

Weekly Newsletter

Friday 24th January 2025 | Issue 16

Dear families

This week, we reflect on the Gospel account of the Wedding at Cana, where Jesus performed His first miracle, transforming water into wine. This moment reminds us of the importance of celebrations and the joy that comes from shared human connection. It also highlights Jesus' attentiveness and willingness to act when called upon. Just as Jesus listened to His mother and responded with love and generosity, we too are called to listen to others and act with compassion.

Our focus this term is subsidiarity: empowering individuals to use their voice and talents to bring about positive change. At Greyfriars, we are building opportunities for students and staff to contribute meaningfully to our community and the wider world. This principle of subsidiarity compels us to reflect the Catholic values of dignity, service, and community, encouraging everyone to take responsibility and make a difference.

This week, we celebrate an example of these values in action. One of our PE teachers, Mr Dunne, demonstrated extraordinary kindness and quick thinking during an incident outside school. While shopping in Swindon, Mr Dunne assisted a family whose young daughter had suffered a serious injury. His calm presence, practical support, and compassion turned a frightening situation into one that was manageable. The family expressed their heartfelt gratitude for Mr Dunne's heroic actions, and we are



proud to have staff like him who embody the values of care and service. We were delighted to celebrate his heroism too. He got an Incredibly Good Egg award! The Wedding at Cana reminds us to celebrate the good in our community and to recognise those who go above and beyond to serve others. Mr Dunne's actions are a testament to the spirit of Greyfriars, where we strive to live out our values of knowledge, care, and ambition every day.

Let us take inspiration from the Gospel and from each other as we continue to build a community of celebration.

Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel: Luke 2:1-11



“There was a wedding at Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding. When the wine ran short, the mother of Jesus said to him, ‘They have no wine.’ And Jesus said to her, ‘Woman, how does your concern affect me? My hour has not yet come.’ His mother said to the servers, ‘Do whatever he tells you.’ Now there were six stone water jars there for Jewish ceremonial washings, each holding twenty to thirty gallons. Jesus told them, ‘Fill the jars with water.’ So they filled them to the brim. Then he told them, ‘Draw some out now and take it to the head waiter.’ So they took it. And when the headwaiter tasted the water that had become wine, without knowing where it came from— although the servers who had drawn the water knew —, the headwaiter called the bridegroom and said to him, ‘Everyone serves good wine first, and then when people have drunk freely, an inferior one; but you have kept the good wine until now.’ Jesus did this as the beginning of his signs at Cana in Galilee and so revealed his glory, and his disciples began to believe in him.”

Reflection

Jesus said to his servants, ‘Fill the jars with water.’ And they filled them up to the brim. He said to them, ‘Now draw some out and take it to the steward of the feast.’ So they took it” (vv. 7-8). Truly, a New Covenant is pledged at this wedding. And a new mission is entrusted to the servants of the Lord, namely, the entire Church: “Do whatever he tells you”. To serve the Lord means to listen and to put his Word into practice. It is the simple, essential recommendation of Jesus’ Mother. It is the programme for a Christian’s life. Jesus always surprises us with His miracles. May we ask His Mother for the help to see these miracles.

*O Mary, Mother of God, help us to see your Son as you do. Help us trust in His ability to make all things right, and to see the abundant life around us. Give us the courage to remember our own future wedding, when we are at the marriage of the bridegroom and His Church. When troubles come, may we do as you did first, and say "do whatever He tells you." Help us, gracious Mother.
Amen.*



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

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

GENERAL NOTICES

Book of the Week | By Lian G

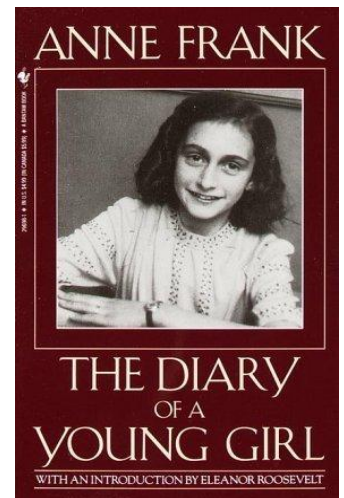
The Diary of a Young Girl by Anne Frank

As it is Holocaust Memorial Day this Monday, I thought it fitting to review "The Diary of a Young Girl" by Anne Frank.

