

Weekly Newsletter

Friday 28th February 2025 | Issue 20

Dear Greyfriars Families

This week, we have been reflecting on the powerful messages in the Gospel: *'Be merciful.'* (Luke 6:27-38) At Greyfriars, we often talk about the ripple effect — how our actions, big or small, spread good or harm into the world. Mercy is one of the greatest ripples we can create. It is about choosing kindness, even when it is difficult. As we prepare for Lent, this is the perfect time to refocus on what really matters.

Lent isn't just about giving things up. It is about becoming better people through prayer, fasting, and almsgiving. Making sacrifices help us to re-focus our mind; I know our Muslim brothers and sisters also experience this re-focus during Ramadan, which starts this weekend.

Lent is a time to ask ourselves: How do we show care and mercy in our daily lives? Who around us is struggling, and how can we help? What small acts of kindness can we commit to that will make a lasting difference? This period of renewal prepares us for the year ahead with a sense of the connection we have to our community.

In term 4, our focus on Catholic Social Teaching is on The Preferential Option for the Poor: this calls us to see those who are often overlooked — not just those struggling financially, but those who feel lonely. It compels us to think about what we can do to support our community.

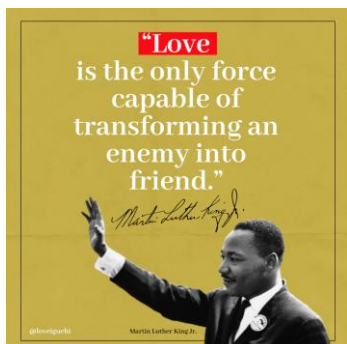
As we move through this season of Lent, let us all think about what kind of ripple we want to create. Together, our small acts of mercy can transform the world around us.

With every blessing

Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel Luke 6: 27 - 38



Jesus said to his disciples: to you who hear I say, love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. To the person who strikes you on one cheek, offer the other one as well, and from the person who takes your cloak, do not withhold even your tunic. Give to everyone who asks of you, and from the one who takes what is yours do not demand it back. Do to others as you would have them do to you. For if you love those who love you, what credit is that to you? Even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? Even sinners do the same. If you lend money to

those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, and get back the same amount. But rather, love your enemies and do good to them, and lend expecting nothing back; then your reward will be great and you will be children of the Most High, for he himself is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful. Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven. Give, and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you

Reflection

Jesus's call to "love your enemies" and to "give to everyone who asks of you" is not optional. He states it quite bluntly. Jesus is well aware that loving enemies might feel impossible, but this is why he became man: not to leave us as we are, but to transform us into men and women capable of a greater love, the love of God. This is the love that Jesus gives to those who 'hear him.' Thus it becomes possible! With him, thanks to his love, to his Spirit, we are able to love even those who do not love us, even those who do us harm.

Dear God, when we take an honest look at ourselves and an honest look at what Jesus taught, we sense the distance between our lived experience and who you've called us to be as your sons and daughters. But Your love is what makes real change possible. It's Your love that has saved us, redeemed us, and calls us righteous when we've done nothing to deserve it. And it's Your love that we are called to offer to those who have caused us pain. We have been called to forgive as we have been forgiven. Give us a renewed understanding of what it means to be forgiven by You, a righteous and holy God and help us, in turn, to offer that forgiveness to others. Amen.



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

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

GENERAL NOTICES

England Women vs Spain Women – A Memorable Experience |

Mr Dunne

On Wednesday, a group of 49 enthusiastic girls from Years 7 to 10 had the incredible opportunity to attend the England Women's exciting match against Spain at Wembley Stadium. This trip was organised with the goal of promoting women's football within our school and showing our students what the sport looks like at the highest level.

The aim of the trip was to inspire our girls and encourage them to get involved in football by witnessing the talent, passion, and excitement of the game at such a prestigious event. It was an unforgettable experience for the students, who had the chance to see some of the country's top athletes in action.

