

Weekly Newsletter

Friday 6th December 2024 | Issue 12

Dear families

As we enter the new liturgical calendar, the Gospel of Luke reminds us of a profound truth: in God's time, every ending marks a new beginning. This week's Gospel invites us to reflect on the coming of Jesus into our lives, not just as a historical event but as an ever-present reality that calls us to renewal and hope. The Advent season, a time of preparation, is a perfect moment for us to reflect on how we as a community can nurture this flourishing. We are called to be a light for one another.

In our school, this message resonates deeply with our mission to champion our students to flourish both individually and collectively. Each term, each year, each small milestone our students achieve is not just the closing of one chapter but the opening of another. There have been many milestones and opened chapters this week! Whether it's the journey towards exams for our Year 11, 12 and 13 students, joining Open Evening for 6th form, or the journey to French markets on a school trip, we are grateful for all of the people who help us achieve. I am grateful to some dedicated staff (and Malcolm the coach driver) pictured here at 530am on Thursday morning just about to take our French trip. I know I remember my school trips and this is an important milestone.



A final reminder that it is our Christmas Fayre on Saturday. Our Christmas Fayre is our biggest fundraising event for the year. There are stalls, food to buy and a HUGE raffle to get involved in. We hope you or your children are able to make it to have a good time and support our school.

Thank you for your continued support of Greyfriars and our shared mission to see every child grow in faith and knowledge.

Wishing you a joyful weekend.

Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel: Luke 21:25-28 | 34-36



"Jesus said to his disciples: 'There will be signs in the sun, the moon, and the stars, and on earth nations will be in dismay, perplexed by the roaring of the sea and the waves. People will die of fright in anticipation of what is coming upon the world, for the powers of the heavens will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. But when these signs begin to happen, stand erect and raise your heads because your redemption is at hand. 'Beware that your hearts do not become drowsy from carousing and drunkenness and the anxieties of daily life, and that day catch you by surprise like a trap. For that day will assault everyone who lives on the face of the earth. Be vigilant at all times and pray that you have the strength to escape the tribulations that are imminent and to stand before the Son of Man.'"

Reflection

This week is the beginning of Advent, the liturgical time which prepares us for Christmas, inviting us to open our hearts to welcome Jesus. During Advent we do not just live in anticipation of Christmas; we are also called to rekindle the anticipation of the glorious return of Christ — when he will return at the end of time. During these four weeks we are called to leave behind a routine way of life and to go forth, nourishing hope, nourishing dreams for a new future. In the Bible, the voices of the prophets are especially revealing to us of the future: it is Jesus who comes and whom we await.

Lord Jesus, as we move together through Advent, reveal yourself anew as the Lover who comes to us gently, bringing everlasting delight. Holy Spirit, claim all that is most precious to us.

Make in us something beautiful, something new. Amen.



Advent giving

Students are being asked to bring food items as an offering for advent where possible. Students have been given specific days when their tutor group can take items to the chapel. (Please ensure a 'sell by date' of 3 months.

Thank you for your support.

The food most urgently required is:

* Starred items most critical

- | | |
|--|----------------------|
| * Fruit juice | Tinned Fruit |
| * Toilet roll | Long-life milk |
| * Sugar | Cereal |
| * Tinned vegetables (not tomatoes or pulses) | Biscuits |
| * Tinned/ Packet Puddings | Bottled Sauces |
| Jams/other spreads | Coffee/Hot Chocolate |
| Tinned Meat | Practical Toiletries |

To view the St Edmund and St Fireside (Greyfriars) parish website please click on the following link:

<https://www.greyfriarsoxford.uk/>

GENERAL NOTICES



GENERAL NOTICES

Staff in the Spotlight!



Mrs Upellini,
School Business Manager

Star sign: Cancer

Favourite Book: Harry Potter

Pet: A Cockapoo called Jessie

Favourite Meal: Lasagne, salad and chocolate cake!

Favourite Film: Paddington Bear – A good family film

Favourite Holiday Spot: Monaco, France – one of the most beautiful places I have been.

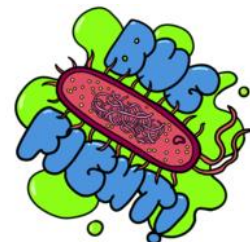
An interesting fact: I enjoy sport, especially swimming and running.

If I could have dinner with an historical figure or celebrity, it would be: Michael McIntyre – he makes me laugh!

What I love about working in a school: Making a difference to the children, staff and parents.

Bug Fight | Dr Dillon

Last week our Yr9, Yr10 and Yr11 Science students participated in BUG FIGHT!. This was a workshop, run by the Chemistry Department



from Oxford University, where students found out about Antimicrobial Resistance and what Oxford researchers are doing to combat this growing concern. Our Greyfriars Scientists investigated how potential new drugs can save our antibiotics!

