

# Weekly Newsletter

Friday 31<sup>st</sup> January 2025 | Issue 17

Dear families

This week, we have been reflecting on St. Paul's powerful message in his letter to the Corinthians: that we are one body, made up of many different parts. Each of us has a unique role to play, and together, we form a strong, united community. This reading beautifully connects to our mission at Greyfriars—to champion each and every student so they flourish both individually and collectively. We began the week with this message in our whole school assembly, reminding ourselves that our differences are not just important but essential. Each member of our school has a gift to offer, and it is by working together that we thrive.

This theme has been evident throughout the week in so many ways. We were delighted to celebrate the launch of the Jubilee Year Mass with our PFMAC, a moment of deep significance for our wider school community. I was particularly proud of our vocal group, who sang brilliantly, and our readers, who translated prayer so beautifully. The message of the Jubilee Year — Pilgrims of Hope — reminds us that we are all on a journey together, strengthening one another in faith, hope and purpose.



Exemplifying faith, hope and purpose, our Catholic Ambassadors, who are our Student Leadership Team, met to consider meaningful ways they can contribute to improving our school through their actions. This spirit of leadership and service embodies our values and reinforces the idea that every voice matters in shaping the future of Greyfriars. Again, the individual working for the collective to transform the world.

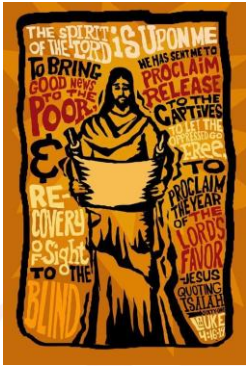
As we move forward, let us continue to celebrate the unique gifts of every individual in our school, knowing that, together, we are stronger. Thank you for your ongoing support in making Greyfriars a place where all can flourish.

With every wish for a happy weekend

Lyndsey Caldwell  
Headteacher

## WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel: Luke 1:1-4, 4:14 - 21



“Since many have undertaken to compile a narrative of the events that have been fulfilled among us, just as those who were eyewitnesses from the beginning and ministers of the word have handed them down to us, I too have decided, after investigating everything accurately anew, to write it down in an orderly sequence for you, most excellent Theophilus, so that you may realize the certainty of the teachings you have received. Jesus returned to Galilee in the power of the Spirit, and news of him spread throughout the whole region. He taught in their synagogues and was praised by all. He came to Nazareth, where he had grown up, and went according to his custom into the synagogue on the sabbath day. He stood up to read and was handed a scroll of the prophet Isaiah. He unrolled the scroll and found the passage where it was written: ‘The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor. He has sent me to proclaim liberty to captives and recovery of sight to the blind, to let the oppressed go free, and to proclaim a year acceptable to the Lord.’ Rolling up the scroll, he handed it back to the attendant and sat down, and the eyes of all in the synagogue looked intently at him. He said to them, ‘Today this Scripture passage is fulfilled in your hearing.’”

### Reflection

The first act recorded is Jesus reading from the text of Isaiah in his hometown of Nazareth. The reading is a bold one: “I have come to bring good news to the poor, liberty to the captives and sight to the blind.” When done reading, Jesus says that this prophecy has been fulfilled in that very room. He is the exact person Isaiah was writing about. His is the Messiah, come to bring justice to society. Come to make the world right again. Let us join Him in this mission, particularly as it is the key message behind the Church's Jubilee Year: Pilgrims of Hope. By pursuing justice, we are images of hope to one another.

Prayer (for the feast of St. John Bosco):

Saint John, your heart was a merciful one, and it was touched by the plight of many suffering boys living in poverty and imprisonment.

You loved them with the heart of Christ and brought them hope.

Please pray for me that I may see Christ in all people, never condemning or judging, but working to build them up as a loving minister of God's compassionate heart. Saint John Bosco, pray for me.

Jesus, I trust in You.



