



In partnership with



*Cholsey
Complementary
Health Centre*

Invites you to join us for the next Free Wellbeing Workshop:

An Introduction to QiGong.

With Alan Baker

**Friday 9th November
10.00am-12.00pm**

QiGong is closely related to Tai Chi and is highly regarded for its health benefits.

QiGong engages in mindfulness, soft deep breathing,
flowing stretches, energy awareness and postural alignment
to increase vitality, energy and improve stamina.

Venue

Cholsey Community Library



To book your space please contact us on the details below,
these workshops are open to anyone 18+

All donations are welcome and go towards future courses and workshops.

The First Step Forward Learning Hub, Cholsey Pavilion, Station Rd, Cholsey, Wallingford, OX10 9PT
T: 01491 652255 E: thefirststepforward@hotmail.com Twitter: [@thefirststep10](https://twitter.com/thefirststep10)

www.facebook.com/thefirststepforward



Guitar Lessons

Spaces available for the next term!

Should your son/daughter be interested in learning to play guitar, please contact

Manu Weikert on
01491 833715 or manu@steamboatmusic.co.uk

26 October 2018

Press release

New voice for parents in Oxfordshire

The new Parent Carer forum for Oxfordshire will be launching on 8 November at the OXFSN 'Better Together Event'.

The forum has been set up by a group of parents with children who have special education needs and disabilities (SEND) to work with Oxfordshire County Council and the local NHS to help improve services for children with SEND.

As members of the National Network of Parent Carer Forum's we will support the development of parent carer participation, a process in which parents work together with professionals to make improvements to local services.

We believe that 'Every Child Matters' and that all disabled children and young people in Oxfordshire, should have access to the same opportunities, experiences and information , as any other child.

Julia Stackhouse, Co-Chair of the Oxfordshire parent carer forum said 'Our Vision is to be a well informed, connected and empowered community of families of children with disabilities or additional needs. We want to build links with as many informal and formal groups both those of parents and professionals so that we can work in partnership with health, education and social care to create quality services that meet the needs of all parent carers and their children/young people'.

Stephanie Harrison, Co-Chair of the Oxfordshire parent carer forum added 'If anyone has parental responsibility for a child or young person with additional needs or a disability, who is aged between birth and 25 years old and lives in Oxfordshire, please join us and share your experiences so that we can strive to improve services in Oxfordshire'.

The forum and its representative will aim to provide reasoned feedback and support to professionals and ensure young people and their families are listened to.

End.

Notes to editors:

For further information about the forum, please contact:

Tel: 07394 735666

Email: info@oxpcf.org.uk

Web: www.oxpcf.org.uk

Facebook: <https://www.facebook.com/oxpcf/>

Twitter: @OxPCForum

Instagram: [ox_parentcarers_forum](https://www.instagram.com/ox_parentcarers_forum)

Address: c/o OXFSN Slade House, Horspath Driftway, HEADINGTON, Oxford OX3 7JH

- National network of parent carer forums: <http://www.nnpcf.org.uk/> The National Network of Parent Carer Forums (NNPCF) is the independent national voice of parent carer forums.
- In partnership with OXFSN <https://www.oxfsn.org.uk/> Oxfordshire Family Support Network (OXFSN) is a not-for-profit organisation run by and for family carers of people with learning disabilities – both children and adults.

Thames Valley Pesticide Awareness Initiative

TV-PAI

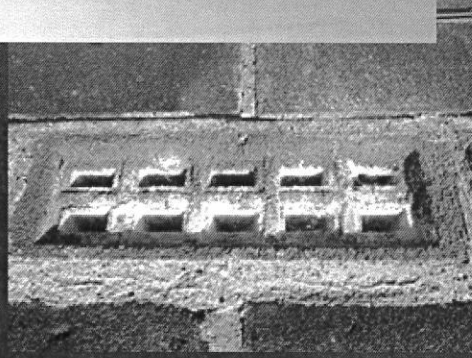
Venue: Cholsey Pavilion, Station Rd, Cholsey, Wallingford, Oxfordshire, OX10 9PT.