Students who took part have been asked to complete the survey below – just use the QR code.

Thank you!
Thank you for taking part in our Bug Fight! workshop, we enjoyed visiting your school and appreciate you taking part!

Workshop feedback
In order to evaluate and improve our events for students, please complete this short survey to tell us how you found our workshop.
It is anonymous, and there are no wrong answers!

Please fill in our feedback survey here!

Scan this code!

Or visit this website:
<https://app.onlineresponses.co.uk/ask/text/bug-fight-feedback-survey-greyfriars>

GENERAL NOTICES

Anti-bullying Update | Mr Masterson and the Anti-bullying Ambassadors

In a powerful initiative aimed at promoting goodness and understanding, Year 7 and Year 8 students are participating in a series of anti-bullying workshops designed to tackle bullying head-on, raise awareness, and provide students with the tools to make a positive impact in their school community. This was after a week of assemblies led by the pupil anti-bullying ambassadors.

The workshops, held last week, focused on educating students about the different forms of bullying—both physical and emotional—and the long-lasting effects they can have on individuals. Students have also learnt about the difference between conflict and bullying and have started to understand how to respond and de-escalate conflict.

Throughout the sessions, pupil and staff experts in youth mental health and conflict resolution led engaging activities that emphasised empathy, respect, and inclusion. The workshops also provided a safe space for students to express their thoughts on bullying, fostering an environment of trust and solidarity.

The workshops also featured interactive role-playing exercises, where students were put in real-life scenarios to practice conflict resolution techniques. The aim was to empower students to become allies in their school community, equipped with the skills to help diffuse situations and support their peers.



The workshop series is due to culminate at the end of the term whereby pupils will take part in a pledge ceremony, where students from both year groups signed a collective commitment to stand up against bullying and create a more inclusive school culture.

As the school year progresses, the lessons learned in these workshops are expected to continue resonating with students, ensuring that the message of respect, goodness, and understanding remains at the forefront of Greyfriars Catholic School.

GENERAL NOTICES

Message for Year 10 and Year 11 | Mr Strachan

Year 11 PPEs

This week, our Year 11 students embarked on their first round of mock exams with great success, beginning with English Language and Maths papers on Wednesday. Their focus and maturity have been truly commendable, reflecting their determination to excel as they prepare for their GCSEs. Mock exams will run until the 13th of December, and we wish all Year 11 students the very best as they approach the final six months of their statutory education.

Year 10 Work Experience

For Year 10 students, this week's assembly introduced the exciting and pivotal topic of *Work Experience*, scheduled for June 2025. While it may seem far away, preparation is a year-long process expertly guided by the indefatigable Miss Manns. Students are encouraged to begin considering potential placements now. Year 10s, speak with your parents, family, and friends about your future career aspirations—they may offer valuable advice and suggestions for your work experience choices. Meanwhile, if you have any questions, please don't hesitate to reach out to Miss Manns or me for support.

Achievement

Finally, I'd like to highlight and celebrate the following Year 10 and Year 11 students for their outstanding behaviour and achievements. Over the past week, they have exemplified what it means to be ready, respectful, safe, and hardworking. Their commitment has been reflected in the impressive number of Achievement Points they've earned so far this term:

Thank you all for your continued effort and dedication!

Most points so far this term in Year 10

10JM - Izzy

10JMU - Mfoniso

10SC - Safian

Most points so far this term in Year 11

11JS - Stuthi

11MJ - Phoebe

11WK - Nifemi



GENERAL NOTICES

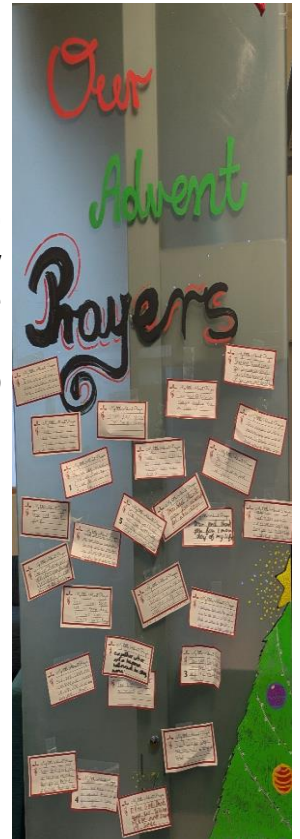
WELCOME to THE LIBRARY

Library News | Miss Brett

Hello, Everyone! This week see our Library in pictures:



Advent (Prayer) Calendar. Every day students can write new mini prayers and stick them up. AND THEY DO 😊.



We are also running our daily Dingbat competitions and have had some happy winners already.



