

# Weekly Newsletter

Friday 3<sup>rd</sup> October 2025 | Issue 4

Dear Families

Our Monday assembly began with the story of the rich man who ignored the poor man at his door. The parable is a sharp reminder of the importance of compassion, generosity, and the responsibility we have to see those in need around us. It is not enough to pass by; discipleship means recognising the dignity of every person and acting for the Common Good.

It is hard to believe that this newsletter covers only four days of school life, because so much has happened in such a short space of time.

- ❖ **Alumni Event:** We welcomed back former students who generously gave their time to speak to our current Sixth Form about their experiences since leaving the school. Their stories of university, apprenticeships and early careers inspired our students and gave a real sense of possibility for the future.
- ❖ **Catholic Life Ambassador Commissioning:** Our new Ambassadors were commissioned in a beautiful service, supported and blessed by those who have gone before them. With over 150 ambassadors now in school, it is wonderful to see so many young people leading by example.
- ❖ **Whole School Mass:** The Feast of St Francis is one of the most significant days in our school calendar, and our whole school Mass is the only time we gather together indoors as one community. The logistics of arranging so many chairs is no small feat, but it is worth every effort. I was especially moved by the participation of so many students; over 100 had roles, from reading, to serving, to music, to ushering. Our Jubilee Pledge, where students commit themselves to making the world a better place, was particularly powerful and moving.
- ❖ **Open Evening:** On Thursday, we welcomed families into our school. It is always a joy to share the beauty of our community and to showcase the Greyfriars Way. What moved me most was the number of students who gave up their evening to act as guides, helpers and speakers. They radiated happiness and pride in their school, and I could not be prouder of them.



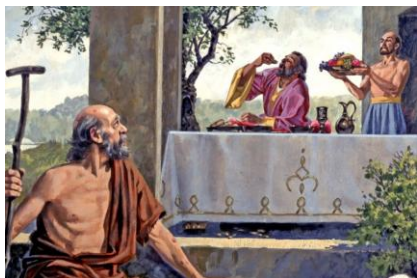
It has been a busy, joyful, hope-filled week. Thank you, as always, for your support and for walking this journey with us as a Greyfriars family.

With every blessing for a happy weekend

Lyndsey Caldwell  
Headteacher

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

### Gospel - Luke 16: 19-31



<sup>19</sup> “There was a rich man who was dressed in purple and fine linen and lived in luxury every day. <sup>20</sup> At his gate was laid a beggar named Lazarus, covered with sores <sup>21</sup> and longing to eat what fell from the rich man’s table. Even the dogs came and licked his sores. <sup>22</sup> “The time came when the beggar died and the angels carried him to Abraham’s side. The rich man also died and was buried. <sup>23</sup> In Hades, where he was in torment, he looked up and saw Abraham far away, with Lazarus by his side.

<sup>24</sup> So he called to him, ‘Father Abraham, have pity on me and send Lazarus to dip the tip of his finger in water and cool my tongue, because I am in agony in this fire.’ <sup>25</sup> “But Abraham replied, ‘Son, remember that in your lifetime you received your good things, while Lazarus received bad things, but now he is comforted here and you are in agony. <sup>26</sup> And besides all this, between us and you a great chasm has been set in place, so that those who want to go from here to you cannot, nor can anyone cross over from there to us.’ <sup>27</sup> “He answered, ‘Then I beg you, father, send Lazarus to my family, <sup>28</sup> for I have five brothers. Let him warn them, so that they will not also come to this place of torment.’ <sup>29</sup> “Abraham replied, ‘They have Moses and the Prophets; let them listen to them.’ <sup>30</sup> “‘No, father Abraham,’ he said, ‘but if someone from the dead goes to them, they will repent.’ <sup>31</sup> “He said to him, ‘If they do not listen to Moses and the Prophets, they will not be convinced even if someone rises from the dead.’”

#### Reflection

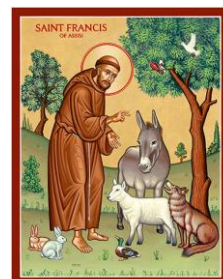
This week’s Gospel teaches the parable of the rich man and Lazarus, teaches about the importance of generosity, compassion, and living by God’s word, emphasizing that worldly wealth has no ultimate value in the afterlife and that ignoring the poor is a grave spiritual failing. The story describes a rich man who lived in luxury but neglected the poor beggar Lazarus, only to find their eternal destinies reversed after death. Abraham’s refusal to send Lazarus back to warn the rich man’s brothers highlights that those who ignore Scripture will not be swayed by a messenger from the dead, stressing the need to repent and heed God’s commands in life.