Session 1: Wed. 31st October 2018 (8.00-9.30am)
Session 2: Fri. 2nd November 2018 (7.00-8.30pm)
Complementary refreshments will be provided.

TV-PAI aims "to make it simple for detailed information on the planned use of pesticides to be made available to those Beekeepers and Bystanders who may wish to be informed".

We will also be demonstrating other key aspects of the Bee.Watch system inc swarm notifications and collection, hive management and species recording

Please email lb.beeWATCH@gmail.com to confirm attendance (stating which session).





Energy Kidz

Recruiting Now

Energy Kidz is a leading provider of out of school clubs and holiday clubs for primary school children and are looking for playworkers and club managers to join our growing team. Staff need to be honest, hard working, reliable, enthusiastic, energetic and most importantly willing to have fun and enjoy working with children.

We offer excellent rates of pay and also invest in staff training and development.

Playworkers	£7.40-£8.50 per hour
Club Managers	£9-£12 per hour

Typical working hours are:

After School Club	3pm - 6pm
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*Holiday Club work may be available too

To find out more or to complete an application form contact us at recruitment@energy-kidz.co.uk.

www.energy-kidz.co.uk/application-form/

Come to our Rug-tea!

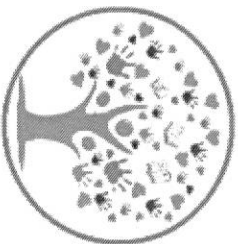
Your child has been invited to attend an
exciting afternoon of sporty fun at The Hithercroft Sports Park

in Wallingford on
Monday 12th November 2018

YOU are invited too! Come along at 3 pm and enjoy afternoon tea with us
- there will a workshop too, where you can discover how sport and team
games can benefit your child

Did you know Wallingford Rugby Club offers bursaries to support children to play rugby?
Come along on the 12th and find out more!





The First Step Forward Learning Hub

Makaton Signing Christmas workshop

With

Michelle Staniforth.



Wednesday 21st November

12:00pm-2:00pm

Cholsey Community Library



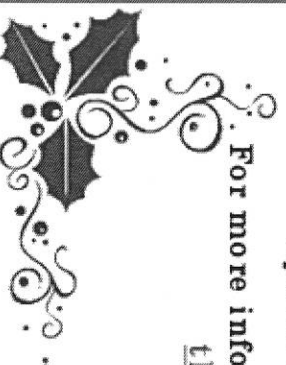
Come and join us for a Makaton signing session learning signs for Christmas.

learn vocabulary and practising it in songs and stories.
There will be a little bit of theory about why we use signing for beginners but mostly it will be practical.

Cost £20

Spaces limited, Payment on booking essential

For more information or to book your space please email:
thefirststepforward@hotmail.com



DON'T MISS THESE HIGHLIGHTS

For full listings of events visit the website

FRIDAY 12:00pm-10:00pm

www.oxfordschristmas.com/friday

Festive Market Broad Street Hub	12:00pm-10:00pm
Our Place Gloucester Green Hub	5:00pm-10:00pm
Media Cube Leiden Square, Westgate Oxford	4:00pm-10:00pm
Shimmer Tree Broad Street Hub	4:00pm-10:00pm
Victorian Light Night! Radcliffe Humanities: Old Radcliffe Infirmary	6:00pm-10:00pm
Throne Ice Sculpture Castle Quarter Hub	4:00pm-10:00pm
Luxmuralis Son et Lumiere: Hidden Museum of Natural History & Pitt Rivers Museum	6:00pm-10:00pm
Lantern Parade from Covered Market to Gloucester Green (recommended viewing points at Radcliffe Square, Cornmarket and Queens Street)	6.30pm-7:30pm
JackFM pop-up Bonn Square Hub	6:30pm-7:30pm
Jack Frost Outdoor performance, Gloucester Green Hub	(see website for times)
Voice Park Oxford Castle and Prison	(see website for times)
Heliosphere Broad Street Hub	5:00pm and 9:30pm

