

SPRING UPDATE

FROM FOOTSTEPS FOUNDATION

Footsteps Foundation Newsletter / April 2012

FEATURED NEWS:



Find out how you can get involved



Running for Footsteps



Grace walks with sticks for the first time



The fundraising footsteps of the Finlaysons

Fully booked for 2012

The Footsteps Centre is now fully booked for 2012. Over 128 individual children are set to benefit from the Footsteps physiotherapy programme this year.

The time tables for next year's sessions have now been released and bookings will be taken from 28th May.



The arrival of tiny footsteps

Our part time fundraiser Emma Kentish has had a little girl. Tacita was born on 23rd February and they are both doing well. Our physiotherapist Asia has also just left us to go on maternity leave.

We wish Emma and Asia all the best with their new arrivals.

The challenge ahead

Now that we have the capacity for 10 physiotherapists, we will soon be able to increase the number of children we see in each session. We are also getting more and more referrals following the SDR surgery. This means that Footsteps Foundation will also see an increase in the number of families needing financial support. In order to help as many families as possible, we need to increase our fundraising target. **To date we have raised £81,000 out of the £157,000 needed for 2012.**

Any help you can give to help us reach out to more families in need is much appreciated.

Thank you for your support.



Fund a Footstep and help begin a journey

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

Footsteps's Fundraisers



Silverstone runners fund 13 miles worth of Footsteps

6 runners took part in the Addidas Silverstone Half Marathon in aid of Footsteps Foundation. The sun was shining, the race was on and they all did a great job in raising money for Footsteps. So far, a total of £1,400 has been raised.

Thanks to you all!

Share your fundraising stories with us—send to clare@footstepsfoundation.com



Owen has them running after him...

Owen has had all his supporters running after him recently. David Meredith completed the Reading half marathon in aid of Owen and raised a fantastic £845. Congratulations to Jay Fletcher too as he completed the Silverstone half marathon in 1 hour 42 minutes and has so far raised £260 for Owen's therapy. And if that isn't enough, Owen's 8 year old brother, Bradley, organised his very own sponsored bike ride to raise money for his brother and Footsteps. He cycled 6 miles and raised £270. Well done Bradley!



Chris footsteps around the London Marathon

Footsteps supporter Chris Blamey completed a personal best on Sunday 22nd April...he completed the London Marathon in 3 hours 27 minutes, all in aid of Footsteps Foundation! He raised a whopping £1,500 and did a fantastic job. We say a big Congratulations and thank you to Chris for his support.

Singing for Footsteps

The Great Milton Singers hosted a beautiful concert in aid of Footsteps Foundation. The atmosphere was great and the choir exceeded expectations. The Great Milton Singers raised a fantastic £390 for Footsteps. Thank you!



Thank You!

In 2011 thanks to your support, Footsteps Foundation was able to award grants to **123 individual children** and Help **52 families** with the cost of specialist equipment



Footsteps gets quizzical!

The Fleur de Lys hosted a quiz night in aid of Footsteps Foundation on the 26th April. The event was soon booked up and much fun was had by everyone. The winning team went away with a meal for 4 at The Fleur de Lys...lucky them! And the event raised £352 for Footsteps. Thanks to all who supported and came along on the night.

3 days later and another quiz night raises money for Footsteps Foundation. The Chequers pub in Watlington hosted another great evening, raising a total of £xx.



Pancakes galore

The organisers of this year's Pancake Race in Wallingford donated all proceeds to Footsteps Foundation, raising £650. Everyone took to the streets to race or cheer for the contestants which included school children, a variety of fancy dressers and 75 year old Ivy who continues to take part in the race every year! Thanks to the team at Lifestyles Gym for raising sponsorship of £90 for Footsteps; they completed the race dressed as smurfs!



Cheeky calendars raises hundreds

South Moreton Boxing Club sribbed down to their bare minimals to produce a saucy calendar in aid of Footsteps. They recently presented us with a cheque for £330 and had a quick picture with Alice and Matthew. Ladies—we have a few leftt (£10) if you're dying for a sneaky peak!



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

GRANTS

Footsteps Foundation has recently received grants from the following trusts :

- The Pye Charitable Settlement
- The Bridging Fund Charitable Trust
- The Hugh Fraser Foundation
- CHK Charities Ltd
- The Doris Field Charitable Trust
- South Oxfordshire District Council



Listening Learning Leading

Thank you for your support

Thank you to Mercer Lewin for sponsoring the design and printing of our brand new Footsteps Foundation brochures.



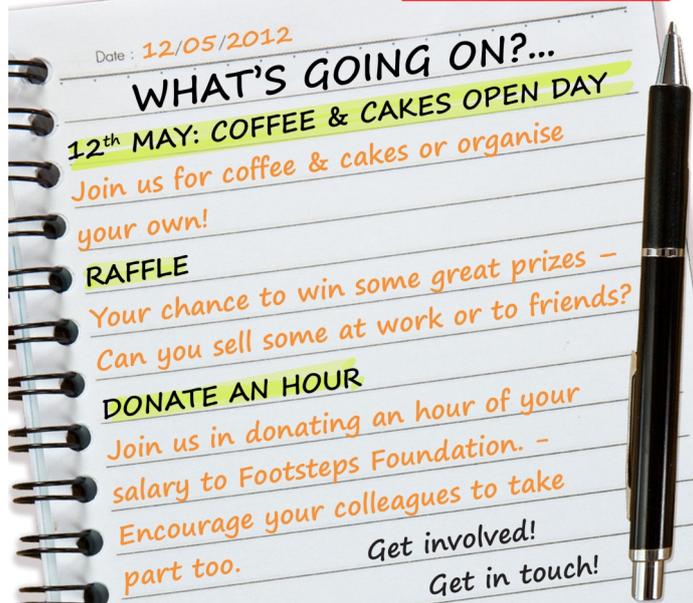
Can you help fund a footstep?