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

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

## GENERAL NOTICES

### Jubilee Mass

Our Greyfriars Vocal Group had the honour of singing at Dominic Barberi Church, a Jubilee Mass, for our Pope Francis Multi-Academy Trust. They were truly wonderful, showcasing their talent and leadership in the community. Their voices filled the church with joy, reflecting our school's values of knowledge, care, and ambition. A proud moment for all!

We are especially grateful and in admiration of Mr Dingley, who also played the organ for the service.



### Sad News | Our Lady's Primary School

It is with great sadness that we let you know that Aven Kavanagh died last week. Aven Kavanagh was an exceptional teacher and will be missed by everyone especially the children in UKS2 who she taught last academic year.

Please keep her family in your prayers.



## GENERAL NOTICES

### Voco Hospitality Takeover – A Taste of the Industry | Mr Dunne

On Monday, 14 students from Years 8 and 9 had the exciting opportunity to attend the *Voco Hospitality Takeover Event* at the Voco Oxford Thames Hotel in Sandford-on-Thames. The experience provided a fascinating insight into the wide range of careers available in the hospitality industry, offering students hands-on experience in different roles.

The day began with insightful talks from hospitality professionals, each sharing their experiences and career journeys. Students learned about the different paths they could take within the industry, gaining inspiration from people who had worked in hospitality for varying lengths of time.

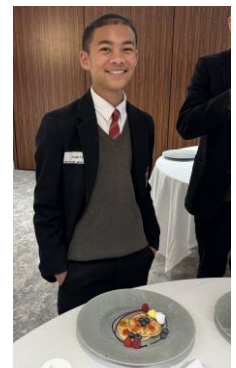
One of the highlights of the trip was a pancake-decorating challenge judged by two of the hotel's executive chefs – one of whom had even appeared on *MasterChef* in 2016! Students put their culinary skills to the test, trying to perfect their pancakes under the scrutiny of the experts.

Another fun and interactive activity was mocktail-making. Participants not only had the chance to create and taste a variety of alcohol-free beverages but also practiced the skill of serving multiple drinks at once, emphasizing coordination and presentation.

A creative twist to the day came with a *TikTok workshop*, where students were tasked with making a 60-second video featuring a flamingo, an owl, and a finch to celebrate *10 years of Voco*. With free rein to explore the hotel, students enjoyed capturing the essence of hospitality in a fun and modern way.

The trip also included a delicious buffet lunch, allowing students to experience the quality of food service in a luxury hotel setting. Following lunch, they explored *towel artistry*, learning how to fold towels into intricate swan designs—a skill often used in high-end hotels to add a special touch to guest rooms.

Overall, the *Voco Hospitality Takeover Trip* was an enriching experience that gave students a glimpse into the dynamic world of hospitality. From culinary arts to customer service and creative media, the trip showcased the many different career paths available in the industry.



## GENERAL NOTICES

### Introducing Chef Mike | Aspens (Greyfriars Restaurant)

We would like to welcome Chef Mike to Greyfriars. Chef Mike has been a caterer for 40 years having worked in Spain, Kosovo and even Windsor Castle cooking the late Queen's breakfast. During his time in the Army, whilst in Kosovo Mike catered for an American President! He has also worked for the RAF and had to parachute into the jungle in Belize to set up an Army kitchen to feed the troops! Mike has also won Chef of the Year in two different catering competitions.

Aspens feel very excited to have Chef Mike on the team here at Greyfriars. Why not pop along and try the food (remember to top up your ParentPay account!)



### Languagenut Leader Board | Miss Parish

#### Greyfriars Languagenut Leader Board

1st Emma Y8

2nd Joseph Y10

3rd Isabela Y10

4th Louise Y7

5th Aoife Y10



#### French

Well done to Emma, Y8 for taking top place on the Languagenut leader board, earning an impressive 118800 points.



After half term we will be setting up a whole school Languagenut competition. Get involved for a chance to win prizes!