"Discovered in the attic in which she spent the last years of her life, Anne Frank's remarkable diary has become a world classic—a powerful reminder of the horrors of war and an eloquent testament to the human spirit."

In 1942, a thirteen-year-old Jewish girl and her family were forced to flee their home in Amsterdam and go into hiding. The Franks and one other family spent the next two years in the "Secret Annexe" of an old office building, where they were completely isolated and cut off from the outside world.

Anne recorded her experiences and emotions they evoked in her diary, and her reflections are thoughtful, moving, and surprisingly humorous. Her account is forever here to remind us of the atrocities of that time and the tragic fate that this promising writer suffered.



6th Form News | Mr Shaw

A huge thank you to everyone who donated food items over the Christmas and New Year period. Two trips were needed to pick up the food, a really great effort and I'm sure the Oxford Community Food Bank will find some worthy recipients.

This week we introduced our Sixth Form Open Morning. Y11s were invited to come and chat to our Y12 and Y13 students about the subjects they are studying in KS5. They appreciated the inside information and advice, in particular about what it is like to be a sixth former at Greyfriars. Judging by the feedback from the students turned out to be both extremely informative, effective and also great fun!

Y12s have their work experience week from 3rd to 7th March. Many students have already found placements. However, if parents are able to offer any work opportunities to our sixth formers, please get in touch – this would be much appreciated.

Finally, a reminder – **Our KS5 Parent Consultation Evening is on Thursday 6th February** from 4pm until 7pm in our main hall. It would be great to meet as many of you as possible to discuss your child's progress and time here in Sixth Form.



GENERAL NOTICES

Chemistry Olympiad | Dr Dillon

20 Greyfriars Sixth Formers took part in the UK Chemistry Olympiad this week. Designed to challenge and inspire, the Olympiad is a unique opportunity for students to push themselves further and excel in the chemistry field. Budding chemists developed critical problem-solving skills, learned to think more creatively and get a chance to test their knowledge in new, real-world situations.



They could even find themselves representing the UK at the prestigious International Chemistry Olympiad.

Retrieval Practice: Strengthening Memory for Lasting Learning | Mr Dingley

At Greyfriars Catholic School, one of the most effective ways we support learning is through *retrieval practice*. Put simply, retrieval practice involves recalling information from memory - rather than just re-reading notes. This “memory workout” boosts long-term retention and deepens understanding of key topics.

In the Classroom

- ❖ **Quick Quizzes:** Teachers often begin lessons with short quizzes or “Do Now” tasks to help students retrieve knowledge from previous lessons.
- ❖ **Mini Whiteboard Responses:** Students write answers on their mini whiteboards, giving teachers instant feedback on who might need extra support.
- ❖ **Regular Recaps:** At the end of lessons, students might be asked to recall the main points, reinforcing what they’ve learned.

At Home

- ❖ **Self-Quizzing:** Creating or using ready-made flashcards, testing themselves with questions, or using online quiz platforms can help students revisit material frequently.
- ❖ **Spaced Repetition:** Revisiting topics at intervals (instead of cramming) helps lock in knowledge long-term.
- ❖ **Study Groups:** Quizzing each other in a small group can make retrieval practice more interactive and engaging.

By making retrieval practice part of a daily study routine, students build a stronger foundation for success in class and beyond.

GENERAL NOTICES

WELCOME to THE LIBRARY

Library News | Miss Brett

Hello fellow readers!

I am happy to report that OUR LIBRARY is thriving! More and more students come in to study, read, and relax. My Student Librarians and I have been very busy this past week and we couldn't be happier about it!