SATURDAY 10:00am-10:00pm

www.oxfordschristmas.com/saturday

Festive Market Broad Street Hub	10:00am-10:00pm
Our Place Gloucester Green Hub	5:00pm-10:00pm
Media Cube Leiden Square, Westgate Oxford	10:00am-10:00pm
Shimmer Tree Broad Street Hub	10:00am-10:00pm
Luxmuralis Son et Lumiere: Imagine Peace Church of St. Mary the Virgin	7:00pm-9:30pm
Voice Park Oxford Castle and Prison	(see website for times)
Throne Ice Sculpture Castle Quarter Hub	4:00pm-10:00pm
Dancin' Oxford Showcase Gloucester Green Hub	5:30pm-9:15pm
Heliosphere Broad Street Hub	5:00pm and 9:30pm
ROARSOMES@CARNIVAL Bonn Square Hub	4:00pm-8:00pm

SUNDAY 10:00am-6:00pm

www.oxfordschristmas.com/sunday

Festive Market Broad Street Hub	10:00am-6:00pm
Media Cube Leiden Square, Westgate Oxford	10:00am-10:00pm
Shimmer Tree Broad Street Hub	10:00am-10:00pm
Luxmuralis Son et Lumiere: Talking Maps Old Schools Quad	(see website for times)

Many of Oxford's cultural venues are open over this weekend. Check the website for details of more events.