Feel free to come and peruse our Christmas displays, there's something for everyone!

I'd like to encourage all the school artists to take part in the art competition. We have everything you need to create your masterpiece 😊.

We never say "no" to book reviews either. Take part and you're in for a chance to win a prize!

And, finally, next week we're having our READATHON, so have your reading eyes at the ready! Can you spend more time reading for pleasure next week than Miss Brett?

Let's find out!

Ps. I am a very slow, but determined reader 😊.

GENERAL NOTICES

Sparx Update | Mr Secker

WEEK 13 Sparx Maths

Total hours spent on Sparx this year

3,809 hrs

Number of questions answers correctly

228,548

XP Champions THIS YEAR 06/12/24

Name	Year	Total XP
Mithun R K	9	39,607
Da Vinci T	8	27,338
Ana Paula C	8	18,153
Chris J	8	17,138
Samayrah K	9	15,334
Miu Miu M	7	14,352
Yurume E	9	13,721
Margaret L	7	13,560
Sahas U	10	13,752
Nedia D C S	8	13,650

XP Champions for ALL TIME 06/12/24

Name	Year	Total XP
Ana Paula C R	9	285,007
Da Vinci T	8	247,138
Isabelle H	9	184,653
Jack C	9	163,421
Klea L	9	153,521
Hajira R	11	133,652
Kryspin B	10	122,228
Ahmad R	9	101,705
Shehar B	10	98,518
Mathila H	10	92,703

XP Champions for LAST WEEK

Name	Year	XP POINTS
Kiah S	11	2,575
Kanchan L	11	1,545
Victory O	10	1,740
Amber E	10	1,409
Ketrin L	9	2,671
Phoebe L	9	2,588
Gunjan L	8	2,318
Aman A	8	1,602
Anne-Marie L	7	2,575
Maria R	7	1,935

Well done everyone!

Leadership Enrichment | Mrs Reddy

Our Leadership Enrichment is now collecting 'Christmas Donations'. Any donations should be dropped into main reception and can include: toys, games, books, jewellery, clothes, shoes, toiletries, stationery and wrapping paper. Let's come together to make this season memorable for everyone. Your generosity truly makes a difference!



Thank you for your support.

GENERAL NOTICES

**AT THE
BUS**



Our Big Give Christmas Campaign is Now Live

Please help us to reach our target of £20,000 helping us to provide more support to children and young people who desperately need it.

We are delighted to have been championed by The Childhood Trust who are match funding our campaign.

All donations made via The Big Give will be doubled – making double the difference!

£5 doubled by Big Give to £10

pays for two pots of high quality paint for our sessions

£25 doubled by Big Give to £50

pays for one child to attend an art as therapy session

£100 doubled by Big Give to £200

pays for a specialist facilitator for a day

£200 doubled by Big Give to £400

pays for one child to attend at the bus for a term

£500 doubled by Big Give to £1000

pays for breakfast for 50 children

Please **DONATE NOW** for twice the impact!

GENERAL NOTICES

Message for Year 8 and Year 9 | Mrs Reddy

Upon reflection of the values that shape our school community, humility, gratitude, and appreciation stand out as powerful guiding principles. Practicing humility means acknowledging that everyone has something valuable to offer, learning to listen, and valuing the perspectives of others without arrogance. Gratitude encourages us to focus on the positives, recognising the kindness we receive and expressing thanks for even the smallest gestures. Appreciation deepens our sense of connection by celebrating the strengths and efforts of those around us.

For Years 8 and 9, embracing this culture starts with daily actions: thanking teachers and peers, showing respect in our interactions, and recognising the contributions of others without comparison. Simple acts, such as holding doors open, offering compliments, or volunteering to help, can create a ripple effect.

Making this culture infectious requires leading by example. When we model humility, gratitude, and appreciation, others naturally feel inspired to do the same. Peer influence is powerful so let us flood our school by encouraging kindness and inclusion, celebrating others' successes, and addressing negativity with positivity.

A heartfelt thank you to our Year 8 and 9 students and their families for their generous contributions to the Leadership enrichment Christmas appeal.

Students leading the way...

Year 8

Alexandra E
Damir
Eleesha
Khadija
Izzy
Holy-Karen
Amna
Nedia
Mazvita
Saba

Year 9

Faith B
Yurume
Progress
Daniel O
Khadijat
Victoria A
Fanasia
Dylan K
Phoebe
Oscar K



Congratulations to all students with 100% attendance.

Thank you to the tutors for their ongoing support.

Keep on striving to be a better version of yourself Y8 and Y9!

Y12 and Y13 PPEs | Ms McCabe

PPE exams continue next week. The students have made an excellent start to these exams.

