

# Weekly Newsletter

Friday 17<sup>th</sup> October 2025 | Issue 6

Dear Families

This week's Gospel from Luke tells the story of the ten lepers who were healed by Jesus, but only one turned back to say thank you. It's a powerful reminder that gratitude is not just good manners; it's a way of seeing and requires action. When we pause to give thanks, we recognise that everything we have is a gift and that we are all connected through generosity, kindness and grace.

In our assemblies we reflected on this theme, asking: What does it mean to turn back and give thanks? Perhaps it's as simple as noticing the good around us, or saying *thank you* to someone who has helped us. Gratitude opens our hearts to joy and that joy was truly alive in school this week.

We were delighted to welcome Alex O'Connor, a philosophy (podcast) superstar, who joined us for a fascinating talk about ideas, meaning, and the big questions that shape how we live. Our students were deeply engaged, curious, thoughtful and brave in their thinking. Mark's visit reminded us that philosophy and faith are both journeys of wonder.

On Thursday evening, our students took part in the PFMAC Concert at the Oxford Town Hall. It was a beautiful celebration of music, faith and community. Watching our students perform, and seeing how they looked after one another with such care and joy, was deeply moving. Members of the public even commented on their warmth and manners, from the cheerful *'good mornings'* as they walked through the city, to the kindness they showed on the bus. They were a shining example of the Greyfriars Way in action and being the ones who turn back to give thanks.



I also noticed something small this week that I want to share. We talk to students about *'leaving the space better than you found it'*. I was struck at the end of lunch that students really do live this out. As all the students left, the lunch hall was spotless: no-one needed to say tidy up, they just did it. That is a beautiful way to give thanks to those around us!

It has been another week of hope and happiness at Greyfriars. As we approach the last week of the term, I am filled with gratitude for our students, who inspire us daily; for our staff, who serve with such dedication; and for our families, who support all we do. Thank you! Let us be like the one who turned back: noticing, giving thanks, and finding joy in the ordinary moments of grace. I hope you find some of this this weekend.

Lyndsey Caldwell  
Headteacher

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

### Gospel - Luke 17: 11-19 | Jesus Heals Ten Men with Leprosy



<sup>11</sup> Now on his way to Jerusalem, Jesus travelled along the border between Samaria and Galilee. <sup>12</sup> As he was going into a village, ten men who had leprosy[a] met him. They stood at a distance <sup>13</sup> and called out in a loud voice, "Jesus, Master, have pity on us!" <sup>14</sup> When he saw them, he said, "Go, show yourselves to the priests." And as they went, they were cleansed. <sup>15</sup> One of them, when he saw he was healed, came back, praising God in a loud voice.

<sup>16</sup> He threw himself at Jesus' feet and thanked him—and he was a Samaritan. <sup>17</sup> Jesus asked, "Were not all ten cleansed? Where are the other nine? <sup>18</sup> Has no one returned to give praise to God except this foreigner?" <sup>19</sup> Then he said to him, "Rise and go; your faith has made you well."

#### Reflection

Luke 17:11-19 recounts Jesus cleansing ten lepers, where one, a Samaritan, returns to praise God and is told his faith made him well. **Compassion and Power:** The story demonstrates Jesus's extraordinary power to heal and restore people from the most severe and outcast conditions. **The Importance of Gratitude:** The central theme is the vital necessity of thankfulness. The healing of the physical body was a significant miracle, but the spiritual healing for the grateful leper was equally important. **Faith and Obedience:** The lepers, including the nine, all showed faith and obedience by acting on Jesus's command to go to the priests. However, the one who returned with gratitude displayed a deeper, more active faith. **An Outsider's Faith:** The fact that the one who returned was a Samaritan, an outsider, highlights that God's grace and the opportunity for healing are not limited to those within a particular community or group. **A Reminder to Give Glory to God:** Jesus's question, "Where are the other nine?" serves as a powerful reminder that all people are called to return to God with praise and thanksgiving for His blessings.

#### Prayer (for prisoners and their families)

Lord, you offer freedom to all people. We pray for those who are in prison.

Break the bonds of fear and isolation that exist. Support with your love:  
prisoners, their families and friends, prison staff and all who care.