Prayer: (Happy Feast of St. Francis!)

*Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.*

*Saint Francis of Assisi, Pray for us.*

*Amen.*



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

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

## GENERAL NOTICES

### Catholic Life | Mr Greer

We had two lovely services this week. The first was the Catholic Life Ambassador Commissioning. Student leaders flooded into the Chapel to receive their dove badges and to mark the beginning of their leadership for this school year. Mr. Greer and Ms. Caldwell gave remarks, reminding students of the importance of their jobs, as fellow teachers of Catholic Life. What was most special was the blessings offered by older Catholic Life Ambassadors



-- they prayed for the new ambassadors, encouraging them in their new roles. We are excited to have 150 ambassadors on the team this year!



Our second service was our whole school mass, commemorating the Feast of St. Francis, who is very important to us as a Franciscan school. Students read, ushered, and set up the mass, making it a beautiful moment for the entire school.

It certainly would not have been possible without them! We wish you and your families a blessed Feast of St. Francis this weekend.

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

Well done to all our Year 10 and 11 students who supported families during our Open Evening - it was amazing to see so many of you speak in such a positive light about the school. Fostering our belonging for all students is key and it is really visible in Years 10 and 11.

November is a big month for Year 11; they will have their Mock Exams. These are vital for students to know where they are in their subjects. I urge you to ask your child about the upcoming exams and ensure they are fully focused for the task ahead. Over the next few weeks, our assemblies will focus on the mocks giving students more information. Parents will be updated via email.

Form	Weekly Points
11JM	930
11JS	887
11RHO	490



**Weekly Achievement  
Points**

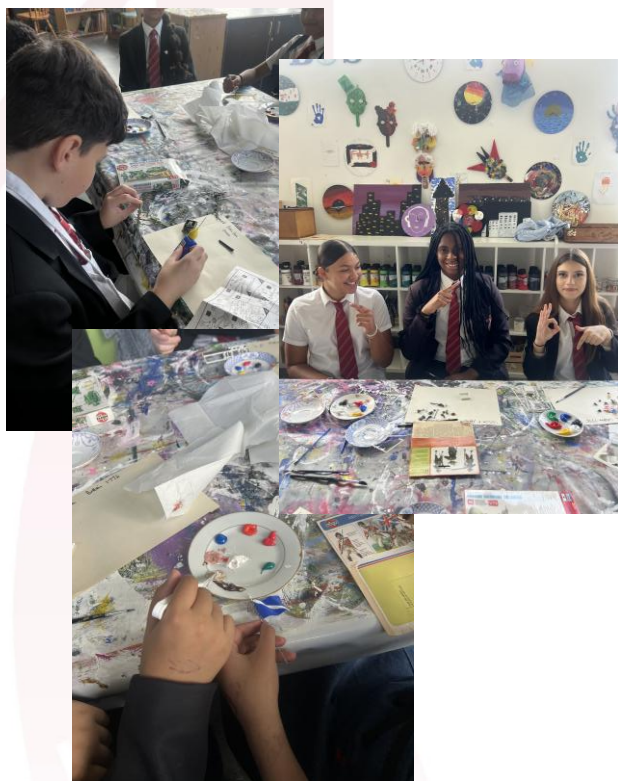


Form	Weekly Points
10MJ	704
10SA	623
10JOD	448
10CT	446

## GENERAL NOTICES

### History Models Club | Miss Nash

The newly formed Greyfriars History Models Club is off to a great start, with students painting Airfix model soldiers while learning about the historical periods they come from. They're now planning to build detailed background and environment models to bring their scenes to life.