Lessons resume for Y12 and Y13 students on Thursday 12th December.

GENERAL NOTICES

Book of the Week | By Lian G

The Lion, The Witch and The Wardrobe by CS Lewis

Another classic and whimsical tale. It's exciting and filled with adventure, choices and a few twists too. The characters are all fleshed out with complex motivations and earnest traits. Making it an absolute treat to read of their actions throughout the book and seeing how the plot plays out. Even if you're not reading all the 'Chronicles of Narnia' this is still brilliant as a stand-alone.



Basketball Club Term 2 | Mr Roman

Our Basketball Club kicks off in Term two and welcomes all students—just drop by the Sports Hall, no registration needed.



Sixth Form Open Evening | Ms McCabe

We were delighted to welcome our Year 11 students and their families to our Sixth Form Open Evening on last night. Students had an opportunity to speak to teachers and Sixth Form students and learn about subjects they have not had the opportunity to study at GCSE such as Philosophy and Ethics, Film Studies and Economics.

Applications for our Sixth Form are now open! The application form can be found on the Greyfriars School website via the Join Us tab, Join Our Sixth Form or you can follow [this link](#).

The deadline for applications is **31st January 2025**.

I look forward to Y11 being part of the exciting journey of our Sixth Form as we continue building an excellent KS5 provision for students.

GENERAL NOTICES

Exams Update | Dr Rogers

I've been really impressed by the way in which Years 11, 12 and 13 have started their PPEs this week. These are always an intense period of time for students but we are proud of our student's resilience and determination in facing up to this challenge.

Mock exams, or Pre-Public Examinations (PPEs), are an important part of the learning process in school for the older year groups. While they might feel stressful, they serve several key purposes that help students succeed in their final exams.

Firstly, PPEs give students a chance to experience what it's like to take real exams in a controlled setting. This helps reduce anxiety and builds confidence, as students become familiar with the exam format, timing, and expectations.

Secondly, mock exams provide valuable feedback. Teachers can identify areas where students might need more support, and students can see where they need to improve. This allows time for revision and targeted study before the final exams.

Lastly, PPEs help with revision strategies. By taking mock exams, students learn how to manage their time, handle pressure, and approach different types of questions. These skills are crucial for success in the final exams.

In summary, mock exams are not just a practice run; they are a crucial tool for helping students prepare, improve, and perform their best in their final exams.

free period products

Free period products

Everyone deserves the essentials they need

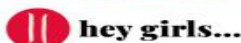
Take what you need

When you need it

For whoever needs it

Available in 18 public libraries

In partnership with



GENERAL NOTICES

Friends of Greyfriars

Friends of Greyfriars is an open and important community of parent volunteers working alongside the school and teachers to benefit the school. It is like a PTA. It is a group that aims to ensure the best educational and enrichment experience for all its students. Friends of Greyfriars is a reflection of the school in the wider community.

By joining the Friends of Greyfriars you can help the school to build a far more effective and up-to-date teaching and learning environment, for the benefit of all its students. Everyone is welcome, parents, carers, staff, governors, past students, past parents, anyone and everyone who cares about the school. Please join us and be a Friend.

If you are interested, please contact Sophie Upellini via: s.upellini@gfcs.uk

5 Ways to Well-being

Click on the logo to find out more.



Building small actions into your daily life can make you feel good, and feeling good is an important part of being healthy. There are 5 ways to wellbeing that are proven to make a real difference to you.

Free School Meals



Are you entitled?

Your child may be able to get free school meals if you get any of the following:

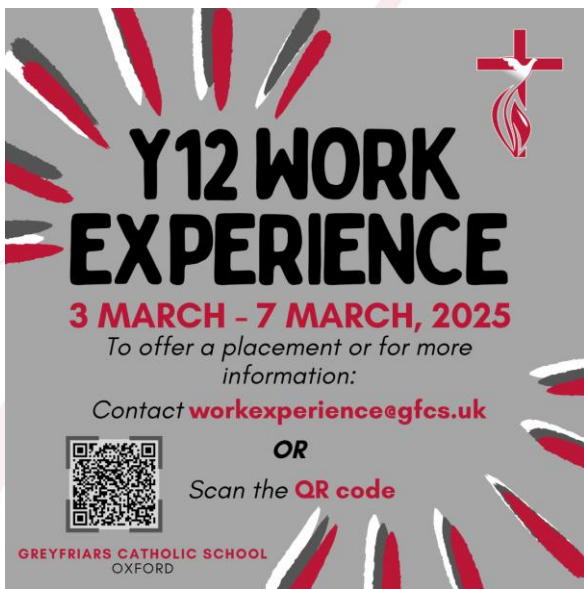
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)

- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household earnings must be less than £7,400 a year (after tax and not including any benefits you get).