The atmosphere at the stadium was electric, and the girls were particularly thrilled to witness Jess Park's fantastic goal, which was a standout moment of the match. Additionally, Lioness' goalkeeper Hannah Hampton made some tremendous saves that had the crowd on their feet, showcasing her world-class skills.

But it wasn't just about the football – the girls also had a blast joining in with the crowd at full-time to sing "Sweet Caroline," adding to the sense of camaraderie and celebration that filled the stadium. The trip was a huge success, and our girls left Wembley inspired and motivated by the level of play they had seen. Many of them have expressed a keen interest in seeing more women's football in the future, with several already asking if another trip to Wembley can be arranged. I am excited to announce that plans for another trip are currently in the pipeline!

This experience was a fantastic opportunity for our students to engage with women's football in a way they won't forget, and we look forward to seeing more girls getting involved in the sport here at school with the launch of **Girls Football Club**, beginning on:

Monday 3rd March from 3:15 - 4:15pm

All abilities welcome!



GENERAL NOTICES

evenHaus Trip (formerly IBIS) | Dr Rogers

Year 8 Careers Trip to Wallingford Construction Site: Exploring Pathways in the Construction Industry

As part of the 'Horizons Programme,' five of our Year 8 students had the exciting opportunity to visit a live construction site in Wallingford, where a new community café is being built. This visit offered an invaluable insight into the world of construction and the many different careers involved in bringing a project to life.

We were fortunate to be guided through the site by Drew Jefferies, the Director of Ibis Construction. Drew took the time to explain the entire process of managing a construction project, from its initial concept to the final stages before it is signed off. Students learned about the essential roles involved, including the planning application, quantity surveying, and groundworks — which we were able to observe first-hand as the work was being carried out.

The experience highlighted the importance of teamwork and communication in the construction industry, with various skilled trades working together to turn a vision into reality. Students also discovered the range of career opportunities available, from project managers and surveyors to builders, electricians, and more.



We would like to extend our heartfelt thanks to Drew Jefferies and his team for generously giving their time to help our students explore potential career pathways.

This trip has certainly sparked interest and opened up exciting possibilities for the future of many students!

GENERAL NOTICES

Staff in the Spotlight!



Ms L Caldwell | Headteacher

Tell us something interesting about yourself.

I used to do a lot of endurance sport -- a lot of marathons, swimming and running, and I am also an Ironman. I would really like to swim the English Channel...

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

Angela Carter. She is a writer. I think she would be great fun.

Do you have a Pet?

I have a miniature Schnauzer called Bonnie. I never really thought I would have a dog, but my daughter persuaded me. I love the dog and I am constantly surprised by this.

What is your favourite book?

I have several favourite books (well I am an English teacher!). One Hundred Years of Solitude, by Gabriel Garcia Marquez is a perfect and complete book. Emile Zola's Rougon-Macquart series show the gritty realism of 19th Century working class. I also love Grief is the Thing with Feathers, Hamnet, Madame Bovary -- there are just too many to mention AND I haven't even noted poetry!

Book of the Week | Review by Lian G

Killjoy-Holly Jackson

The short prequel to the beloved 'A Good Girl's Guide to Murder'. It's certainly a fun read and it captures quite a few pop references. You follow Pip as she's invited to a fun murder mystery game night with her friends. You piece things together as the story moves along and follow Pip's predictions.

If you're a fan of the board game 'Cluedo' you'll definitely enjoy this read. Even better if you like the movie 'Clue'. The humour is refreshing and you'll struggle to put the book down once you pick it up!



What is your favourite holiday destination?

Greece or France

What is your favourite meal?

I love French food.

What do you love about working in a school?

There is a deep joy working in a school. I haven't ever felt bored and I laugh every single day. I also think it is a real privilege to be part of the lives of children and families. I don't think there is a better place to work than a school! Teaching is the best job in the world.

Is there anything else you would like to add?

Go Team Greyfriars!

GENERAL NOTICES

Astroturf

We are really pleased to let you know that the Astroturf pitch is scheduled to open earlier than expected – next week! It looks amazing and we're excited to start making full use of it!