Heal those who have been wounded by the activities of others, especially the victims of crime. Help us to forgive one another, to act justly, love mercy, and walk humbly together with Christ in His strength and in His Spirit, now and every day. 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

Our Ambassadors have worked hard this preparing for next term. They've filled form tutors' prayer boxes with candles, crucifixes, and prayer books so that prayer can be increasingly reverent next term. We have ambitious aims to increase participation and meaning from our school's prayer time over the year. We love having student leadership in this area! We also trained our Year 7 Ambassadors this week on prayer, and how they can already be leaders for their form.

# CITIZENSUK

We also had our CitizensUK leadership team meet over Zoom this week to discuss our upcoming Listening Campaign. Students designed a plan to meet with all students in the school as well as communicate with parents and teachers about their hopes for a more thriving Oxford. There is much work to be done, and I'm proud of these students for giving up their free time to care about justice in our city.

### Preferential Option for the Poor

A heartfelt thank you to everyone who has donated to SSNAP (Support for the Sick Newborn and their Parents). Your generosity is making a real difference in funding their vital, life-saving work for newborns and their families.

On Sunday, Mr Masterson joined over 300 runners to complete the Oxford Half Marathon in support of SSNAP,



with Edmund House proudly behind him. The challenge isn't over yet! This Sunday, he will take on the Great South Run, continuing his mission to raise funds and awareness for this extraordinary cause.

You can support Mr Masterson's fundraising by donating via his JustGiving page:

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

Thank you to everyone who has supported him so far — and thank you in advance to those who will join us in backing his efforts. Together we are helping give families the best possible support when they need it most.

## GENERAL NOTICES

### A Joyful Celebration at the PFMAC Concert | Mr Dingley

On Thursday evening, 315 students from across our Catholic trust came together at Oxford Town Hall for the annual PFMAC Concert — a wonderful celebration of music, community and joy. Greyfriars was brilliantly represented by 47 of our own students, who sang with confidence, enthusiasm and heart alongside a live band from the Oxfordshire Music Service.

The evening's theme celebrated music from the 1990s, with lively performances of songs by the Spice Girls, S Club 7, Oasis and more. The sound of hundreds of young voices filling the historic hall created a truly uplifting atmosphere, and the spirit of the occasion captured exactly what our Catholic schools stand for — unity, joy, and shared purpose.

It wasn't just the singing that made us proud. Throughout the day, our students showed kindness, respect and genuine care for others. A couple on the public bus to town stopped me to say how impressed they were by our young people — how our older students were looking after the younger ones, and how polite and considerate they were to everyone they met. They were, in the couple's words, *a real credit to the school*.

Inside the hall, those same qualities shone through again. Many of our students, without any prompting from staff, offered to help teachers with setting up equipment and supporting younger pupils. They wanted to help; they saw what needed to be done and quietly got on with it. It was joyful and inspiring to witness.

The whole evening was a testament to the power of music to bring people together — students, staff, families and the wider community — in shared celebration. We are so proud of all who took part and so grateful for the hard work of the Oxfordshire Music Service and everyone who made the concert such a success.

A special thank you to Mrs Challenger and Miss Parish for their support of the trip. Greyfriars students truly lived out our values: they sang with joy, acted with care and kindness, and represented our community with pride.



## GENERAL NOTICES

### Library News | Miss Brett

WELCOME  
to  
THE  
LIBRARY

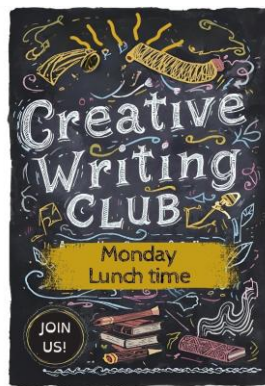
And, we're back again!

First of all, have a look at our Spooky Book recommendations board – it is filling up. These are just a few – come to the library and browse our substantial Horror/Supernatural Section, or better yet – recommend some spooky reads yourself!



We have finally had our book deliveries with some lovely additions to our Black History Month display, as well as many books that were recommended by our students.

My Student Librarians and I are working very hard to get them all catalogued and ready to be read 😊.



Our **CREATIVE WRITING CLUB** is live!

We had a successful first session, run by a very capable Y11 student. There are still spaces though, so if you have a story to tell, and want to make some like-minded friends – join us every Monday at lunchtime.