## GENERAL NOTICES

# WELCOME to THE LIBRARY

### Library News | Miss Brett

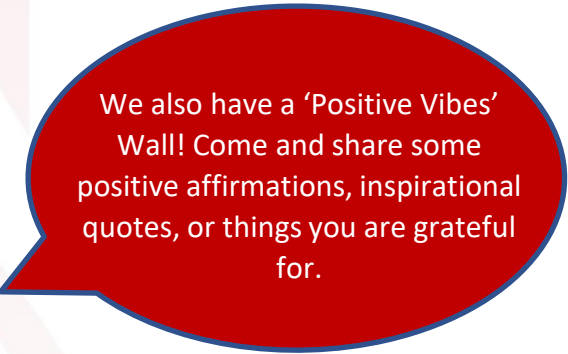
Hello fellow book lovers! This week we have some exciting news! There are two noteworthy things happening in the library:

#### Children's Mental Health Week

Come and check out the books on display and our Art Therapy Corner! You can make something for yourself or create a gift for someone you care about.



We also have a 'Positive Vibes' Wall! Come and share some positive affirmations, inspirational quotes, or things you are grateful for.



#### National Storytelling Week

We are also celebrating National Storytelling Week. You can join by reading tales from around the world or creating your own stories. Better yet, join us in writing a collaborative story! It's great fun!

**Word of the week:**

**Well-being** [noun] the state of feeling healthy and happy

**Example:**

*People doing yoga benefit from an increased feeling of well-being.*

[Cambridge Online Dictionary]

**That's it for now. See you in the library!**

## GENERAL NOTICES

### Message for Year 10 and Year 11 | Mr Strachan

#### A Huge Well Done to Our Year 10s and 11s!

A big congratulations to all our Year 10 students for their hard work and dedication in tackling their in-class PPEs (Mock Exams). Their resilience and focus have been truly commendable as they complete the first of two weeks.

These assessments provide valuable insights for teachers to understand each student's academic progress, allowing us to offer tailored support where needed. We wish them the very best for their remaining exams.

Meanwhile, our Year 11s are fully immersed in preparations for their summer exams, with their final round of PPEs scheduled for immediately after the half-term break.

At Greyfriars, we believe in preparing our students not just academically but also equipping them with essential life skills. As part of this, our Year 11s recently took part in 'Mock Interviews' with professionals from various industries—a fantastic opportunity coordinated by Miss Manns. This experience gave students a real-world insight into the expectations of higher education and employment, helping to build their confidence for the future.

We wish all our students continued success and hope they find time to rest and recharge.

Have a wonderful and relaxing weekend!

### Sixth Form News | Mr Shaw

#### Sixth Form Parents Evening February 6th 16:00 - 19:00

A reminder to all parents who haven't already made a booking for Parents' Evening: The booking link is still live (see below), and slots are still available, but they're being snapped up quickly. We hope to see as many of you as possible - it's a great opportunity to meet and discuss your child's progress in sixth form.

<https://events.schoolbooking.com/>

#### Children's Mental Health Week



Keep an eye on our social media feeds next week! Our sixth formers will be sharing their thoughts and advice with younger students on how to manage and cope with the stresses of modern life. Expect daily snippets of wisdom, encouragement, and practical tips to support mental well-being.

## GENERAL NOTICES

### GCSE Revision Guides for Sale!

We have asked our English, Maths and Science Curriculum leaders for their recommendations of the best revision guides and practice workbooks in their GCSE subjects. These resources are hugely valuable in supporting students with their independent study.

We have a stock of these in school available for purchase via **ParentPay**. Once you have made your purchase, students can collect these from Student Reception or by speaking with me directly.

