsteps Centre. Congratulations to the charity's Founder Andrew Baker for his 'Enterprise Award' at the Oxfordshire Youth Awards.

## Footsteps mums get handy with their fundraising

It is becoming a regular occurrence seeing Footsteps mums Helen Windram and Antonella Morris crocheting and knitting away while their children have therapy. They have made some amazing creations and have even chosen to sell items, donating the profits to Footsteps Foundation. Katie Moore has also begun selling her delicious cake pops at the Footsteps Centre, donating 50p to Footsteps for each cake pop sold. Keep up the good work mums!

## Henley Choral Society raises the roof...and money for Footsteps

At the end of last year, Henley Choral Society hosted an evening of beautiful music and Christmas carols in aid of Footsteps Foundation. Pip, Trustee and Founder of Footsteps Foundation attended the evening and collected a cheque for £760. Thank you to all those involved.

## Wentworth Golf Club raise £10,000 for Footsteps!

Wentworth Golf Club selected Footsteps Foundation for one of their annual charities in 2012. They recently donated a fantastic £10,000 to Footsteps which will enable a disabled child to complete a year of physiotherapy at the Footsteps Centre. Fundraiser Clare recently attended the Golf Club's charity presentation dinner and thanked all members and donors for their valuable support.

## Morris dancers do it for Footsteps

Cry Havoc Morris Dancers have chosen to raise money for Footsteps Foundation through all of their events this year. They started off by performing at The Punter on Osney Island on Boxing Day and have got lots more events planned for 2013...keep your eyes peeled! Their next appearance will be at the Oxford Folk Festival on Sunday 21 April - 11-12pm at the Castle Square, 2-3pm at the Ashmolean, 4-5pm at Gloucester Green.



## Grants

Footsteps Foundation has recently received grants from the following trusts:

- The Sobell Foundation
- The Act Foundation
- The Nicholls Spinal Injury Foundation
- The Monument Community Trust
- St Michaels & All Saints Charities
- The Albert Hunt Trust
- Douglas Arter Foundation
- The Coutts Charitable Trust



## A big thank you

to all community groups, schools and businesses for their recent fundraising activities, including the Rotary Club of Wantage, Henley-on-Thames Lions Club, Wallingford Waitrose, the Department of Pharmacology at Oxford University, Isis Lace Making Group, Rye St Antony Oxford, The Comrades Club Wallingford, the Wallingford Methodist Friendship Group, Dorchester Post Office, The Six Bells Pub, Cranford House School, Fotografica and The Anderson Orr Partnership Chartered Accountants.

## Follow in the fundraising footsteps of Molly Grove's family



This issue features the fundraising activities of Molly Grove and her family. Molly had Selective Dorsal Rhizotomy (SDR) surgery in America last year and her family had to raise £55,000. Molly's mum Becky tells how they raised the money and offers advice to other families.

### What were you fundraising for?

Whilst Molly was in her first sessions at Footsteps we met parents of children that had been to America to have SDR surgery. SDR was something that we had heard about before but we never received much information about it. After talking to the parents of children who had SDR we decided that we would speak to St Louis Children's Hospital to find out if Molly would be a suitable candidate.... Dr Park soon after confirmed that Molly would be an excellent candidate for SDR surgery and he believed that Molly's spasticity would be greatly and permanently reduced. We were very excited to hear this but we needed to raise £55,000 to be able to do it.

### What did you do to raise money?

To raise this huge amount of money was a very daunting thought but we soon realised that we had so much support from family, friends and even people that we had never met.... There were so many

different events which helped us to raise the money from cake sales at local schools, ladies lunches, parties, bingo nights, quiz nights, marathons, sky dives and a sponsored walk are just a few...

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

We didn't really have any difficulties as such, just that we only had 6 months to raise the money that we needed. It wasn't a difficulty but we had so many people, businesses, and news teams contacting us as they had heard about Molly and wanted to help it was hard to keep up...

### What did you enjoy about it?

We loved every minute of fundraising and found that people were so kind, generous and supportive towards us but the best bit has to be that we managed to raise all the money that we needed in about 12 weeks and there was and still is money coming in to help Molly get on her feet all the time.

### How much did you raise?

We raised just over a staggering £90,000 for Molly's operation and aftercare fund, we were and still are amazed by this and it means that Molly can receive all of the postoperative physiotherapy and rehabilitation that she needs over the next few years to be as strong and independent as possible.

### What is your top tip?

Our top tip would be to try to get into as many local newspapers and contact local TV news and radio stations to cover your story and get them to follow through the journey...



# Fund a footprint and help begin a journey

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## Following the footsteps of Sonny Higgins

In this newsletter we are following in the footsteps of Sonny who achieved his first independent steps last year and started at mainstream nursery following his recent session at the Footsteps Centre



Sonny doesn't have a diagnosis but he is affected by global developmental delays which have hindered his ability to reach neuromotor milestones such as crawling and walking. Sonny is 4 years old and has been attending the Footsteps Centre for over two and a half years. When he first came to Footsteps he struggled to crawl and could barely keep his balance but after only eight months, Sonny had developed the ability to get on his hands and knees independently and crawl.

Following one of Sonny's sessions at Footsteps last year, his mum Cathryn was shocked to see him take his first steps while on holiday, walking 4 metres out of the door and into the garden. Cathryn said 'I couldn't believe what I was seeing but he just went and he has not stopped since. That is the miracle of Footsteps because they have given him his passport to independence'.

Sonny has not only taken his first steps but in less than six months he has accomplished a 200 metre walk to nursery. His confidence and independence have increased dramatically to the extent that he is now at mainstream nursery school, integrating with and learning from able-bodied children, which is something his family never expected to see. Cathryn feels that thanks to Footsteps, Sonny's 'possibilities are now limitless'. She hopes that he will get the opportunity to go to mainstream school and have an independent life like other children his age.

## Oxford Fun Run

What a great way to kick off Footsteps Cerebral Palsy Awareness Week! Join us in the Oxford University Parks on Saturday 11th May to take part in the Oxford Fun Run.



For further information and fundraising tips, please contact clare@footstepsfoundation.com

# Supporting us...

## 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 £ \_\_\_\_\_

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 \_\_\_\_\_

## Company contacts?

In order to award grants to families for their child's therapy and equipment, we need to raise as much money as possible. Footsteps Foundation would like to approach more companies for support and would appreciate any contacts or links you might have. Does your company have a charity of the year? Will they match-fund your fundraising? Could you nominate Footsteps? We have a corporate partnerships pack which offers lots of benefits to companies. If you have a connection, please get in touch!



## Eau de Vie Open Day for Footsteps

Eau de Vie Health Centre in Cowley will be opening their doors on Sunday 7th April, offering a variety of 30 minute taster treatments and a cup of tea in return for a donation to Footsteps Foundation. The open day will take place between 10am and 5pm. Guests are advised to book treatments in advance and can find further information at [www.eau-de-vie.co.uk](http://www.eau-de-vie.co.uk)

## Footsteps filmstars

Thanks to Jenks of Oxford who covered the costs, we spent three days in January editing our first set of films. We now have some fantastic case study films featuring individual families. These can be viewed through our YouTube page (FootstepsF). We will be finishing the editing in April and look forward to showing you our finished film as well as some extra family films. Thank you to all those who have contributed to the project and a special thanks to Tracy Christie for volunteering her time and expertise.



## 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/](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.

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