I have already mentioned that this year one of my goals is to open a Poetry Pharmacy. You can submit your poems now!



As this is an important new initiative that I want to run for years to come, I will keep it here for some time: Join our Reading Revival movement called: **READING ROCKS**. Come up to the library and help yourself to one of our READING ROCKS badges. But remember, if you see a fellow READING ROCKS badge wearer, chat to them! Ask them what they're reading? Are they enjoying it? It's a great way to make new friends with similar interests. Also, if you then come to Ms Brett to talk about your reading chats, there might be some Achievement points in it for you too.

Continued on the next page...

## GENERAL NOTICES

### Library News Continued

Now, for the latest Reading Championship update:

TERM 1   WEEK 6				
	Reading Champ		Tutor Group Reading Championship	
1	SU	95	9AS	129
2	PL	56	8RM	90
3	BD	25	7KR	80
4	AJ	21	10MJ, 7ALW	60
5	GR	18	7GKE	48

I suppose some of you might have cringed at my bad joke last week. But fear not, this one might be even worse! :D

**I have absolutely no shelf control when it comes to books!**

I promise I will do more meaningful quotes again at some later date. But for now... I hope that at least one or two of you had a little giggle.

Have a great weekend!

### Message for Year 7 | Mr Cunningham

This week, Year 7 have been considering the importance of Black History Month following a wonderful assembly from some of our 6th form leaders. We also spoke about our focus of ensuring that the actions we take and the choices we make having a positive influence on those around us each day.

Our ever changing achievement point league looked this week, with 7KR getting a massive 649 achievement points!

Form Group	Achievement Points
7KR	649
7GKE	537
7ALW	467
7BN	371

Our student achievement point leaders this week were Roseanne and Jeffrey, each with 41, followed by Mya on 35 and Miraz and Chloe on 33 each!

A massive well done to all the year 7s, one more week to go before a well deserved break!

## GENERAL NOTICES

### Sixth Form News | Ms McCabe



#### Black History Month Assemblies .

Precious and Nifemi have spent the week leading assemblies for the whole school to celebrate and mark Black History Month. They were joined in the Sixth Form assembly today by Gabs and delivered a powerful message about how we treat one another and the influence students have as Sixth Formers. They are all a shining example of student leadership and participation.



#### Early Applicant deadline UCAS

This week was all about submitting our early entries to UCAS for those students applying to Oxford, Cambridge as well as Dentistry and Medicine degrees. It is one of the best parts of leading Sixth Form! To sit with students and go through their summary of their educational and personal journey to date is a reminder of how exceptional and ambitious our young people are. We will start submitting our next round of applications after the PPE exams in November.

#### PPEs and English & Maths GCSE retakes

Our retake exams and PPEs are fast approaching. Timetables have been issued to students and revision is well underway. Please look out for the letter being sent home on Monday with more details about both GCSE retakes and PPEs.

#### Y11 Open Morning

We welcomed our Y11 into our Sixth Form on Tuesday morning. Y12 and Y13 students were subject champions answering any questions that Y11 might have about studying each subject at A Level. The Sixth Form students were brilliant, the atmosphere was buzzy, & the Y11 feedback was very positive. The next event for Y11 is our Sixth Form Open Evening. Students and their families are warmly invited into school to discuss subject options and next steps with teachers on Thursday 4th December at 6:00pm. We look forward to seeing you there!



#### Sixth Form Debating

Last week we debated whether we should be polite to AI. It raised so many interesting arguments about what is morally right and wrong and what is helpful for the development of AI. Nifemi's team won, arguing that we should not be polite to AI with another powerful opening and closing statement. However, afterwards, we all agreed we actually should and that it was the right thing to do!

## GENERAL NOTICES



*Greyfriars  
Christmas Fayre*

### Raffle and Tombola Prize Donations

We are asking for donation of items that can be used as prizes to help our fundraising at our Christmas Fayre

Do you have something special that you would be willing to donate as a tombola prize? Unwanted gifts, toys, toiletries, wine, games, gift card etc Please leave any donations at reception.

We hope you will be able to join us on Saturday 6<sup>th</sup> December from 11.30am.

### Weekly Book Review by Lian G

#### The Cheerleaders by Kara Thomas

After five cheerleaders are killed, a sister of the last one decides she has to find out the truth to these strange deaths. It's rather slow paced but despite that it's still biting and the characterisations of some are fantastically written! And with that perhaps you'll learn more than you ever really expect.