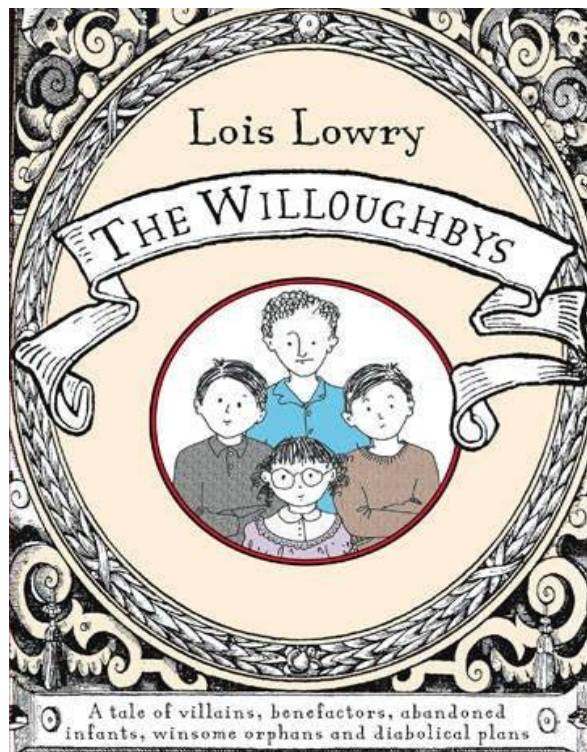


If you have any Airfix or historical model kits—complete, incomplete, or broken—we'd be very grateful for any donations, as students are also learning how to repair and restore them.

Thank you for your support!

### Weekly Book Review by Lian Gebana

**The Wolloughbys by Lois Lowry**



This is a rather mirthful novel which has been turned into a film for quite some time now. It's humorous albeit dark and action packed—also it seems to stray away from certain cliches that you might initially try to predict!

The book is filled with all sorts of bizarre (admittedly violent) tricks and clever ideas that the main children get up to against some unfortunately vile parents.

Certainly an exciting read especially when looking back on every implication first laid out.

## GENERAL NOTICES

**Message for Year 8 and Year 9 | Mrs Reddy**

What a brilliant Open Evening! A huge shout-out to our fantastic Year 8 and Year 9 volunteers who lit up the event with their energy, smiles, and genuine pride in being part of the Greyfriars community. You really showed visitors what makes our school such a special place. You did yourselves, your families, our students and staff proud!

The feedback was amazing, and it's all down to your enthusiasm and hard work. If you couldn't make it this time, don't worry, there will be plenty more chances to get involved.



Well done for representing our SEND department with Dr Rogers!

**Message for Year 7 | Mr Cunningham**

It has been a joyful week for year 7 at Greyfriars, culminating in some wonderful work from our student volunteers at our open evening on Thursday. Particular congratulations to Mia and Bella for speaking about their experiences of their transition into year 7 in front of our prospective parents.

Congratulations must also go to Nicolas who has had his short story published, not only in English but in Polish. I am looking forward to reading his next work, and maybe even see some published work in our library!

There have been lots of successes throughout the year, with 7BN achieving 1109 achievement points in the last week, with 7KR not far behind them on 999. Well done to Rugeisa who led the way this week with 39 achievement points.

 **St Frideswide Primary School**   
**Open Evening**

**Is your child starting school in September 26?**

Come and find out how St Frideswide Primary put nurture based practice into action, next door to Florence Park!

Join us for a presentation and tour with our Head on 8th October at 15:30 or 18:30 and explore our school at one of our open sessions: Monday 13th October 9.15-10.00 / Friday 17th October 9.15-10.00 / Monday 10th November 1.00 pm-1.45 pm / Friday 14th November 1.00 pm -1.45 pm. Book your place [here](#).

Thank you to all caregivers who attended Meet the Form Tutor evening, it was great to see you.

**Congratulations to all students with 100% attendance.** Thank you to the tutors for their ongoing support. Keep on striving to be a better version of yourself Y8 and Y9!

## GENERAL NOTICES

### Sixth Form News | Ms McCabe

#### Alumni

Sixth Form welcomed our wonderful Alumni into school last Friday to speak to our Y12 and Y13. We had ex-students training to be doctors, chemical engineers, event managers, physicists and pharmacists, as well as a student working in aerospace engineering. They shared their experiences with our current students on everything from how to use their time in sixth form to how to navigate their first year at University. Their messages were loud and clear: work hard, be organised and try not to worry so much! Students then had the opportunity to speak to our alumni individually at the end and gain priceless insights into specific courses, applications and career pathways.



This is only the second Alumni event and we look forward to seeing this grow each year, welcoming even more of our students back into school.

