

WHATEVER
MOVES YOU

DO IT FOR **SPORT
RELIEF**

YOUR

WILL REALLY
MAKE A

CASH
SPLASH

Crowmarsh Gifford CE Primary School

Thank you for raising **£632.50** for Sport Relief 2018.

Your money will help people in the UK and across
the world lead happier, healthier lives.



Registered with
FUNDRAISING
REGULATOR

Sport Relief is an initiative of Comic Relief, registered charity 326568 (England/Wales); SC039730 (Scotland). Photo credit: Richard Ansett, Tara Carey, SR18_326

A stylized, handwritten signature of Tom Daley in white ink.

Tom Daley



STAGEWORKS

PERFORMING ARTS SCHOOL

6 WEEKS FREE TRIAL

JANUARY 2019



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

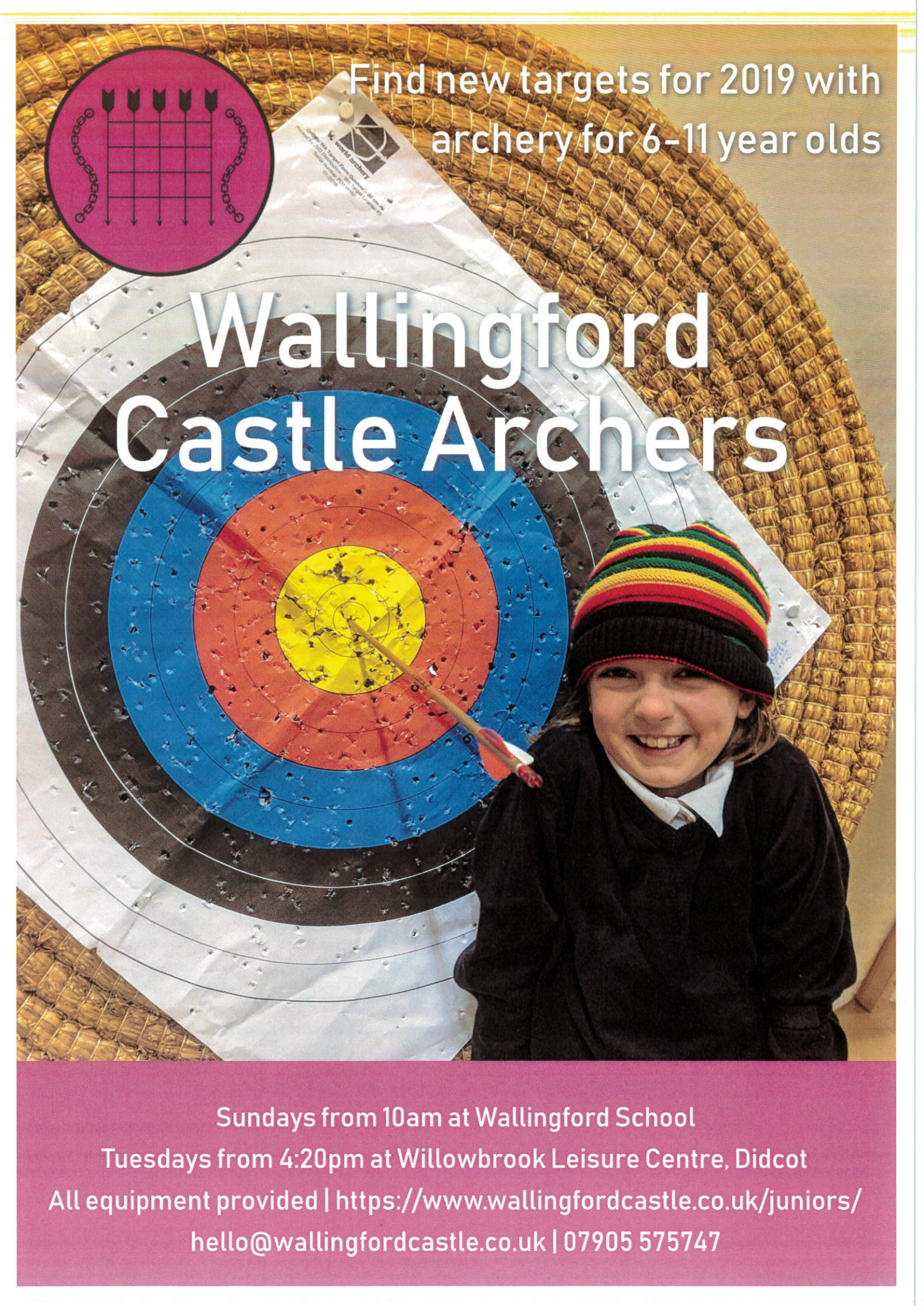
YES, then why not take advantage of our 6 WEEK FREE trials at all of our branches, Henley, Benson, Cookham & Caversham (*subject to availability*). All ages welcome.