**FIVE GIRLS  
LIED  
FIVE GIRLS  
DIED**

**THE  
CHEERLEADERS**  
KARA THOMAS

'Sharp, brilliantly plotted and engrossing'  
Karen McManus, bestselling author of *One of Us is Lying*

I personally found the book to be cleverly written and quick-witted despite the pacing.

This book is eerie and unsettling in tone making whoever reads it anxious. Anxious to know more or anxious of what's happened I'll let you decide!

### 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 at one of our open sessions:

Monday 10th November 1.00 pm-1.45 pm

Friday 14th November 1.00 pm -1.45 pm.

Book your place [here](#).

## GENERAL NOTICES

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

Well done to Dominic for getting a Golden ticket this week!

Well done to Sophie for assisting a student in distress, your empathy and kindness was noticed.

Well done to Emily R for excellent Greyfriars uniform standards.

A huge shout out goes to Julia, Shekinah and Gemma for all their help and dedication for the Leadership enrichment bake sales.

#### Students Leading the Way

##### Y8

Haider  
Akosua`  
Anne-Marie  
Alda  
Yves  
Maria  
Kyara  
Wissam  
Keilah  
Hafsa



##### Y9

Sahas  
John  
Alexandra E  
Delight  
Ammarah  
Kosmos  
Alfie  
Lushun  
Lilianah-Sophia  
Sabrina

### Leadership Enrichment Donations

The Leadership Enrichment group is currently collecting items to support needy families and children in our community. We kindly ask you to contribute any **pre-loved items** or **unwanted gifts** that we can donate to the church to distribute to those less fortunate. Please drop off your donations at **Reception** for the attention of **Mrs Reddy**.



Thank you for your generosity and support in making a difference!

#### 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



Greylfrians Catholic School  
Invites you to a

# FREE BREAKFAST!

Get an energy boost before  
class with a **FREE** breakfast -  
don't miss out!

**When:** Every week day  
**Where:** School Restaurant  
**Time:** 8:00am-8:30am



National School Breakfast Programme is delivered by Family Action.  
Find out more at [family-action.org.uk/NSBP](http://family-action.org.uk/NSBP).

Family Action, Registered as a Charity in England & Wales no. 264713.  
Registered as a Charity in the Isle of Man no. 1206. Registered Company Limited by Guarantee in England and Wales no. 01068186.

### Sparx Maths **WEEK 6**

Total hours spent on  
Sparx this year  
1,850hrs

Number of questions  
answered correctly  
119,858

#### XP Champions THIS YEAR 17/10/25

Name	Year	Total XP
Miu Miu M	8	8,451
Nita C	11	6,953
Seerat S	7	6,620
Ana Paula C	10	6,039
Aminata J	9	5,821
Mithun K	10	5,770
Samayrah K	10	5,662
Lynn N	11	5,570
Noah S A	7	5,428
Aseda K	7	5,329

#### XP Champions for LAST WEEK

Name	Year	XP POINTS
Alaina T	11	2,275
Prisaius T	11	1,445
Lara S	10	1,540
Victoria P	10	1,409
Blossom V	9	2,171
Rosie B	9	1,588
Zedi C	8	1,588
David A	8	1,357
Noah S	7	1,875
Revita S S	7	1,745

## Astroturf

Please remember that your child needs Astroturf trainers or turf football boots – see the picture adjacent for examples of the shoes that are permitted.

Students wearing the incorrect footwear will not be permitted on the Astroturf.

Football boots can be bought for as little as £4.99 via Sports Direct (Sondico ones).

We will hold some spare boots to lend to students if necessary, however, these are to be returned at the end of the lesson. This way we can ensure we always have a supply of boots for those students who forget theirs or are in the process of buying their own.

If anyone has spare Astro shoes that they would like to donate to the school, this would be much appreciated. These would be used or students to borrow as explained above.