YES ✓	YES ✓	YES ✓	NO ✗	NO ✗
Studs (moulded)	Plastic Studs / Screw In (screw in less than 15mm)	Astro Turf Trainers	Blades or Boots with metal or metal tipped studs	Flat Soled eg. Trainers etc.
				
		NO ✗ Dimpled eg. Specialist hockey shoes		
				

Please note that your child will need Astroturf trainers or turf football boots – see the picture below for examples of the shoes that will be permitted. Students wearing the incorrect footwear will not be permitted on the Astroturf.

Message for KS4 | Mr Strachan

A brief message from me today, but one filled with admiration and pride! Today, I had the pleasure of visiting all the Year 10 Form Classes to share that I have been truly impressed by how fantastic they have been at the start of this half-term. Their excellent behaviour, dedication, and focus in lessons this week are shining through, and they are setting a wonderful example by wearing their uniforms smartly and earning well-deserved achievement points across the school.

A special mention must go to a group of Year 10 students who represented the student body in discussions with the Governors about the Catholic ethos of our school. A particular shout-out to Tavonga (10JM), who spoke so eloquently and beautifully expressed the mission of our school - what an incredible ambassador! Year 10 is truly embracing the Greyfriars way, guided by their exceptional Form Teachers, Miss Manns, Mr Cunningham, and Mr Mulvany. A huge congratulations to all - keep up the tremendous work!

Meanwhile, our Year 11s have completed the first of two weeks of PPEs (Mock Exams) with such impressive maturity. Their commitment to doing their best is evident, and we are all hopeful that their hard work will be reflected in their results. Exam season can be challenging, but it is heartening to see them approaching it with courage, determination, and belief in themselves. We wish them every success as they continue striving to be the very best versions of themselves.

Keep going, everyone - you are making us incredibly proud!

GENERAL NOTICES

Congratulations!

A huge congratulations to Mr. Masterson on his appointment as Headteacher at Blessed George Napier, Banbury, starting in September!

While Greyfriars will certainly miss him, we are confident that he will thrive and achieve great success in his new role.

WELCOME
to
THE
LIBRARY

Hello fellow
readers!

IT IS FINALLY HERE!

**Library News | Miss Brett****Greyfriars Literary Festival**
3rd-14th March 2025

**READ YOUR WAY,
BE INSPIRED!**



This year's Literary Festival is all about **WHAT** you like to read and **HOW** you like to read. We hope that you take this opportunity to explore different genres, formats, and media to discover your new favourites. Come to the library and begin your new reading adventure!

We have lots of exciting activities planned, including quizzes, staff panels, art and writing clubs, and lots of great poetry. There will be some exciting talks and workshops, including one from the one and only Paterson Joseph! Come along to the library and see what's on for the next two weeks, take part and you might even win a prize!

Also, let's not forget WORLD BOOK DAY on 6th of March! All students should have received their book tokens and can come to the library to exchange it for one of the WBD books! Alternatively, you can use them (one token per person) to have a discount on other books during the Usborne book fair on Monday 3rd of March.



I would also like to highlight some internal and external competitions: Writing and Illustrating competitions; Design a National Book Token; Beyond Boundaries (science) Art Competition, and Jubilee: Pilgrims of Hope Competition. Take part and you might win some amazing prizes.

I am very excited and hoping to see you all in the library next week! That's it for now. Until next time...

GENERAL NOTICES

Catholic Life News | Mr Greer



Sparx Update | Mr Secker

WEEK 22 · Sparx Maths

Total hours spent on Sparx this year

6,495 hrs

Number of questions answers correctly

391,568

XP Champions THIS YEAR 28/02/25

Name	Year	Total XP
Mithun R K	9	49,407
Da Vinci T	8	38,138
Ana Paula C	9	31,653
Miu Miu M	7	30,388
Samayrah K	9	30,350
Chris J	8	23,734
Nedia D C S	8	23,652
Sabella O	7	23,421
Ahmed M	11	22,160
Simrah H	10	21,752