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



Find new targets for 2019 with
archery for 6-11 year olds

Wallingford Castle Archers

Sundays from 10am at Wallingford School

Tuesdays from 4:20pm at Willowbrook Leisure Centre, Didcot

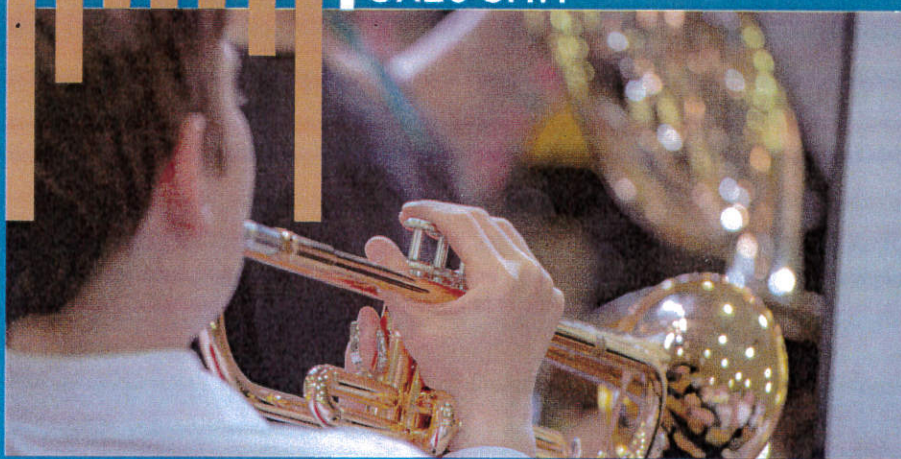
All equipment provided | <https://www.wallingfordcastle.co.uk/juniors/>
hello@wallingfordcastle.co.uk | 07905 575747

OXFORDSHIRE COUNTY MUSIC SERVICE

South Oxfordshire Music Centre



Saturdays
9:30am-12:00pm
Wallingford School
OX10 8HH



To apply contact
jemma.evans@oxfordshire.gov.uk
or visit
www.oxfordshire.gov.uk/southmusiccentre

Making a difference across our hospitals

**Oxford
Children's
Hospital
Charity**

Ms Annabel Franklin
Old Reading Road
Crowmarsh Gifford
Wallingford
Oxfordshire
OX10 8EN

0000067069

04714

06/12/2018

Dear Ms Franklin,

Thank you for making a difference to your local Children's Hospital.

Your extremely generous donation of £100.91 to benefit the Oxford Children's Hospital will make a real and lasting difference to our patients and staff.

Your continued generosity has helped transform the Children's Hospital. In the last year alone, the support of people just like you has created brand new parents' accommodation and installed 111 new state-of-the-art bedside monitors, as well as countless other small projects from refurbishing the Children's Outpatients rocking horse to funding paediatric first aid mannequins. You can read more about the impact your support makes to projects big and small at www.hospitalcharity.co.uk.

Oxford Hospitals Charity is here to support the different departments and wards of Oxford University Hospitals NHS Foundation Trust, helping to provide the best medical equipment, research and facilities for our patients, their families and our amazing staff. Donations like yours help to transform care across all our hospitals, including: the John Radcliffe - Churchill - Nuffield Orthopaedic Centre - Horton General and Oxford Children's Hospital.

Your contribution will make a real and lasting difference to the patients and staff across our hospitals, and for that we are very grateful.

Your support is invaluable to us, thank you.