## 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.



**CONNECT** TALK & LISTEN, BE THERE, FEEL CONNECTED  
**BE ACTIVE** DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR HOOD  
**TAKE NOTICE** REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY  
**KEEP LEARNING** EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF  
**Give** Your time, your words, your presence

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

- 20 October | St Hilda's College 6<sup>th</sup> Form Trip
- 24 October | Last day of Term
- 27 – 31 October | Half Term
- 3 November | Term 2 begins
- 6 - 8 November | Catholic Life Ambassadors Youlbury retreat
- 10 – 14 November | Anti-bullying Week
- 11 November | Year 11 PPEs begin
- 11 November | 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 3DR  
TEL: 01865 749933 OFFICE@GFCSS.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 4+
- + 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



## Blackbird Leys

Oxford  
Hub  
Working together to  
build a better Oxford

## 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 1161762



CHILD CARE VOUCHERS ACCEPTED

Next Thing

OCTOBER 2025

# TECH & STEM CAMP

WITH TAKE HOME INVENTIONS!

GET READY FOR SPOOKY TECH FUN!

## OCTOBER HALF TERM 2025

What's on?

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

REVOLTING ROBOTICS

BERIE 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!"

Rob Seargent - Google Review

★★★★★

"My son had a wonderful time and was begging to go again."

Olly Coleman - Google Review

★★★★★

"Staff who truly care about children and will ensure that they enjoy the camp."

Hina Dhillon - Google Review

LIMITED SPACES, BOOK YOUR CHILD'S PLACE TODAY!

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

Robots

Inventions

Minecraft +LEGO

Engineering

VR

Tech Fun!

Dragon School, OX2 6SS

Ages 5-11, 9 am - 4 pm daily

£39.99 per day

5 days for only **£175** (save £20)

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

## 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



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

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Recordings available for 48 hours (excluding Free Talk)

Raising Self Esteem	3 Nov 10am
Decreasing Depression	3 Nov 7pm
Supporting Healthy Sleep	4 Nov 10am
Understanding the Teenage Brain	4 Nov 7pm
Improving Family Communication	10 Nov 10am
Autism - Improving Communication	10 Nov 7pm
Understanding Addictive Behaviour	11 Nov 10am
Supporting A Child with ADHD	11 Nov 7pm
<b>FREE ADHD Kids &amp; Homework</b>	<b>13 Nov 6-7pm</b>
Understanding Anger	17 Nov 10am
Supporting Healthy Screen Use	17 Nov 7pm
Facing Defiance	18 Nov 10am
Anxiety Based School Avoidance	18 Nov 7pm
Cannabis and Ketamine Awareness	24 Nov 10am
Anxiety Explained	24 Nov 7pm



### Affordable Swimming Lessons – Join for £1!

Leys, Barton, and Ferry Leisure Centres are offering a fantastic opportunity for children to start swimming lessons.

Join for just £1 and pay nothing until 1st November, saving around £40!

This is perfect for families looking to build water confidence or for children who haven't yet achieved the national swimming standard.

Find out more and book now at:  
<http://www.oxfordcityleisure.com>

## 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**



### 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 & 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)



### 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



## 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.

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

Royal Society of **Biology**

Created by:

OXFORD CENTRE FOR MICROBIOME STUDIES

KENNEDY

## 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

**OXFORD SCIENCE + IDEAS FESTIVAL**  
[www.if-oxford.com](http://www.if-oxford.com)  
**Over 100 events and activities**

**Browse and book now for free**

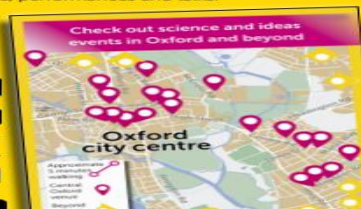
**17 Oct – 2 Nov 2025**  
**A taste of the Festival...**



**Download and browse the Festival programme (PDF, 16MB)**

**IF Oxford** is a vibrant, inclusive Festival where you, your family and friends can get hands-on with science, meet experts and explore big ideas through a huge range of activities like comedy nights, performances and talks.