#### Debating

We held our first sixth form debate on Thursday based on the proposition '*this house believes freedom of speech is neither possible nor desirable*'. Teams on both sides presented excellent arguments but the team arguing that freedom of speech is fundamental to our society won, thanks to an excellent closing speech from Nifemi.



#### Environmental Leadership

A small group of our sixth form students have created an Environmental and Sustainability Society. These students have started working on projects around school to promote awareness and improve our school environment. They have taken on the regeneration of our sixth form Peace Garden and are busy designing the space and setting up fundraising. This is a really exciting project and demonstrates the power of student leadership. We cannot wait to share before and after photos at the end of the school year.

#### EPQ

We have around 20 students signed up for our EPQ qualification. Student projects range from essays on causes of criminal behaviour, to influences of the family, to musical performances and art projects. The EPQ is a powerful qualification for building independent research skills and gaining additional UCAS points for university application. Any students who missed the first session and are still interested, please see Ms McCabe or Mrs Brett.

## GENERAL NOTICES

### Library News | Miss Brett

# WELCOME to THE LIBRARY

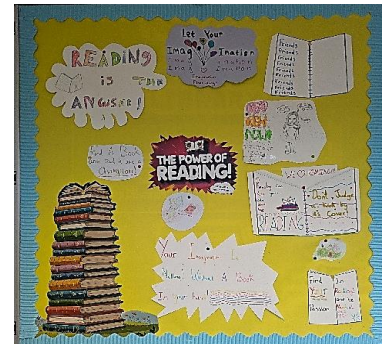
I have finally managed to immortalise our Lego King and his extraordinarily detailed crown. What a creation! I think we can all agree that the title is well deserved.



A Quiet Goodbye - edited  
I'm holding on because I still  
love you.  
I'm not afraid of the pain it'll cost  
me.  
It's not the pain I fear  
But what comes after  
Every tear in your eyes  
Makes me think twice.  
They say I'm brave  
But that can't be true  
Your braver because I know  
You'll come along with me.  
I wish you can see the battle  
face. The longer I stay I want to  
stay. I'm holding on to the last  
string, because life doesn't  
matter to me anymore.  
The constant battle in my mind  
And not a soldier left to fight.  
The feelings are drowning because  
a smile is all they see on the  
outside.

Hello fellow book lovers! What a week we have had.

First of all, look at our wonderful new display about the power of reading, created entirely by our Year 7 Students, who are all Student Librarians (yay!), and avid readers.



With great pleasure, I would like to announce that this week we launched our first after-school Book Club! When I say we - I mean one of our amazing Sixth Formers, who pitched me the idea, made the poster, and prepared the first session all on her own. That's a leader in the making!

Come and check out our displays, including: a book display for Black History Month, a 'Recommend a Spooky Book' board (for which we need more recommendations!), and a little corner for those who are inspired by poetry.



Additionally, we ran a well-attended Blackout Poetry workshop all throughout Thursday to celebrate National Poetry Day. We then read out our poems, and, wow – they're all lovely!



Screaming for help  
begging for an escape  
but the silence grows louder.  
  
Until it swallows me who is  
My dream finally sleeps,  
The last tear falls.  
The last string breaks  
And finally let go.  
And I say my quiet  
GOODBYE  
#B.

To further celebrate National Poetry Day, here's another wonderful poem from a very talented student in Year 11, Rebecca.

I would happily share more fantastic work by our wonderful students, but let's leave some for the coming weeks. In the meantime, thank you everyone for your contributions.

Continued on the next page...

## GENERAL NOTICES

### Library News Continued

Finally, here is the weekly Reading Championship update:

TERM 1 WEEK 4				
	Reading Champ		Tutor Group Reading Championship	
1	SU (9AS)	81	9AS	103
2	PL (10MJ)	47	7KR	72
3	AJ (9RCR)	19 ↑	8RM	63
4	BD (8RM)	16	7ALW	58
5	BV (9RSR)	15	10MJ	48

Well done, everyone!

Have a **READtastic** 😊 weekend!