www.oxfordschristmas.com/events



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



DISCOVER YOUR CITY IN A DIFFERENT LIGHT

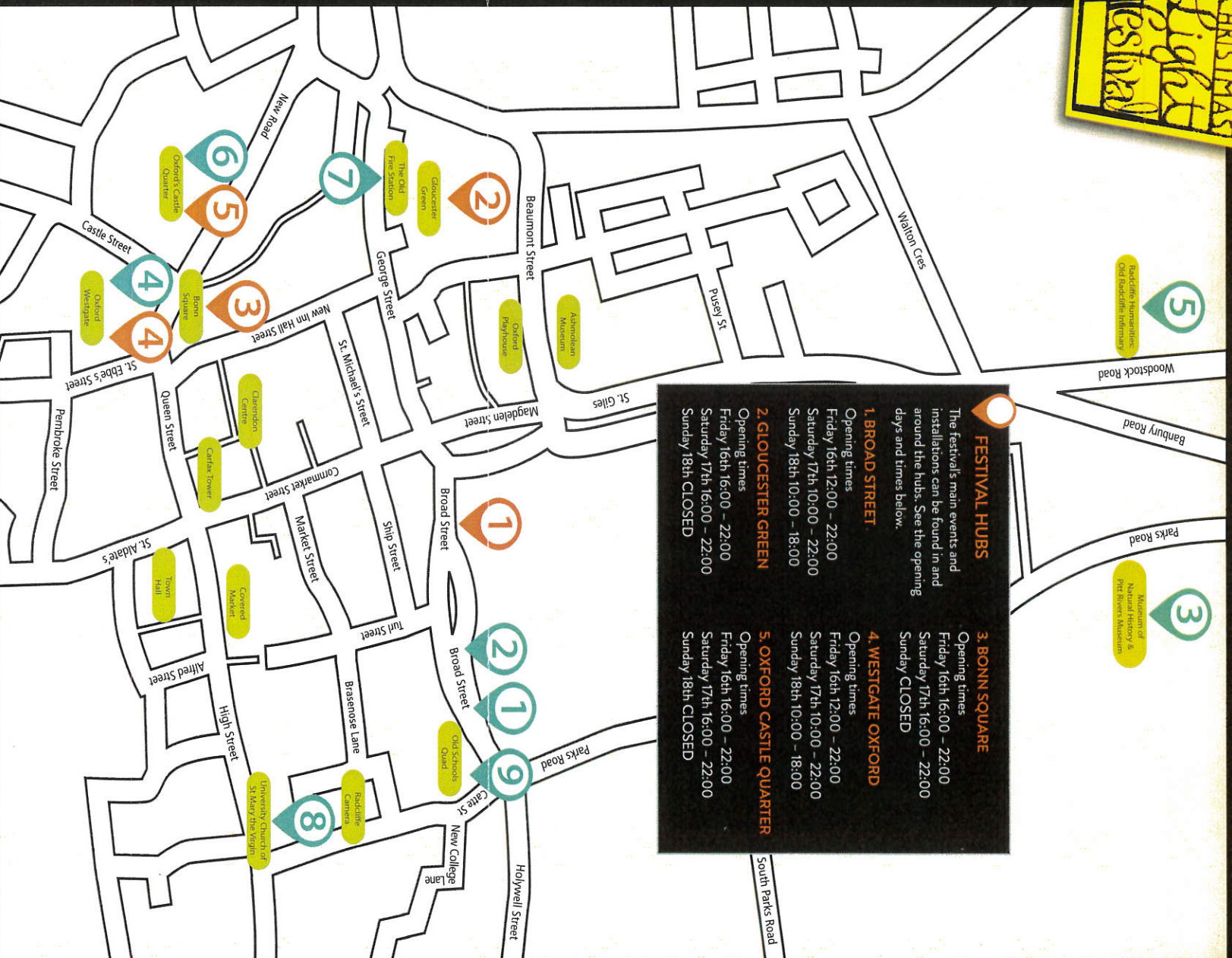


FREE EVENTS ACROSS THE CITY

FRIDAY 16TH TO SUNDAY 18TH NOVEMBER

www.oxfordschristmas.com





FESTIVAL HUBS

The festival's main events and installations can be found in and around the hubs. See the opening days and times below.

3. BONN SQUARE

Opening times
Friday 16th 16:00 – 22:00
Saturday 17th 16:00 – 22:00
Sunday CLOSED

1. BROAD STREET

Opening times
Friday 16th 12:00 – 22:00
Saturday 17th 10:00 – 22:00
Sunday 18th 10:00 – 18:00

2. GLOUCESTER GREEN

Opening times
Friday 16th 16:00 – 22:00
Saturday 17th 16:00 – 22:00
Sunday 18th CLOSED

4. WESTGATE OXFORD

Opening times
Friday 16th 12:00 – 22:00
Saturday 17th 10:00 – 22:00
Sunday 18th 10:00 – 18:00

5. OXFORD CASTLE QUARTER

Opening times
Friday 16th 16:00 – 22:00
Saturday 17th 16:00 – 22:00
Sunday 18th CLOSED

LIGHT INSTALLATIONS

Visit the festival highlight installations. Check the website for full details.

FRIDAY

1. Shimmer Tree by Dan Fox
2. Heliosphere by The Dream Engine
3. Luxmuralis Son et Lumiere: Hidden
4. Media Cube by G-SMatt and OVADA artists
5. Victorian Light Night: Diseases of Modern Life
6. Voice Park by Thor McIntyre-Burnie
7. Our Place by Arts at the Old Fire Station

SATURDAY

1. Shimmer Tree by Dan Fox
2. Heliosphere by The Dream Engine
4. Media Cube by G-SMatt and OVADA artists
6. Voice Park by Thor McIntyre-Burnie
7. Our Place by Arts at the Old Fire Station
8. Luxmuralis Son et Lumiere: Imagine Peace

SUNDAY

1. Shimmer Tree by Dan Fox
4. Media Cube by G-SMatt and OVADA artists
9. Luxmuralis Son et Lumiere: Talking Maps

★ STAGWORKS ★

PERFORMING ARTS SCHOOL

6 WEEKS FREE TRIAL

JANUARY 2019



"Do you know any young aspiring performers
desperate to tread the boards??"

YES, then *why not take advantage of our 6 WEEK FREE*
trials at all of our branches, Henley, Benson, Cookham &
Caversham (*subject to availability*). All ages welcome.

StageWorks are always looking to find talented children to join.
Lots of opportunities with our performance teams.

Please contact us on 01491 877205

www.stageworks.org.uk

enquiries@stageworks.org.uk