Check out science and ideas events in Oxford and beyond



Follow and post about IF Oxford:

Book your events this Autumn: [www.if-oxford.com](http://www.if-oxford.com)

**Arts and performance**

**Treister exhibition**, Modern Art Oxford (all Festival), **Shaping Destiny**, UPP Cinema (Sun 12 Oct), **Moth x Human**, Natural History Museum (Fri 17 Oct), **A Monstrous Discovery** & **Poetry of Science**, Westgate Library & **Myth Monster**, Pegasus Theatre (Sat 18 Oct), **Almost Nothing But Blue Ground**, History of Science Museum, (Thu 23 Oct), **Orbit, by Creation Theatre, ZONE ONE** (Fri 24 Oct), **Great Big Bug Show!**, Natural History Museum (Mon 27 Oct), **Jaricho Comedy**, North Wall (Tue 28 Oct), **Masecki concert**, University Church (Wed 29 Oct), **Adventures in Science**, Pegasus Theatre (Sun 2 Nov).

**Interactive Festival zones**  
 Packed with hands-on activities for families, teenagers and adults on weekends, evenings and during half term:  
**Science Saturday** & **EXPLORAZONE** (18 Oct)  
**ZONE ONE** (24 Oct), **TECHWORKS** (25 Oct), **BLAST!** (27 Oct) & **Explore the Moon** (30 Oct)

**Talks and discussions**


**Fusion Energy, Almost There?** (Mon 20 Oct)  
**The Anti-Catastrophe League** (Tue 21 Oct)  
**Think Like a Mathematician** (Thu 23 Oct)  
**Whose IP is it Anyway?** (Sun 26 Oct)  
**The Ig Nobel Prizes, Tom Crawford** (Sun 26 Oct)  
**Women's Pain: science & systems** (Tue 28 Oct)  
**Once Upon in a Time in Space** (Tue 28 Oct)  
**Tangled up: Alzheimer's disease** (Thu 30 Oct)  
**Modelling Undead: zombies & health** (Fri 31 Oct)  
**Art of Uncertainty with David Spiegelhalter** (Sat 1 Nov)

**Start a hobby?**  
 Learn coding with **Glow Your Own** or join: **Hack Your Planet!** (Thu 23 Oct), **Photographing Big Science at Cutham** (Sat 25 Oct), **Creativity in Conservation** (Sat 25 Oct), **Is Bread Alive?** (Mon 27 Oct), **Fusion Fix it** (Thu 30 Oct), **Wormery Workshop** (Fri 31 October)

**Try tours!**  
**UKAEA Open Day** (Sat 11 Oct), **Cemetery Geology** (Sat 18, Sun 26 Oct), **A Story in Stone** (Sat 18 Oct), **Unnatural Histories** (Sun 19, Tue 28, Thu 30 Oct), **History of Oxford Science** (Sat 25 Oct).

Book your events this Autumn: [www.if-oxford.com](http://www.if-oxford.com)

**Abingdon & Witney College** | **Oxfordshire Adult Learning**  
A FACULTY OF ABINGDON & WITNEY COLLEGE




## Navigating the Teen Years

Oxford Hub  
Windale Primary School  
Windale Avenue  
Oxford OX4 6JD

**Connect with other parents, share experiences, and find support in creating a positive environment for your family.**

Come along to gain valuable insights into:

- Teenage brain development
- Maintaining healthy relationships
- Managing conflict
- Building resilience
- Setting boundaries
- Keeping safe on phones and online.

**6 Week Course**  
 Wednesdays 9:30 - 11:30  
 5th November - 10<sup>th</sup> December

To book a place please contact Penelope (teacher of the course) from Abingdon & Witney College.

 [penelope.lea@abingdon-witney.ac.uk](mailto:penelope.lea@abingdon-witney.ac.uk)

**The North Wall Arts Centre**

## October Half Term

**Ages 12-17**

**YouthLab**

### Stage Combat

27 - 29 Oct  
9am - 12pm

Experiment with different styles of armed and unarmed stage combat in this exciting skills workshop, to bring fight scenes dramatically to life!

Tickets £60 for 3 half days

**“A creative place to innovate.”**

### Double the Drama, Double the Fun!

**SAVE £15** when you book both workshops!

### Musical Theatre - Acting Through Song

27 - 29 Oct  
1pm - 4pm

Combine the power of acting and singing and learn how to connect emotionally with an audience through your character in this musical theatre workshop.

Tickets £60 for 3 half days

**“Friendly, enjoyable - a great experience.”**

**Book now: [thenorthwall.com/type/workshop](http://thenorthwall.com/type/workshop)**  
 Full bursaries available  
 To Apply: Email Laura on [howellsgreen@thenorthwall.com](mailto:howellsgreen@thenorthwall.com)