Remember, 20 is plenty! Reading for just **20 minutes a day** can make a wonderful difference in your life. It improves your test results, broadens your vocabulary, and has a positive effect on your mental health and wellbeing (plus many other benefits!). If you're not sure what to read, come to the library and we'll find something exciting for you!

Then, maybe you can review the book for other students. "Our picks" shelf is looking rather sparse at the moment and we need your help. If you've read a fantastic book, tell us all about it either in just one word, or a short review.



Remember, it's the Holocaust Memorial Day on Monday, 27th January. Come to the library to find out more about it. We have a small selection of books on display, as well as information sheets around the library.

WORD OF THE WEEK:

The Holocaust

[noun]

the killing of millions of Jews and others by the Nazis before and during the Second World War

Example:

He designed the Holocaust Museum in Berlin.

[Cambridge Online Dictionary]

That's it for
now.

Until next
week...

GENERAL NOTICES

Staff in the Spotlight!



MR S GREER
TEACHER OF RE /
CATHOLIC LIFE LEAD

What is your star sign?

Pisces

What is your favourite holiday destination and why?

Norway! The nature is the most stunning I've seen.

Tell us something interesting about yourself.

I've crossed the Atlantic Ocean twice by sailboat.

What do you love about working in a school?

It's never boring! I'm always learning from my students. And everyone who is here (studying or working) really cares about what they do.

If you could have dinner with an historical figure or celebrity, who would it be and why?

Taylor Swift – I need the full scoop on the next album!

Sparx Update | Mr Secker

WEEK 18 Sparx Maths

Total hours spent on Sparx this year

5,348 hrs

Number of questions answers correctly

319,548

XP Champions THIS YEAR 14/01/25

Name	Year	Total XP
Mithun R K	9	46,307
Da Vinci T	8	33,338
Ana Paula C	9	24,853
Miu Miu M	7	23,538
Chris J	8	21,434
Nedia D C S	8	20852
Samayrah K	9	20,350
Sabella O	7	20,121
Ahmed M	11	18,560
Simrah H	7	18,452

XP Champions for ALL TIME 14/01/25

Name	Year	Total XP
Ana Paula C R	9	291,007
Da Vinci T	8	253,138
Isabelle H	9	188,953
Jack C	9	165,721
Klea L	9	156,521
Hajira R	11	134,652
Kryspin B	10	125,228
Ahmad R	9	104,605
Shehar B	10	100,918
Mathila H	10	97,403

XP Champions for LAST WEEK

Name	Year	XP POINTS
Kaye F	11	2,775
Meron A	11	1,945
Saidal S	10	1,540
Romania S	10	1,209
Brisa C	9	2,571
Samayrah K	9	2,288
Khadija H	8	1,518
Thomas A A	8	1,402
Miu Miu M	7	2,775
Anne-Marie L	7	2,475

What is your favourite meal?

Sushi

What is your favourite film?

The Lord of the Rings Trilogy.

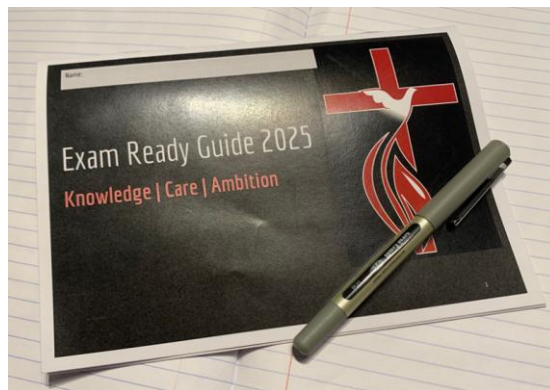
What is your favourite book?