If you would like to apply, please contact Fiona Easton for an application form via: f.easton@gfcs.uk

GENERAL NOTICES

Careers | Miss Manns



Y12 WORK EXPERIENCE
3 MARCH - 7 MARCH, 2025
To offer a placement or for more information:
Contact workexperience@gfcs.uk
OR
Scan the QR code

GREYFRIARS CATHOLIC SCHOOL
OXFORD



Y10 WORK EXPERIENCE
24 JUNE - 27 JUNE 2025
To offer a placement or for more information:
Contact workexperience@gfcs.uk
OR
Scan the QR code

GREYFRIARS CATHOLIC SCHOOL
OXFORD



For lots of useful information regarding careers,
please click:

[OxLep Picks of the Week](#)



GREYFRIARS
CATHOLIC SCHOOL

Girls Netball

Every Monday

3.30pm – 4.30pm

Bring PE kit

With Miss Moss in
the sports hall

GENERAL NOTICES

Dates for your Diary

- 11 December | The Story Museum trip
- 11 December | Trinity College STEM Trip
- 11 December | All's Well That Ends Well Theatre Trip
- 12 December | Christmas Lunch
- 12 December | Cowley Festival Tree Decorating
- 17 December | Advent Reconciliation
- 18 December | Imperial War Museum Trip
- 19 December | Christmas Service Concert



Breakfast Club
Breakfast Club is open
Mon – Fri 8.00am - 8.30am
in our restaurant.



Everyone is welcome to come and join us for breakfast club.
Breakfast is free. Start your day with friends and food!

SIMS Parent App – Download Now!

If you haven't already done so, please download our Parent App. This app enables you to view information regarding your child at school including their timetable, achievements, reports and messages from school. You should have received an invitation email that you must accept and this will then take you to a sign-in screen. You can then use your normal Facebook, Twitter, Google or Microsoft username and password to register.

Vacancies

If you are interested in joining the team at Greyfriars Catholic School, please email our School Business Manager, Sophie Upellini via: s.upellini@gfcs.uk or visit: <https://www.greyfriarsoxford.org.uk/join-us/vacancies> to view all our current vacancies.



LOCAL EVENTS AND OPPORTUNITIES

Cowley Christmas Festival 2024

Come and celebrate Christmas with us at St James Church, Beauchamp Lane, OX4 3LF

Thursday 12 December	13.00-19.00	Tea, cake and decorate – drop in any time – bring a tree or bring decorations for our one large tree or just help us decorate the church
Friday 13 December	18.00-19.30	The Gospel Jazz Project – mulled wine – nibbles
Saturday 14 December	10.00-11.30	Messy Church Christmas + Christingles
	11.30-14.00	Church open – Christmas tree crafts
	14.00-15.00	Join in and sing carol singing – mince pies
	15:00-16:00	Rising Voices Community choir
	16.00-17.00	Join in and sing carol singing – mince pies



Grief support for children and young people in Oxfordshire



Respite nursing for Oxfordshire's Sick Youngsters

www.cowleyteamministry.co.uk

STEVENSONS

Black Friday
Sale

Up to 20% Off

Offer available online from
29th of November - Midnight 13th of December
on uniform and sportswear.

Use discount code at checkout:

GREYFRIARS20BF

Items purchased during the sale period will be refunded at the sale price originally paid, if returned.
Sale items are subject to availability, whilst stocks last.
Black Friday offer exclusively available online.
For FAQs please visit our website www.stevensons.co.uk
£50 minimum spend required



Do you have upsetting thoughts or habits that won't go away?

We want to make things easier for children like you, and we need your help to do it!

If you're **between 5 and 14 years old**, and started having thoughts that get stuck or habits you need to do over and over when you were aged 5 to 12, **we'd love to talk to you!**



We want to find a way for **parents to help their children** who have similar thoughts and habits to you. **We'd love for you to help us!**

What's in it for me?

- ✓ Fun online sessions: Where where you'll share your ideas on a programme designed to help with upsetting thoughts & habits.
- ✓ Awesome rewards: Earn £25 for each session!

Scan here for more information!



For more information or to sign up, you and your parents can **scan the code** or send us an email - OCD-empower@psych.ox.ac.uk

We're excited to hear from you!



CALLING ALL PARENTS OF CHILDREN WITH OBSESSIVE COMPULSIVE SYMPTOMS/DISORDER (OCD)

Can you help us to develop a brief treatment to help parents support their child to overcome OCD?