XP Champions for ALL TIME 28/02/25

Name	Year	Total XP
Ana Paula C R	9	295,007
Da Vinci T	8	257,138
Isabelle H	9	192,953
Jack C	9	167,721
Klea L	9	157,321
Hajira R	11	137,652
Kryspin B	10	129,228
Ahmad R	9	105,605
Shehar B	10	101,518
Mathila H	10	101,403

XP Champions for LAST WEEK

Highest average XP per student:
10a/Ma3 (783 XP)

Name	Year	XP POINTS
Lewis S	11	5,775
Shania E	11	2,645
Ayden M	10	2,540
Kryspin B	10	1,609
Ana Paula C	9	3,071
Samayrah K	9	2,788
Ayesha J	8	2,018
Da Vinci T	8	1,202
Rosin G	7	3,075
Miu Miu M	7	1,675

Reached a new XP Level:
60 students

Well done!

Keep up the good work

Catholic Life Ambassadors have been busy this week! We had a lovely visit from our Governors on Thursday morning. Many students were eager to meet them and share about what they love about our school. They helped to comment on the Catholic character of all that we do and why it's meaningful to them. They also eagerly explained some of our future plans for the school's Catholic Life.

They also helped clean and prepare the Chaplaincy Room for students to use. This was a massive effort - I couldn't have done all of the organising without them! They even set up a display that includes rosaries donated by the Catenian Rosary Group.

We look forward to teaching students how to pray the rosary this spring!

GENERAL NOTICES

Careers | Miss Manns

Careers Fest Parents/Carers Session

Careers Fest returns for 2025 and is set to not only connect young people with some of Oxfordshire's best employers – but highlight significant career pathways available in the county – with a separate session targeted at parents and carers. This will take place on 19th and 20th March 2024 at The Kassam Stadium, with a **'twilight' session for parents and carers on 19th March from 16:00-19:00**. For more information and to register: [Click here](#)



Year 10 Mock Interviews

These will be taking place on 3rd April 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

For lots of useful information regarding careers, please click:

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

Sixth Form News | Mr Shaw

UCAS Discoveries Trip

On the 24th of March, we will be taking Year 12 students to UCAS Discoveries at the London ExCeL Centre. The event will provide an opportunity to:

- ❖ Speak to universities and colleges about courses and university life
- ❖ Meet with employers and apprenticeship providers to learn about apprenticeships and available options
- ❖ Consult with qualified careers advisers about their future pathways
- ❖ Attend talks from experts in their fields
- ❖ Connect with UCAS experts for dedicated support and guidance on your options



We are excited to offer this opportunity and are looking forward to sharing this opportunity with the Y12s. To book your child's place please go to your ParentPay account.

GENERAL NOTICES

Sparx Reader Champions | Miss Moss

Well done to everybody in KS3 on their reading adventures!



This week's Sparx Champions

	Boy	Girl
Year 7	Alex	Anne Marie
Year 8	Ayesha	Da Vinci
Year 9	Diogo	Phoebe

All time Sparx Champions

	Boy	Girl
Year 7	Abdullah	Anne Marie
Year 8	Da Vinci	Kamzi
Year 9	Jesse	Phoebe

End of Term Message for Year 7 | Mr Weedon

I have been visiting lessons again this week. In Miss Reddy's class, it was fantastic to see so many of our students engaged and excited about maths throughout the lesson - lots of achievement points were given out. Miss Nash's history class is always fun to visit. Our children are always so engaged and ask lots of questions. When I asked a question, it was answered by our students.

I was also lucky enough to go on the Wembley trip this week. It was great to have so many Y7 girls involved. We are excited to be running a football club for girls starting from next week.

DEADLINE!

Today is the deadline to pay the deposit for the Hill End Trip! I would love to see as many of my students there as possible. Please do sign up if you can!

Achievement Points

Year 7 has the most achievement points of all the year groups this week with.....

1232

We are leading by over 250 points – well done!

I am extremely proud of the efforts of all students.