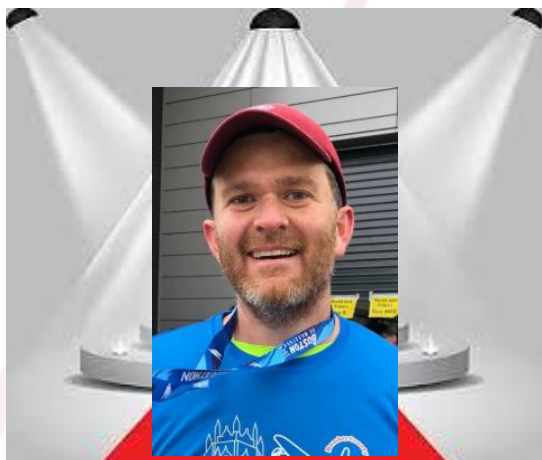
Alternatively, these revision guides can be purchased on websites such as Amazon or directly from the publisher.

| Item Description   | Price  |
|--|--------|
| Pearson REVISE Edexcel GCSE Maths (Higher): Revision Guide     | £5.51  |
| Pearson REVISE Edexcel GCSE Maths (Foundation): Revision Guide | £5.51  |
| Pearson REVISE Edexcel GCSE Maths (Higher): Workbook           | £5.51  |
| Pearson REVISE Edexcel GCSE Maths (Foundation): Workbook       | £5.51  |
| Oxford Revise AQA GCSE Biology (Higher)                        | £5.59  |
| Oxford Revise AQA GCSE Chemistry (Higher)                      | £5.11  |
| Oxford Revise AQA GCSE Physics (Higher)                        | £5.11  |
| Oxford Revise: AQA GCSE Combined Science Higher                | £10.43 |
| Oxford Revise: AQA GCSE Combined Science Foundation            | £11.51 |
| Macbeth: York Notes for GCSE                                   | £5.98  |
| An Inspector Calls: York Notes for GCSE                        | £5.98  |
| Dr Jekyll and Mr Hyde: York Notes for GCSE                     | £5.98  |

The library also has copy of each of these resources available for students to use in school. The library is open to students before and after school as well as at break times for independent study.

## GENERAL NOTICES

### Staff in the Spotlight!



MR. M MCCUTCHEON  
TEACHER OF MATHS

**What is your favourite holiday destination and why?**

Mauritius, the beach and Nutella crepes... though I would like to go to Costa Rica one day

**Tell us something interesting about yourself.**

I've lived in 6 countries (but sadly I can only speak 1 language!)... and had a lot of jobs from Opta Sports Stats to the Civil Service... but teaching is best!

**What do you love about working in a school?**

Every day is different and exciting! A school offers so much opportunity.

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

Nelson Mandela, he lived in the same neighbourhood as me, but I never got to meet him, despite going to school with his grandson.

### Sparx Update | Mr Secker

#### WEEK 19 Sparx Maths

Total hours spent on Sparx this year

5,588 hrs

Number of questions answers correctly

334,548

XP Champions THIS YEAR  
31/01/25

| Name        | Year | Total XP |
|-------------|------|----------|
| Mithun R K  | 9    | 46,407   |
| Da Vinci T  | 8    | 35,138   |
| Ana Paula C | 9    | 26,253   |
| Miu Miu M   | 7    | 24,938   |
| Samayrah K  | 9    | 23,350   |
| Chris J     | 8    | 21,734   |
| Nedia D C S | 8    | 21,352   |
| Sabella O   | 7    | 21,121   |
| Ahmed M     | 11   | 19,560   |
| Simrah H    | 7    | 19,452   |

XP Champions for ALL TIME  
31/01/25

| Name          | Year | Total XP |
|---------------|------|----------|
| Ana Paula C R | 9    | 293,007  |
| Da Vinci T    | 8    | 255,138  |
| Isabelle H    | 9    | 189,953  |
| Jack C        | 9    | 166,721  |
| Klea L        | 9    | 156,821  |
| Hajira R      | 11   | 134,652  |
| Kryspin B     | 10   | 126,228  |
| Ahmad R       | 9    | 105,605  |
| Shehar B      | 10   | 101,518  |
| Mathila H     | 10   | 98,403   |

XP Champions for LAST WEEK

| Name          | Year | XP POINTS |
|---------------|------|-----------|
| Joao Miguel B | 11   | 1,775     |
| Earl D        | 11   | 1,645     |
| Rashiba J     | 10   | 2,540     |
| Saidal S      | 10   | 1,609     |
| Jameeka C     | 9    | 2,771     |
| Samayrah K    | 9    | 2,588     |
| Leighton B    | 8    | 2,518     |
| Gunjan L      | 8    | 2,402     |
| Maria R       | 7    | 3,775     |
| Miu Miu M     | 7    | 2,475     |

Well done!