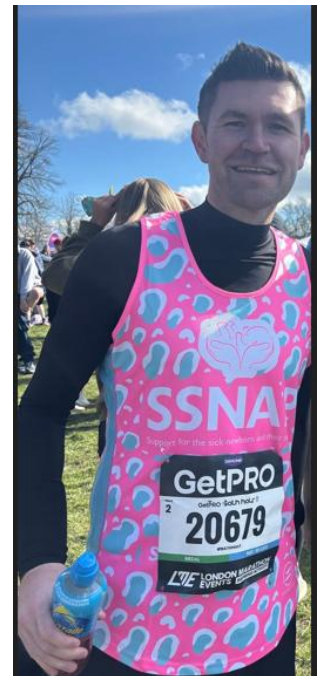
### Mr Masterson to Run Oxford Half Marathon for St Edmund's Charity

Mr Masterson will be lacing up his running shoes once again to take part in the Oxford Half Marathon on Sunday, 12th October. He's running in support of St Edmund's charity, which supports sick newborns, their parents, and those who care for them to flourish in times of hardship.

St Edmund has raised awareness for important causes such as Samaritans in the past and they continue their commitment to raising awareness and much-needed funds for the incredible work for SSNAP who are located at the John Radcliffe Hospital. Last year's efforts were a great success, and we hope the Greyfriars community can rally behind him again this year.

If you'd like to support Mr Masterson's run and contribute to the charity, donations can be made via his fundraising page:

[justgiving.com/page/sean-masterson-2](https://www.justgiving.com/page/sean-masterson-2)



Let's all wish him the best of luck as he takes on the 13.1-mile challenge for a truly worthy cause!



## GENERAL NOTICES

### Sparx Maths **WEEK 4**

Total hours spent on  
Sparx this year

996hrs

Number of questions  
answered correctly

60, 858

#### XP Champions THIS YEAR 03/10/25

Name	Year	Total XP
Miu Miu M	8	5,451
Ana Paula C	10	4,739
Samayrah K	10	4,462
Seerat S	7	4,220
Nora C	11	3,953
Chris J	9	3,874
Aminata J	9	3,621
Wissam B S	8	3,612
Sharon S	11	3,428
Isabelle H	10	3,329

#### XP Champions for LAST WEEK

Nora C	11	2,075
Angel A	11	1,945
Samayrah K	10	1,540
Progress O	10	1,309
Ivonia M	9	2,171
Aminata J	9	1,988
Miu Miu M	8	2,088
Wissam B S	8	1,952
Ludizio F	7	1,875
Raphael M	7	1,445
Nora C	11	2,075

## Greyfriars After School Clubs

September - December 2025

Clubs are for ALL year groups  
unless stated otherwise.

Clubs run from 3:15 to 4:15

<b>Monday</b>	Football (Years 7-11 mixed) Basketball (Years 10-13 mixed)	Mr Dunne Mr Roman
<b>Tuesday</b>	Basketball (Years 7-9 mixed)	Mr Roman
<b>Thursday</b>	Football (Years 12-13 mixed) Netball (Years 7-11 mixed) Volleyball (Years 7-13 mixed)	Mr Weedon Miss Kenneford Mr Ballance

Made with PosterMyWall.com

## GENERAL NOTICES

### Friends of Greyfriars (PTA)

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

6 – 8 October | Open Mornings (Appointment only)

16 October | PFMAC Concert

24 October | Last day of Term

27 – 31 October | Half Term

3 November | Term 2 begins

6 November | Catholic Life Ambassadors Youlbury retreat

10 – 14 October | Anti-bullying Week

11 October | Remembrance Service

13 November | Year 7 Parent Consultation Evening 4pm – 7pm

### Donations

If you wish to make a donation to the school please click on the link.

**DONATE**



### 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!

### 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.



**You Tube**

GENERAL NOTICES

*Save the date!*

**GREYFRIARS**  
**CHRISTMAS**  
*Fayre*

**6th DECEMBER 2025**  
**11:30AM - 2PM**

**JOIN US**

GREYFRIARS CATHOLIC SCHOOL  
ERICKET ROAD OXFORD OX4 3BR  
TEL: 01865 749933 OFFICE@GFCES.UK

# LOCAL EVENTS AND OPPORTUNITIES



**TECH & STEM CAMP**  
OCTOBER 2025  
WITH TAKE HOME INVENTIONS!

**GET READY FOR SPOOKY TECH FUN!**

Robots  
  
Inventions

Minecraft +LEGO  
  
Engineering

VR  
  
Tech Fun!