The Sound and the Fury by William Faulkner

GENERAL NOTICES

Exam Ready 2025 | Dr Rogers

At the start of this term, I was excited to launch 'Exam ready 2025' with our Year 11 students. In our assembly we acknowledged the fact that there were just 74 (now 60 days) school days left before their first real-life GCSE exam. We see this as a call for urgency not panic, a time to be confident but not complacent. Used well, this time is plenty to make a big difference to our GCSE success. Every year, students who shift into that extra gear go on to make one, two or even three grades of progress on their mock exam grades.



The Exam Ready Guide provided to all Year 11 students and used each week in Form time supports students with building their commitment and organisation. It's been great to see students using these with purpose over the past couple of weeks.

Its vital that the work students are doing in their revision is effective. To help them succeed, revision must allow students to remember more and do more. There are three key features of effective revision: 1. maximising attention, 2. active learning, 3. retrieval practice.

To maximise attention, students should work in short blocks of up to 45 minutes. Work in a quiet and clutter free space. Banish the phone!

Active learning is about doing more than just reading the revision guide. Students must be doing something that requires them to *think* during revision. A simple way to do this is to shrink down the information being studied. Making flashcards, mind-maps, or one-page summary notes are great ways to do this.

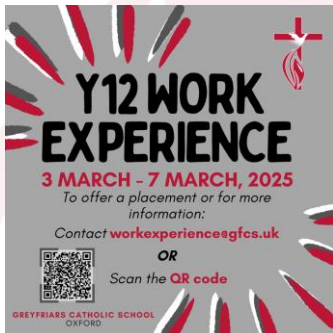
Retrieval practice is any type of activity that involves getting the key information back out of your brain. This is how we can ensure that information sticks for the long term. Students should be regularly quizzing themselves over time. Here is where Flashcards really come into their own. Teachers and Form tutors are training students how to best use Flashcards as part of their retrieval practice.

With commitment, organisation and an effective revision strategy, students will set themselves up for great success in their exams. We will of course be with them every step of the way!

GENERAL NOTICES

Careers | Miss Manns

Next week our Year 11 students will be taking part in mock interviews. The aim of the mock interviews is to build the students' confidence in speaking with new people and give them the opportunity to practise talking about themselves and their skills and strengths. Students will be asked questions that reflect what may be asked in an interview for a part-time job or a school leaver/apprenticeship role. This includes questions about themselves and scenario based questions that reflect situations that may arise while employed.



For lots of useful information regarding careers, please click:

[**OxLep Picks of the Week**](#)



Message for Year 10 and Year 11 | Mr Strachan

A heartfelt thank you and congratulations to all the students and families who attended yesterday's successful Year 11 Parents' Evening. The event was a bustling hub of activity, filled with productive conversations about Year 11 PPEs and the exciting next steps ahead. It was truly inspiring to witness such engagement and enthusiasm from everyone involved.

For our Year 11s, the journey continues with the Sixth Form application deadline quickly approaching on **Friday 31st January**, and another two weeks of PPEs beginning **Monday 24th February**. Keep up the fantastic effort—you're doing a great job!

Meanwhile, our Year 10 students are demonstrating their dedication and hard work as they prepare for their first round of mock exams starting next week. These exams will provide valuable insights into their current progress and highlight areas for improvement as they strive for academic success.

We wish them all the very best as they take on this challenge!

GENERAL NOTICES

Basketball Tournament | Mr Roman Her World, Her Rules Oxford 2025

Basketball England announcement: "A number of basketball clubs and organisations have been selected to deliver the next iteration of FIBA's women's and girls' basketball campaign, Her World, Her Rules (HWHR), on behalf of Basketball England and the British Basketball Federation (BBF)"

We are delighted to share that Greyfriars Catholic School and Oxford Elite Basketball Academy has been honoured with selection by Basketball England as a delivery organisation, following the inspiring "Her World, Her Rules" campaign led by FIBA, Basketball England, and the British Basketball Federation, to organise a one-day 3x3 basketball tournament for girls as part of this initiative.