Keep up the good work

**What is your favourite meal?**

Hotel buffet breakfast

**What is your favourite film?**

Kenneth Branagh's Hamlet (full 4-hour version!)

**What is your favourite book?**

Poisonwood Bible by Barbara Kingsolver

**What is your star sign?**

Sagittarius

## GENERAL NOTICES

### Careers | Miss Manns

I am so proud of our Y11 students and how they presented themselves and the school during their mock interviews on yesterday.

Each of our Y11 students had the opportunity to be interviewed by a local business person for 10 – 15 minutes to help develop their interviewing skills for their next steps, whether that be a part time job or applying for an apprenticeship following their GCSEs. Several of the volunteers commented that they were amazed at the variety and depth of talent within the students, which just confirms how amazing we already know our students are!

Our next mock interviews will be taking place on 3<sup>rd</sup> April for our Y10 students in preparation for the work experience later this academic year. If you would like to be involved in this event, please express your interest via [careers@gfcs.uk](mailto:careers@gfcs.uk)



For lots of useful information regarding careers, please click:  
**[OxLep Picks of the Week](#)**

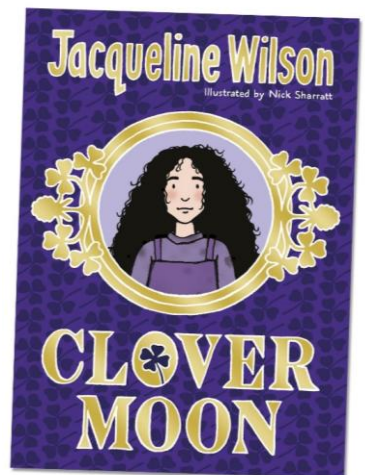


### Book of the Week | Review by Lian G

#### Clover Moon by Jaqueline Wilson

Set during the Victorian Era, you focus on the life of a headstrong and compassionate girl living in a rather dreadful household, our very own protagonist, Clover Moon. The book follows a storyline of life hurling things straight at her, moments of heartbreak and fear but also hope and perhaps a chance at found family.

It's a wonderful message about life and how you can stay true to yourself even when the universe seems to be against you. That someone will always be in your corner.



## GENERAL NOTICES

### The Power of Attention in Learning | Mr Dingley

At Greyfriars Catholic School, we know that one of the most important ingredients for success in the classroom is *attention*. Learning isn't just about showing up—it's about actively focusing on the task at hand, listening carefully, and thinking deeply. When students give their full attention, they absorb more information, make connections between ideas, and strengthen their understanding. In contrast, distractions—whether from daydreaming, chatting, or technology—can break the flow of learning and make it harder to retain key knowledge.

#### How Do We Maximise Attention in Lessons?

- ❖ **Clear Routines:** Teachers set high expectations so students know when to listen, when to discuss, and when to work independently.
- ❖ **Active Engagement:** Strategies like questioning, quizzing, and mini whiteboard tasks keep students thinking and participating.
- ❖ **Paced Lessons:** A good lesson has a purposeful pace—fast enough to maintain focus but steady enough to allow deep thinking.

#### What Can Students Do to Improve Attention?

- ❖ **Minimise Distractions:** Keep phones away and focus on the teacher's instructions.
- ❖ **Train Their Focus:** Make a conscious effort to stay engaged, especially when learning feels challenging.
- ❖ **Get Involved:** Answer questions, take notes, and test their own understanding—active learning leads to better retention.
- ❖ Attention is like a muscle—the more we train it, the stronger it gets. By developing great focus in lessons, students give themselves the best chance of success, both in school and beyond.