We are looking for **parents of children (aged 5 to 12 years old)** with lived experience of OCD/OCD symptoms to attend a series of **6 online workshops**. These workshops aim to help us develop an online intervention focused on supporting parents to learn evidence-based tools to help their child to overcome OCD

We want to make sure the treatment works for as many families as possible, so are looking for parents that identify as being from one or more of the following groups:

- Parents in single-parent families
- Parents from minority ethnic groups
- Parents within low-income families
- Parents who have low levels of confidence/experience using technology



- ✓ Your child does **not** need a diagnosis of OCD
- ✓ You will be **paid for your time**
- ✓ We can help if you face difficulties in attending sessions, such as supporting you with costs and visiting you in your local community!

SCAN FOR MORE INFORMATION



To register your interest please scan the QR code or email OCD-empower@psych.ox.ac.uk.
If you're not able to attend 6 workshops but are keen to help us, please still register your interest and we can find alternative ways that you can be involved!

LOCAL EVENTS AND OPPORTUNITIES



WINTER TIMETABLE

Talks are delivered online via zoom 7pm to 9pm £24 each
If you can't make the date or time all paid for talks are recorded and available for 48 hours afterwards
Book online at facefamilyadvice.co.uk

FREE SESSIONS	
Decreasing Depression	25 NOV
Understanding Anger	18 NOV
Drug Awareness for Parents	19 NOV
Supporting Healthy Screen Use	21 NOV
What is ACT?	26 NOV
Understanding Addictive Behaviour	28 NOV
Supporting a Child with ADHD	5 DEC
Understanding Anger	16 DEC
Facing Defiance	17 DEC
Supporting Healthy Screen Use	19 DEC
Supporting a Child with ADHD	2 JAN
Anxiety-Based School Avoidance	7 JAN
AUTISM: Improving Communication	9 JAN

facefamilyadvice.co.uk info@facefamilyadvice.co.uk

Would you like to improve communication with your teen?

face2face



Private skills training sessions for you and your teen
Get professional support to improve mutual understanding and respect.

Young people do not have to appear or speak on camera

Advanced Communication Skills certificate for teens on completion of the course

Would you like some support with any of the above issues?

FACE aims to support regular parents with commonly faced issues.

In this age of long waiting lists and over-loaded services, FACE is offering you practical and accessible advice and information.

Each talk includes easy to apply interventions and the opportunity to ask questions.

The sessions are delivered online via zoom by Jane Keyworth,
Lead Facilitator at FACE
7pm - 9pm £24 each

LOCAL EVENTS AND OPPORTUNITIES

No Literacy Programme funded by

OxLEP SKILLS **aspire** **SOFEA**
In partnership with our delivery partners

Next steps to work or training

We can support with

- Providing you with a laptop and data
- Paying for travel to work or training
- Looking for work or training
- Applications and interviews

Get trained on how to use a laptop or mobile phone to help you

- Find and apply for courses
- Write your CV
- Apply for jobs

Ria 07498 351055
ria@sofea.uk.com
or
Taraji 07507 121281
taraji@sofea.uk.com

LIVING WELL with NEURODIVERSITY NHS Oxford Health NHS Foundation Trust

A new support service from Oxfordshire CAMHS in collaboration with Autism Oxford UK Limited

Is your family open to / involved with CAMHS services?
Is your young person either suspected or diagnosed as neurodiverse (autism/ADHD)?

FREE COURSES AND SUPPORT FOR YOU!

A range of sessions available covering different topics.
Informal spaces for Parents / Carers to safely share experiences / tips.
Facilitated by professionals and lived experience practitioners.

Scan the QR code to access the events and resources!
<https://onhs.autismoxford.com/>
If you have any questions, please email us on youngpeoplesupport@autismoxford.org.uk

Working together to deliver the best for our communities, our people & the environment
| Caring | Safe | Excellent |

Parent Power

We support local parents living in the OX4 area

Our team of Parent Advocates (local parents), Donna, Kerrisa and Kylie, can support you with:

- Practical and emotional support
- Connecting with your child's school or local organisations, such as attending parents' evenings with you.
- Connecting you to a network of parents so you can support each other.
- Help and support with form filling

Need help? Want to get involved?

Get in touch with the team:
Email: donna@oxfordhub.org

Oxford Hub
oxfordhub.org/parent-power

ÉIRE ÓG OXFORD

YOUTH GAELIC FOOTBALL

NURSERY
SATURDAYS 10.30 -11.00 AT OUR LADIES SCHOOL
COWLEY OX4 3LX

U7S, U9S
THURSDAYS 6.30-7.30 BOXHILL RECREATIONAL
GROUND, ABINGDON OX14 2EL

WALKING WITH YOU FORUM NHS Oxford Health NHS Foundation Trust

JOIN OUR SUPPORTIVE COMMUNITY!

"Walking with You" is a welcoming, parent-led group for anyone caring for children and young people (up to age 25) facing mental health challenges.