Overview of the Tournament

The 'Her World, Her Rules' (HWHR) initiative is FIBA's largest and most recognised grassroots programme globally. An exciting and unique project, it has an extensive and incredible track record of successfully raising awareness and promoting women's and girls' basketball across the globe.



Date: **Tuesday, 11th February,**

Time: **12:00 to 15:00**

Venue : Greyfriars Catholic School- Sports Hall

12 Girls teams (4 players per team):

U13 - 24 girls (year 7 and year 8)

U15 - 24 girls (year 9 and year 10)

Entry fee: £15/team(covered by Greyfriars Catholic School)

REGISTRATION CLOSE - we reach the number of 12 teams.

For more info contact Mr. Roman.

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 period products



In partnership with hey girls...

OXFORDSHIRE COUNTY COUNCIL

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

Dates for your Diary

27 January | Year 10 PPEs start

27 January | Voco Hospitality Trip

30 January | Year 11 Mock Interviews

30 January | Jubilee Mass at Dominic Barberi Church

4 February | Year 8 HPV Immunisations

5 February | Lemongrass Horizons Trip

6 February | KS5 Parent Consultation Evening

11 February | Safe Internet Day



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

UNIVERSITY OF OXFORD **TOPIC** **OCD UK**

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!



UNIVERSITY OF OXFORD **TOPIC** **OCD UK**

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!

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!)

SCAN FOR MORE INFORMATION



Are you at risk of losing your home?

We can help you to avoid eviction

Our Housing Support Service Team can help keep a roof over your head by providing you with the tools to manage your money, navigate benefits, be independent, and avoid homelessness. Our team will help you gain control of your situation by working alongside you, to fully understand the challenges you are facing, so we can tailor our support. This free service is for individuals and families over the age of 16, who are residents in Oxfordshire.

Get in touch

- ✉ enquiries@connectionsupport.org.uk
- ☎ 01865 711267
- 🌐 connectionsupport.org.uk

Drop-in details:



Visit our website to download the referral form



Connection Support

FACE February 2025
Family Advice - Communication - Education

Newsletter

Thursday 20th Feb 19:00 - 20:00 FREE		FREE SESSION Supporting Healthy Screen Use A range of steps that can help minimise the harms from screens
Monday 3rd Feb 10:00 - 11:30 £24		Supporting a Child with ADHD Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.
Tuesday 11th Feb 19:00 - 20:30 £24		Facing Defiance Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.
Tuesday 18th Feb 19:00 - 20:30 £24		Cannabis & Ketamine Awareness Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.
Tuesday 25th Feb 19:00 - 20:30 £24		Understanding the Teenage Brain A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

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

NHS Oxford Health NHS Foundation Trust

PARENT WEBINAR

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

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

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

MISSION VALUES VISION
Outstanding care by an outstanding team

| 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



Trinity College Presents...

Beyond the Classroom



Welcome to Trinity College's Academic Enrichment Programme for 2025!

Students are invited to join online to discover more about the world of academic enrichment! Including subject taster talks from expert guests, interactive Q&A, study skills sessions and workshops for personal academic development.

Sign up using this link: [Register for Trinity Beyond the Classroom](#)

Online, Wednesdays 4:30 – 5:30pm
5 March to 9 July during School Terms

TRINITY COLLEGE
UNIVERSITY OF OXFORD

NHS Oxford Health NHS Foundation Trust

WALKING WITH YOU FORUM

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 12PM - 1PM BANBURY - LOCATION SHARED WHEN BOOKED
APR 04	SUPPORTING THROUGH EXAM STRESS 12PM - 1PM ONLINE

TO REGISTER FOLLOW THE LINK OR QR:



NHS.oxfordhealth.nhs.uk/camhs/inyou/vevent/oxon/wht/

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_e35_1ezxm5UeibXM

For more information contact Sakia Phelps (Trainee Clinical Psychologist) sakia.phelps@pwr.ox.ac.uk. This study has received ethical approval. Reference number: R95257/RECD01. 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. 05857208. 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

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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 1pm - 3pm
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

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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

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