### Cars and Parking at Greyfriars

#### Greyfriars Drop-off and Pick-up

If you drop off or collect your child/ren from school, access to the school driveway will not be permitted between 8.15am and 8.45 and between 3.00pm and 3.30pm. The access road is too small for the large numbers of cars trying to park and turn around. This is a risk to safety for our students.



#### Florence Park

If you drop off or collect your child/ren from Florence Park, please be very careful when turning your car around. There have been lots of near misses. Please avoid parking on the road by Florence Park. Do note, there are double yellow lines and waiting here is prohibited. Turning in this area is dangerous for our children and for the community. This is a cycleway for our children and the public. There is a genuine risk of serious injury if you park or turn here. Please help ensure the safety of our students.



## 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](mailto: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](mailto:f.easton@gfcs.uk)

## GENERAL NOTICES

### Dates for your Diary

- 4 February | Year 8 HPV Immunisations
- 6 February | KS5 Parent Consultation Evening
- 10 February | Year 13 Exam Stress Workshop
- 10 February | Lemongrass Horizons Trip
- 11 February | Safer Internet Day
- 11 February | Banbury Bodyshop Horizons Trip
- 12 February | Made in Oxford Business Trip
- 17 – 21 February | Half Term



### 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](mailto: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](mailto: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!

SCAN FOR MORE INFORMATION

To register your interest please scan the QR code or email [OCD-empower@psych.ox.ac.uk](mailto: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!)



## 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](mailto:enquiries@connectionsupport.org.uk)
- ☎ 01865 711267
- 🌐 [connectionsupport.org.uk](http://connectionsupport.org.uk)



Drop-in details:

Visit our website to download the referral form



**Connection Support**

**FACE** February 2025  
Newsletters

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](http://facefamilyadvice.co.uk) [info@facefamilyadvice.co.uk](mailto: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

SCAN FOR MORE INFORMATION

SUBJECTS INCLUDE

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



[WWW.OXFORDHEALTH.NHS.UK/CAMHS/OXON/SIR/WEBINARS](http://WWW.OXFORDHEALTH.NHS.UK/CAMHS/OXON/SIR/WEBINARS)

## 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](mailto:donna@oxfordhub.org)

**Oxford Hub**  
[oxfordhub.org/parent-power](http://oxfordhub.org/parent-power)



## LOCAL EVENTS AND OPPORTUNITIES

No Literacy Programme funded by



### 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](mailto:youngpeoplesupport@autismoxford.org.uk)

Working together to deliver the best for our communities, our people & the environment

MISSION VISION VALUES

Outstanding care by an outstanding team

| Caring | Safe | Excellent |

PAY NOTHING 'TIL February



PLUS NO JOINING FEE


let's do MORE

### Barton & Ferry Leisure centre

Join now and save over £20 on our "Join now pay nothing till 1<sup>st</sup> February" offer.

We also offer a "free trial lesson"! If you're unsure about committing, and would like to try any of our swimming lessons before signing up, please book a Free Trial lesson.

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



NHS Oxford Health

## 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<br>12PM - 1PM ONLINE                                 |
| FEB 07 | PARENTING EMOTIONS<br>12PM - 1PM ONLINE                            |
| MAR 07 | COFFEE MORNING<br>10PM - 1PM BANQUET - LOCATION SHARED WHEN BOOKED |
| APR 04 | SUPPORTING THROUGH EXAM STRESS<br>12PM - 1PM ONLINE                |

TO REGISTER FOLLOW THE LINK OR QR:



[www.oxfordhealth.nhs.uk/camhs/youngpeoplesupport/oxon/walk/](https://www.oxfordhealth.nhs.uk/camhs/youngpeoplesupport/oxon/walk/)

# 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](mailto: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](http://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](mailto: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](mailto: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!

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

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

- 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](http://www.oxford.gov.uk/youthambition) | [@oxfordyouthambition](https://twitter.com/oxfordyouthambition) | [oxfordyouthambition](https://facebook.com/oxfordyouthambition)  
[youthambition@oxford.gov.uk](mailto: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