Find a safe space to connect, ask questions, and share experiences at your comfort level. Learn from insightful discussions on topics that matter to you.

Sessions are led by Parent Peer Support Workers and held online via Microsoft Teams, with occasional coffee mornings. Drop in and out as needed.

Look forward to special guest events with professionals from CAMHS leading some of our sessions.

UPCOMING EVENTS

JAN 10	CYBER CHOICES 12PM - 1PM ONLINE
FEB 07	PARENTING EMOTIONS 12PM - 1PM ONLINE
MAR 07	COFFEE MORNING 10PM - 9PM BANQUET - LOCATION SHARED WHEN BOOKED
APR 04	SUPPORTING THROUGH EXAM STRESS 12PM - 1PM ONLINE

TO REGISTER FOLLOW THE LINK OR QR:

www.oxfordhealth.nhs.uk/camhs/youngpeoplesupport/oxon/hmhl/

PARENT WEBINAR NHS Oxford Health NHS Foundation Trust

Parents are the most important part of young peoples lives and hold the key to helping them. Let us, help you, to help them.

CAMHS
Child and Adolescent Mental Health Service

MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS

SUBJECTS INCLUDE

- TEEN ANXIETY
- SELF HARM
- LOW MOOD
- HOW TO TALK TO YOUR DISTRESSED CHILD

www.oxfordhealth.nhs.uk/camhs/oxon/sir/webinars

LOCAL EVENTS AND OPPORTUNITIES

Join our Windale Gardening Group

Oxford Hub

Open to all ages and abilities

Coffee tea and biscuits provided

Every Wednesday 10am-midday

Oxford Hub:
Windale Avenue
OX4 6JD

More info:
donna@oxfordhub.org
01865 745260

THE UNIVERSITY OF EDINBURGH

Participants Wanted!

Are you 12-14?

Do you enjoy **listening to** or **playing music**?

Join an international study on **musical experience & emotional wellbeing** by filling in **3 anonymous surveys online!**

A chance for you to win vouchers of up to **£150!!**

Share the opportunity with your friends!

SCAN ME!

For more information <https://blogs.ed.ac.uk/scobk-music/>
Contact Ms Menchie Leung at scobk.music@gmail.com

Are you a parent of young person who has a diagnosis of asthma?

Volunteers needed to share their experiences for a research study at the University of Oxford.

Who's needed?
Parents of 11 – 17 year olds with a diagnosis of asthma who are residents of the UK

What's involved?
Anonymous 10-15 minute online questionnaire about yourself, your experiences of stigma and your wellbeing

Scan the QR code or click the link to take part!

www.psychiatryoxford.ox.ac.uk/trics.com/ife/form/SV_e351ezxm5UeibXM

For more information contact Sakia Phelps (Trainee Clinical Psychologist) sakia.phelps@warwick.ac.uk. This study has received ethical approval. Reference number: 195257/REC/01. Oxford Institute for Clinical Psychology Training. (OICPT) Recruitment Poster, Version 1.0, May 2024. Self-stigma in Parents of Young People with Functional Neurological Disorders or asthma.

TAKE THEM ON A JOURNEY!

SCHOOLS VOLUNTEERS NEEDED

Looking for a new challenge? Could you visit schools in your local area to deliver assemblies and workshops about CAFOD's work and encourage young people to take action, fundraise and pray with CAFOD? No experience necessary. Full support, resources and regular training provided.

FOR FURTHER DETAILS CONTACT:
CAFOD Volunteer Centre
Damien House, 23 High Street,
Great Missenden HP16 5AA
01786 114 390 | northampton@cafod.org.uk

CAFOD Catholic Agency for Overseas Development

Charity no. 162584 and a company limited by guarantee no. 05857258. Illustration: Sam Osborne. Printed on paper from well-managed forests. © CAFOD

youth ambition

OXFORD CITY COUNCIL

Youth Clubs

FREE EXCITING and EMPOWERING SESSIONS to connect and meet others aged 11 to 19 years. Come chill, have fun and enjoy activities, trips, games, cooking, gaming, arts & craft, music and so much more during school term times!