GENERAL NOTICES

Revision Tips for Success: Working Smart for Lasting Learning | Mr Dingley

At Greyfriars Catholic School, we believe that effective revision is the cornerstone of academic success. With exam season on the horizon, we want to share some practical revision tips designed to help you consolidate your learning and maximise every study session.



Active Revision Techniques

Active revision means engaging directly with your material rather than just re-reading your notes. Techniques such as summarising information in your own words, teaching concepts to a friend, or discussing key ideas in class can deepen your understanding. One proven method is retrieval practice—regularly quizzing yourself on what you’ve learned reinforces your memory and highlights any areas needing extra attention.

Spacing and Pacing Your Study

Rather than cramming, try to space your revision over several days. Breaking your revision into manageable chunks allows your mind time to consolidate new knowledge and reduces the stress of last-minute study marathons. A well-planned revision timetable that paces your learning, with regular breaks, can make a significant difference.

Making Use of Classroom Tools

Don’t forget the value of the tools provided in class. Every student at Greyfriars has their own mini whiteboard integrated into their planner—a fantastic resource for quick quizzes and note-taking. Using your mini whiteboard during revision can help you write down key points, test your recall, and check your answers instantly. Remember to bring it and a working whiteboard pen to every lesson, so you’re always ready to engage actively with your work.

Speaking Your Revision

Oral revision is another excellent strategy. Techniques like I Say, You Say and choral responses, which you experience in lessons, can be very effective when applied to your home study. Speaking out loud helps clarify your thoughts and reinforces your learning, turning passive revision into an interactive process.

By integrating these strategies into your revision routine, you’ll be well-prepared for your upcoming assessments. Remember, success isn’t just about hard work—it’s about working smart. Best of luck with your revision!

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 18th March 2025**

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

3 – 7 March | Year 12 Work Experience Week

3 March | Lemongrass Careers Trip

3 – 14 March | Greyfriars Literary Festival

4 March | Shrove Tuesday

5 March | Ash Wednesday

5 March | Year 1 Cambridge University Trip

6 March | World Book Day

6 March | Year 10 Parent Consultation Evening



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! 



SEND TOGETHER

A DAY FOR PARENT CARERS TO CONNECT, SHARE AND LEARN

**THURSDAY
13TH MARCH
9AM - 3PM
THE KINGS CENTRE,
OX2 0ES**

- Workshops and Information Sessions
- Panel Discussion and Q&A
- SEND Advice Clinics
- SEND Marketplace

FOR REGISTRATION OR MORE INFO: WWW.TINYURL.COM/SENDOGETHER

A LOCAL AREA PARTNERSHIP EVENT

BOB  **OXFORDSHIRE COUNTY COUNCIL** 

MySpace

A weekly online creative wellbeing group for 12 to 14 year olds experiencing Emotionally Based School Avoidance



Starting September 2024
Time and day TBC with group

Express interest by filling in our online form:
www.ark-t.org/refer-someone-to-us
or call Vanessa on 07388 092590
Supported by Well Together

ARK·T
Creativity Changes Lives 

Blackbird Leys COMMUNITY LARDER

Oxford Hub Working together to build a better Oxford

What is a community larder?

A membership programme that provides:

- Access to utility discounts and social tariffs.
- Local business discounts
- Little larder club
- Meet new people in a friendly environment.

Who can join? Anyone who wants to prevent food waste and save money. It is not means tested.

Where does the food come from? A Didcot based charity, providing surplus food, training and opportunities to young people and organisations.

£10 P/YEAR ANNUAL JOINING FEE + **INDIVIDUAL MEMBERSHIP FROM £3.50 P/WEEK** + **FAMILY MEMBERSHIP FROM £7 P/WEEK**

An individual membership provides: up to 10 items of non-perishables (paste, tins etc.) per week plus free fruit and vegetables. A family membership is twice as much.

We offer hot drinks in our back room to all members and volunteers, this is from around 12:50.