**Dragon School, OX2 6SS**  
Ages 5-11, 9 am - 4 pm daily  
£39.99 per day

Book now:  
[www.nextthing.education](http://www.nextthing.education)

5 days for only **£175** (save £25)

## OCTOBER HALF TERM 2025

What's on?

Different activity theme each day, please check website for your specific camps activities

  
**REVOLVING R•B•TICS**

  
**VR ENGINEERING**

  
**MYSTERY MINECRAFT**

  
**Spooky FILM MAKING**

  
**TERRIFYING TECH FUN**

**NEW Take Home Inventions**







**20th -31st October LIMITED SPACES**

**WHAT TO EXPECT:**

At Next Thing Education, our goal is to ignite curiosity, fuel creativity, and empower young minds for the future!

This October, children will explore micro-robots, video game design, LEGO WeDo2, animation, augmented reality, 3D pens, movie making, VR, Minecraft, Marvel, and even launch their own science rockets — with a Spooky Dress-Up Friday to finish the week!

★★★★★  
"My son LOVED camp — he came home buzzing, with the things he made!"  
Kate Sarjeant - Google Review

★★★★★  
"My son had a wonderful time and was begging to go again!"  
Gill Coleman - Google Review

★★★★★  
"Staff who truly care about children and will ensure that they enjoy the camp."  
Imra Shrivastava - Google Review

**LIMITED SPACES, BOOK YOUR CHILD'S PLACE TODAY!**

W: [www.nextthing.education](http://www.nextthing.education) T: 01442 873150

QUIZ NIGHT



WITH



**DARRAGH 'THE MENACE' ENNIS**  
FROM THE CHASE

Do you have what it takes to beat the chaser?  
Join us to fundraise for Éire Óg Gaelic football club.  
Refreshments and prizes on the night.

**11<sup>TH</sup> OCTOBER**  
7.00- 10.30PM  
HORSPATH VILLAGE HALL, OX33 1RT

TICKETS £12

[www.fienta.com/quiz-night-with-the-menace-148293](http://www.fienta.com/quiz-night-with-the-menace-148293)  
 or contact the club on [secretary.eireog.hertfordshire@gaa.ie](mailto:secretary.eireog.hertfordshire@gaa.ie)






## LEYS YOUTH HUB

LOCATION: LEYS POOL AND LEISURE CENTRE, PEGASUS ROAD  
FREE ACTIVITIES FOR 11 – 18

MONDAYS 3.30 PM – 5.30PM:  
CREATIVE SESSION  
BAKING, ART, MUSIC

THURSDAYS 3.30 PM – 5PM:  
CREATIVE SESSION  
COOKING, BAKING, ART,  
MUSIC

TUESDAYS 4PM – 6PM:  
GIRLS GROUP  
NAILS & BEAUTY, GAMES,  
MOVIE NIGHTS

PLUS ROCK CLIMBING  
(PREBOOK ONLY)  
MONDAY 5.30PM – 6.30PM  
THURSDAY 5PM – 6PM &  
6PM – 7PM

TUESDAYS 6.15PM – 8PM:  
OPEN ACCESS  
GAMES, COOKING, CHILL OUT

CALL LYDIA ON 07483007103  
OR JEN ON 07483010739

FOR ROCK CLIMBING BOOKINGS EMAIL  
[LEYSYOUTHUB@OXFORD.GOV.UK](mailto:LEYSYOUTHUB@OXFORD.GOV.UK)

01865 749933

GREYFRIARS  
CATHOLIC SCHOOL

[www.greyfriarsoxford.org.uk](http://www.greyfriarsoxford.org.uk)

## LOCAL EVENTS AND OPPORTUNITIES

### Maths Circles at Keble College



we solve  
problems

Free Maths Circles in October 2025  
for Y7-10 students - Register Now.

A registered charity "We Solve Problems" is inviting pupils to join the in-person weekly Maths Circle at Keble College (University of Oxford).

Maths Circles are free training sessions for maths lovers that promote the art of problem-solving and structured thinking. Students in years 7-11 who love puzzle-solving will enjoy the sessions regardless of their proficiency in the school curriculum. Maths students and professional mathematicians from Oxford University run Maths Circles.