KEEN Teens Session (Inclusive social activities for those with disabilities and special needs, run in partnership with KEEN) Monday 5pm - 7.30pm (11-18yrs) St Clements Family Centre	Girls Youth Club (run in partnership with EMBS Community College) Wednesday 5pm - 7pm EMBS Community College, Templars Square
Northway Youth Club Tuesday 5pm - 7pm Northway Tower Playbase	Littlemore Youth Club Thursday 6pm - 8pm Littlemore Community Centre
Rose Hill Boys Youth Club (run by Rose Hill JCC) Wednesday 5.30pm - 7pm Rose Hill Community Centre	Rose Hill Girls Youth Club (run by Rose Hill JCC) Thursday 5.30pm - 7pm Rose Hill Community Centre
Wood Farm Youth Club Wednesday 5.30pm - 7pm Wood Farm Youth Centre	Barton Youth Club (run by Barton Community Association) Thursday 6pm - 8pm (12-18yrs) Barton Neighbourhood Centre

www.oxford.gov.uk/youthambition | [@oxfordyouthambition](https://twitter.com/oxfordyouthambition) | [oxfordyouthambition](https://facebook.com/oxfordyouthambition)
youthambition@oxford.gov.uk | 01865 252278

youth ambition

OXFORD CITY COUNCIL

MultiSports

FREE Join our FUN PACKED multi-sport sessions for 11 to 19 year olds. Enjoy games, develop skills and gain confidence while making great friends!

- Football Session**
Tuesday 1pm-3pm
Oxford City Community Arena
Marston
- Bowling Session**
Friday 5pm-7pm
OMAA, Templars Square
- BBL Friday Multi-Sport Session**
Friday 6pm - 7.30pm (11-14yrs)
7.30pm - 9pm (15-19yrs)
Leys Pools and Leisure Centre

Aspiration

CAREER & EMPLOYMENT advice and support for 16 to 24 year olds at Rose Hill Community Centre

FREE

- CV Skills & Support**
Tuesday 10am-12pm
- Job Club**
Tuesday 1pm-3pm
- Employment Drop-in**
Wednesday 10am-4pm
- Post Employability Training (PEP 1/PEP 2)**
Thursday 10am-12.30pm
- Well Being Courses (Healthy Body, Healthy Mind)**
Thursday 1pm-3pm

www.oxford.gov.uk/youthambition | [@oxfordyouthambition](https://twitter.com/oxfordyouthambition) | [oxfordyouthambition](https://facebook.com/oxfordyouthambition)
youthambition@oxford.gov.uk | 01865 252278

LOCAL EVENTS AND OPPORTUNITIES

LEYS YOUTH HUB @ ORION ACADEMY

Fun, Free & Exciting Session for Young People

Location: ORION ACADEMY,
KNIGHTS ROAD, BBL, OX4 6DQ

EVERY FRIDAY
3.30pm - 6.30pm

GIRLS YOUTH CLUB

Sports, Art, Cooking & More!

For Age 11 - 18

(Up to 25 if you have a disability)

For further details, please contact
07483010739 or 01865 335884



LEYS YOUTH HUB @ ORION ACADEMY

Fun, Free & Exciting Session for Young People

Location: ORION ACADEMY,
KNIGHTS ROAD, BBL, OX4 6DQ

EVERY WEDNESDAY
3.30pm - 6.30pm

Baking, Art & Craft

Music, Dance

Design & More!

For Age 11 - 18

(Up to 25 if you have a disability)

For further details, please contact
07483010739 or 01865 335884



LEYS YOUTH HUB @ BLAP

Fun, Free & Exciting Session for Young People

Location: BLAP, MOORBANK,
BLACKBIRD LEYS OX4 6HW

EVERY THURSDAY
5.45pm - 7.45pm

Cooking, Sport

Art, Games

Movies & More!

For Age 11 - 18

(Up to 25 if you have a disability)

For further details, please contact
07483010739 or 01865 335884



Low cost and free activities for families to enjoy together!

YouMove is brand new for Oxfordshire, providing low cost and free fun activities for families including weekends & school holidays.

Enjoy a fantastic range of activities including swimming, badminton, activity packs, children's holiday activities & so much more!

Find out more here:



YouMove is here to offer free and low cost activities for children on benefits related free school meals and their families.

YOU MOVE

LEYS YOUTH HUB @ ORION ACADEMY

Fun, Free & Exciting Session for Young People

Location: ORION ACADEMY,
KNIGHTS ROAD, BBL, OX4 6DQ

EVERY MONDAY
3.30pm - 6.30pm

Cooking, Sport
Games, Chill Out
Movies & More!

For Age 11 - 18

(Up to 25 if you have a disability)

For further details, please contact
07483010739 or 01865 335884



STRAWBERRY FAYRE Majorettes

Now Recruiting!

Ages 6+

Learn a new skill and have some fun in established Oxfordshire baton twirling/dance group that has been formed for over 30 years

Join our friendly display team and take part in performances, carnivals, parades, summer fetes and Christmas extravaganza's!

Training every Wednesday
6.30pm - 8.45pm
First session FREE

The Barn, Nightingale Avenue, Oxford, OX4 7BU

enquiries@strawberryfayre.uk

@strawberryfayremajorettes

@strawberryfayremajorettes