Footsteps CP Awareness Week



**FOOTSTEPS
FOUNDATION**



1 hour of physiotherapy is up for grabs (for the 2 Footsteps families that sell the most raffle tickets and raise the most money through a Coffee morning / Donate an hour.)

Would you be happy to have a Footsteps Foundation collecting box in your home or work place, your local newsagent or church?

We all get a build up of loose change in our pockets and purses, you would be surprised how many pennies make pounds!

Recycle your children's clothes and toys

We are beginning to collect unwanted children's clothes and toys for a sale planned to raise money for Footsteps Foundation later in the year. If you have unwanted items in

Footsteps Foundation
4 Queen Street
Dorchester-On-Thames
Oxfordshire
OX10 7HR
01865 340376

www.footstepscentre.com
info@footstepsfoundation.com



Do you know someone who could join the Footsteps Fundraising Committee?

We are looking for volunteers to join our local fundraising committee. It's a great opportunity to support the fundraising team by sharing ideas, contacts and skills. If you know someone who wants to get involved, ask them to get in touch!

Online auction

To celebrate Small Charities Week organised by the FSI, we will be auctioning some signed merchandise so keep your eyes peeled.



Footsteps Fundraising Pack

The new fundraising pack has lots of tips waiting to be used. Email clare@footstepsfoundation.com

Fancy a challenge?

- Cycle London—Brighton: 16th September 2012
- Skydive



Sat 30th June 2012
Thornbridge Hall, Derbyshire

Choose between Fun Run/Walk—4km/10km

Explore the scenic Peak District

Free camping from Fri-Sun so you can make a weekend of it!

Enjoy the Garden Party and family fun day on Sunday

Raise money for a good cause



No minimum sponsorship, No entry fee,
Beautiful scenery, Fun weekend...
What are you waiting for?!

Follow in the fundraising footsteps of The Finlayson Family

Interview by Isobel Finlayson



Our new feature tells the fundraising story of one of our Footsteps families. If you have been raising money for SDR or Footsteps therapy, let us know your story so we can share fundraising successes and ideas with other Footsteps families.

What were you fundraising for?

We started to fundraise to enable both children to have SDR in America as this operation was not available in the UK. We also were required to fundraise to pay for orthopaedic surgery and the physio the kids would require after surgery.

What did you do to raise money?

We had many different events from bag packing at local supermarkets, prize bingo nights, clairvoyant night, a balloon release, race night, kids fun days, garden party. We also have 25 people who climbed Ben Nevis for sponsorship, also 10K runs, Marathons, triathlons. We had a children's sponsored walk round a local park. Charity Ball, Live band night, shop, street & door to door collections, quiz sheets. We also sold wristbands & trolley keys made with our funds logo on it..



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

The only difficulty I found was it was

extremely tiring as we had such a large target to meet in such a short time, therefore most of my time was filled up with organising events.



What did you enjoy about it?

The best part of it was the new friends I have made, they have been fantastic in helping.

How much did you raise?

Our total is currently at £159,000 raised from the start in Jan 2011.

What is your top tip?

My top tip would be to start to fundraise as early as possible and at each event held to have a raffle at it as it really helps improve what is made at the event.



Footsteps News



T Shirts now in

Check out our fabulous Footsteps models—Laurie and Ellie Finlayson. They are sporting the new Footsteps t-shirts available to buy from the office. We have a range of sizes for adults and children—£10 each.



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!

Footsteps mention on TV!

Local resident Jonty Hearnden took part in the BBC programme 'Put Your Money Where Your Mouth Is' during which he raised £1,039 and chose to donate it to Footsteps Foundation.



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.

Appeal for Wittfest volunteers

Can you spare a couple of hours between Sat 30th and Sun 31st June? Footsteps is benefitting from this year's Wittfest and we need volunteers to help run our stall, do face-painting etc. Please get in touch if you can help!



Donation leads to Discounts

If you live locally or regularly stay in the Oxford area, pay £10 for a discount card—£5 goes directly to Footsteps Foundation and you will receive great deals at restaurants, kids activity centres, gym passes and many more...

New friends on Facebook and Twitter



www.facebook.com/footstepsfoundation



@FootstepsF



Following the footsteps of... Grace Windram

In this newsletter we are following the footsteps of little Grace who has just had her first session at the Footsteps Centre following Selective Dorsal Rhizotomy (SDR) surgery in America. Before Grace started the Footsteps physiotherapy programme, she wasn't able to stand or walk and by her third birthday she still couldn't crawl.

After her third session, Grace's parents noticed her increased confidence and her core stability and strength had improved. Grace has recently had her first session at Footsteps after her SDR surgery and she is making fantastic progress. Her parents noted that she is more balanced and stable following her most recent session and she has even managed to walk approximately 2metres alone with her sticks for the first time in her life. What an achievement! Grace's mum Helen, says, "We still look at her in wonder and remember the day we were told she would never walk. We are so grateful for Footsteps; everyone that has worked with Grace has made a life-changing difference to her future. Thank you."