To secure an invitation to the Circles, all students are welcome to participate in the London Verbal Maths Challenge, a fun oral-style Olympiad free of charge. Students in years 7-10 are invited to join, provided they enjoy problem-solving and math-based reasoning.

To register for participation in Maths Circles, please fill in the following form: [Register](#)

To find out more information about Maths Circles, please visit: [Maths Circles](#)

## ART CLASSES



A PLACE TO BELONG, GROW & CREATE

BOOK A  
TRIAL NOW!

- + Art Classes for Children 6+
- + Teen Art Classes
- + GCSE & A-Level Support
- + Holiday Art Workshops
- + Seasonal Family Workshops
- + Birthday Parties & Events

COMMITTED TO SAFEGUARDING | OFSTED REGISTERED | CHILDCARE VOUCHERS ACCEPTED



07384 670391  
oxford@art-k.co.uk  
art-k.co.uk/class-oxford  
37 South Parade, Summertown, Oxford OX2 7JN



NHS  
Oxford University Hospitals  
NHS Foundation Trust

### DISCOVER ROUTES INTO MEDICINE

After school talk Thursday 2 October 2025

Interested in careers in medicine?

- Meet real doctors and medical students
  - Discover the journey to becoming a medic
  - Top tips for getting ready for medical applications
  - Experience a real-life medical scenario
  - Get information about work experience and alternative pathways
  - Put your questions to our expert panel
- Whether you are decided or still exploring, this event is your gateway to understanding routes to medicine!

#### Discover Routes Into Medicine - Free event

**WHO** Students in Years 10 and above

**WHEN** Thursday 2 October 2025 from 5pm to 7pm

**WHERE** Lecture Theatre 1, Level 2 Academic Centre  
John Radcliffe Hospital  
Oxford OX3 9DU

**How to find us** [ouh.nhs.uk/hospitals](http://ouh.nhs.uk/hospitals)

Booking isn't essential, to help us plan, please scan the QR code and reserve a space



For more information:  
Email contact: [Admin.PD&E@oxnet.nhs.uk](mailto:Admin.PD&E@oxnet.nhs.uk)

For more information visit:

Visit: [www.ouh.nhs.uk/working-for-us](http://www.ouh.nhs.uk/working-for-us)



### Blackbird Leys



## COMMUNITY LARDER

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

Oxford Hub Community Larder  
Every Wednesday 12:30-14:00  
Email: [Hello@oxfordhub.org](mailto:Hello@oxfordhub.org)  
Telephone: 01865 745265  
If you have any further inquiries.

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 (pasta, 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 12:30.

Want free food and a bunch of other benefits?

Sign up today!  
[www.sofea.uk.com](http://www.sofea.uk.com)

Registered Charity Number 1141163



# CALLING ALL YEAR 11 - YEAR 13

SOCIAL FOOTBALL DURING YOUR EXAMS!

EVERY MONDAY  
8:30PM TO 10:00PM  
BICESTER

EVERY TUESDAY  
6:30PM - 8:00PM  
OXFORD

## LOCAL EVENTS AND OPPORTUNITIES



### October Timetable

All sessions delivered live online via zoom. 90 minutes long

**£24 each or FREE with School Membership**

Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Recordings available for 48 hours (excluding Free Talk)

Understanding The Teenage Brain	6 Oct 10am
Supporting Healthy Sleep	6 Oct 7pm
Supporting A Child With ADHD	13 Oct 10am
Understanding Addictive Behaviour	13 Oct 7pm
Autism Improving Communication	14 Oct 10am
Improving Family Communication	14 Oct 7pm
Supporting Healthy Screen Use	20 Oct 10am
Facing Defiance	20 Oct 7pm
Anxiety Based School Avoidance	21 Oct 10am
Understanding Anger	21 Oct 7pm
<b>FREE - Raising Self-Esteem</b>	<b>23 Oct 7-8pm</b>
Anxiety Explained	27 Oct 10am
Cannabis and Ketamine Awareness	27 Oct 7pm
What Is ACT?	28 Oct 10am
Introduction To OCD	28 Oct 7pm

### Supporting a Child with ADHD



Challenge the stereotypes and get practical help

**Monday 13<sup>th</sup> October 10-11:30am**

**Tuesday 11<sup>th</sup> November 7-8:30pm**

90 minute session. Recording available for 48hrs

**£24.**

Available to book now  
[facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)



FREE webinars for parents, designed to explain the different types of qualifications available to young people after Year 11.