Yours sincerely,



Gemma Cole
Supporter Care Assistant



charity@ouh.nhs.uk



Oxford Hospitals Charity



01865 743444



@OxHospCharity

Oxford Hospitals Charity

Unipart House Business Centre, Oxford, OX4 2PG

www.hospitalcharity.co.uk



The First Step Forward
Cholsey Pavilion,
Station Rd

Cholsey
Wallingford

OX10 9PT

T: 01491 652255

E: thefirststepforward@hotmail.com
www.facebook.com/thefirststepforward

Twitter @thefirststep10

We work in partnership with organisations to bring low cost courses and workshops into the community, all donations towards the running of these courses are gratefully received. If you are interested in running a workshop with TFSF please do let us know.

All our courses and workshops are open to those 18+

New Programme of courses 2019

TAKE YOUR FIRST STEP INTO A MORE POSITIVE FUTURE



The First Step Forward Learning Hub

Course title	Date & time	Venue	Cost
"A Time to Breathe" Weekly drop in Meditation sessions Come and have a relaxing break from the stresses of your week.	Restart date Thursday 10 th January Weekly term time 12pm-12.45pm	Cholsey community Library (last week of the month in the happy hub)	£1 per session In partnership with Cholsey Complementary Health Centre
Follow on-Introduction to NLP Neuro-Linguistic Programming ways to improve rapport, communication and understanding	TBC	Cholsey community Library (TBC)	FREE Cholsey Complementary Health Centre
Workshop with Sally Eccleston 'What parents can expect from school Senco'	Friday January 25 th 12.30pm-2.30pm	TBC	Free In partnership with Cholsey Autism and ADHD parent support group.
'Mindfulness for life' Mindfulness-based Cognitive Therapy (MBCT) 8-week course	Session 1 Thursday 28th February, 7 th , 14 th , 21 st , 28 th march, 4 th , 25 th april last session 2nd May 2019. 10am-12pm (inc 2 week break for easter)	Cholsey Community Library	Free (see poster for further information) Please email mindfulness4life@yahoo.com
 Ladybird FIRST AID Adult First Aid session	Thursday 14 th February 10am-12pm		£20pp spaces limited, payment required to book your place.

Course coming up.....

Abingdon & Witney College 'Knowing Me' confidence building course

'Get Online' Sessions



soha
housing



Parenting Courses

Art Workshops

For more information or to book your place on a course please contact us on the details overleaf.



‘Mindfulness for Life’

8-week Mindfulness-based Cognitive Therapy (MBCT) course

This mindfulness-based 8-week course is for those interested in exploring how practising mindfulness can help us deal with difficulty and to flourish in our lives.

The course consists of eight 2-hour sessions and a full day of practice.

Course dates

Thursday mornings, 10-12pm

28th February

7th, 14th, 21st, 28th March,

4th, 25th April

2nd May 2019

There will also be a full day of practising together on 6th or 7th April (tbc).

Venue

Cholsey Community Library

Cholsey Pavilion



The course is taught by two MBCT teacher trainees, Claire Bird and Emma Turner. We have completed our MBCT teacher training at the world-renowned Oxford Mindfulness Centre and are currently in our apprenticeship phase of the programme. As teaching apprentices, we do not charge for our teaching time. Other costs entailed in running the course are being generously supported by the First Step Forward Learning Hub, Cholsey.

To register interest in joining the course please email mindfulness4life@yahoo.com



A new service is coming to Cholsey.

A weekly community support drop-in session

To be held every Wednesday 10am-1pm

Starting January 9th, 2019

This drop-in service will be aimed at adults with mental health conditions and/or learning difficulties.

Each session will be planned and run by a Cholsey parish council support worker supported by a group of community volunteers.

Plans for the first drop-in sessions

10am Welcome and hot drinks, a chance to meet to the team.

11am-12pm planned activity, coming up with a name, aims and values for the drop-in service.

12pm-1pm cooking and eating lunch together.

The drop-in service will be able to provide the following:

A safe space

Support for those in a crisis situation

A listening ear

Signposting to agencies that can support with different areas i.e. mental health, housing, employment, benefits, counselling, education and parent support.

Venue

Youth Room, Cholsey Pavilion

Cost

£4 per person

For more information please call the parish office on 01491 652255