Want free food and a bunch of other benefits?
Sign up today!
www.sofea.uk.com

COMMUNITY LARDER 

Multaka Oxford Club


Welcome to this friendly, supportive new club.




Meet new people
Practice your English
Find out more about your local community
Share skills and ideas
Find out about volunteering and visit the museums

"A place to discuss, learn and share ideas"
Thabo, Multaka volunteer

**Every Tuesday (starts 5th December)
14:00-15:30
Oxford Hub,
Windale Avenue, Oxford
(see other side for directions)**


Come along and say hello.
Any questions or for more information call Sarah
07729 290462 / email sarah.levete@glam.ox.ac.uk



HISTORY OF SCIENCE MUSEUM  **Multaka**  **Pitt Rivers Museum** 

Multaka Oxford Club

We are in the Oxford Hub, next to Windale Primary School, Windale Avenue OX4 6JD

Oxford Hub Follow the signs for Oxford Hub. Then go through the gate.

We look forward to seeing you.

Multaka Oxford Club is a meeting point for people, cultures and ideas

LOCAL EVENTS AND OPPORTUNITIES

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

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

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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 FAMILY ADVISOR COMMUNITY RELATIONS

February 2025 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

Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am

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



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 |

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 10PM - 1PM BANQUET - LOCATION SHARED WHEN BOOKED
APR 04	SUPPORTING THROUGH EXAM STRESS 12PM - 1PM ONLINE

TO REGISTER FOLLOW THE LINK OR QR :



ONHS OXFORD HEALTH NHS FOUNDATION TRUST

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

DR. EAM ASPIRE

SATURDAY | 08 MARCH 2025 | 10.00 AM - 3.30 PM
Online Zoom Webinar

ARE YOU A YEAR 10-12 STUDENT CONSIDERING A CAREER IN HEALTHCARE?

Free outreach conference for Year 10-12 students!

- Talks from nurses, physiotherapists, doctors, and other healthcare professionals.
- Guidance on the university application process & work experience.

BWAMS Sign up at: <https://tinyurl.com/dream-aspire2025>

LOCAL EVENTS AND OPPORTUNITIES

SEN COFFEE MORNINGS!

Fortnightly coffee mornings for PARENTS of children with SEN (diagnosed/undiagnosed) and professionals.

Join us for a **FREE** talk presented by a guest speaker.

It's a time to relax, chat, share opinions & experiences, support each other, have a laugh or shed a tear, all over a cup of coffee.

NEXT SESSION
Thursday:
February: 13th, 27th
March: 13th, 27th
April: 10th, 24th

Location:
The Jungle, Templars Square (OX4 3XH)

“
DONNA@OXFORDHUB.ORG FOR MORE INFORMATION
”

8th-9th March
BIG
Open Weekend
Try our facilities for **FREE**

Leys and Barton Leisure centres have their **Big Open weekend** Enjoy **FREE** activities!

Come take a look around, try various activities and meet our fantastic team. We have FREE swim lesson taster session, gym classes and more, you don't need to be a member or have visited us before, bring friends and family with you!

Follow the links for more information:

Barton Leisure Centre: [Welcome](#) | [Barton Leisure Centre](#) | [Gym](#) | [Swim](#) | [Fitness](#)

Leys : [Welcome](#) | [Leys Pools and Leisure Centre](#)

Thursday:
February: 13th, 27th
March: 13th, 27th
April: 10th, 24th

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
07786 114 390 | northampton@cafod.org.uk

CAFOD Catholic Agency for Overseas Development

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 - 9pm
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 - 9pm (12-18yrs)
Barton Neighbourhood Centre

www.oxford.gov.uk/youthambition | @oxfordyouthambition | #oxfordyouthambition
youthambition@oxford.gov.uk | 01865 252728

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 - 5pm
Oxford City Community Arena
Marston

Bowling Session
Friday 1pm - 5pm
OMAA, Templars Square

BBL Friday Multi-Sport Session
Friday 6pm - 7.30pm (11-18yrs)
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 | #oxfordyouthambition
youthambition@oxford.gov.uk | 01865 252728

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



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