Each session will run for 45 minutes and is a great way for parents and carers to gain understanding and confidence in supporting their child's next steps and ask questions ahead of our Open Events.

**Wednesday 8th October, 6:00–6:45pm –**

**[Book Here](#)**

**Monday 13th October, 6:00–6:45pm –**

**[Book here](#)**

## LOCAL EVENTS AND OPPORTUNITIES

### 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)



### 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)



Visit our website to download the referral form

Drop-in details:



### 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 benefit related free school meals and their families.

YOU MOVE



### School holidays just got more exciting!

Fresh air, freedom and adventure!



#### Ready for a school holiday full of excitement?

Active Adventures is the ultimate outdoor adventure club for children aged 8-16. Packed with thrilling challenges, nature connection activities, and epic team games, each day offers a new adventure to inspire a love for the great outdoors!

[www.scoutadventures.org.uk/events](http://www.scoutadventures.org.uk/events)



#### Give your child an unforgettable school holiday filled with fresh air, freedom and adventure!

Set within 42 acres of stunning woodland in rural Oxfordshire at Youlbury, Boars Hill, children aged 8-16 will take part in a daily programme of non-stop outdoor action. With expert instructors leading the way, creating a safe and supportive environment where children run, climb, explore, and build confidence while unplugging from screens and having a blast with friends in the great outdoors!

#### What's on offer:

- High-energy adventures such as archery, ziplining, and climbing.
- Fun team building games and problem-solving challenges.
- Survival skills such as shelter building, backwards cooking and fire lighting.
- Connect with the natural world with mindful activities, outdoors arts and crafts, wildlife spotting, and nature walks.

#### When is it:

- May half-term, summer holidays and October half-term (see website for dates).
- 9am-5pm daily.
- Early drop off (from 8am) and late pick-up service (until 6pm) available.
- Participants can attend individual days, or the entire week.

**Pricing:**  
£35 per day, per child. Save 10% on a 5-day block and each additional child.

#### Book now and join the adventure

[www.scoutadventures.org.uk/events](http://www.scoutadventures.org.uk/events)

✉ [activeadventures@scoutadventures.org.uk](mailto:activeadventures@scoutadventures.org.uk)

📍 Scout Adventures Youlbury, Boars Hill, Oxford OX1 5HD



OXFORDSHIRE  
PARENT CARERS FORUM  
A Voice for Parent Carers in Oxfordshire

CAMHS  
Child and Adolescent  
Mental Health Service

### WEDNESDAY WEBINAR SERIES

Wednesdays | 12:00-1:30 PM

To register for a webinar visit: <https://oxpcf.org.uk/webinars>

24 September 2025  
**What to Expect from the CAMHS: NDC (Neurodevelopmental Conditions) Service**

22 October 2025  
**Supporting family member's mental health through compassion**

26 November 2025  
**Emotional Based School Avoidance (EBSA)**

17 December 2025  
**Autistic Burnout**

28 January 2026  
**Demand Avoidance**

25 February 2026  
**Understanding, preventing, and supporting meltdowns**

25 March 2026  
**Support in the community for young adults (post-18)**

These sessions, presented in partnership with CAMHS, aim to provide insights, expert guidance, and discussions on key topics related to SEND.

To learn more or register for a webinar please visit: [oxpcf.org.uk/webinars](https://oxpcf.org.uk/webinars)

## 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



**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

7 years+ recommended

# Biology week

## Poo trivia quiz

Find out what happens in our guts and toilets.

Get your free tickets to the online event to participate in the live quiz  
5pm Friday 17 Oct  
2pm Saturday 18 Oct

<https://PooTriviaQuiz.eventbrite.co.uk>

Sponsored by:

**wooclup** helps people to teach and learn

Yes, we are real poo scientists.

Royal Society of **Biology**

#BiologyWeek is an annual celebration of the biosciences hosted by:

Created by:

OXFORD CENTRE FOR MICROBIOME STUDIES

KENNEDY

Oxford Hub

## 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:  
Sept: 11<sup>th</sup> and 25<sup>th</sup>  
October: 9<sup>th</sup>

Time:  
9.30-11.00

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

DONNA@OXFORDHUB.ORG FOR MORE INFORMATION