

Weekly Newsletter

Friday 5th December 2025 | Issue 12

Dear Families

This week our Gospel focus has been on Jesus' call to '**Stay awake.**' Not in the literal sense, but in a deeper, more important way. In our assemblies, we reflected on what it means to be truly *alert* in life. We are not called to rush through school or drift through our days on autopilot. We are not just passing through education, and we are certainly not passing through life. We are here to *notice*, to *care*, to *grow* and to *respond*. With this. We also spoke honestly about distraction. Spending a long time on our phones might feel like resting, but it is not being awake. Being awake means listening, noticing, asking questions and responding to the world around us. It means paying attention to people, to opportunities, and to God at work in our lives.

As we look toward **Advent**, our focus has turned to *hope* and to *vocation*. In assemblies this week, we have been thinking about calling: how God calls us in many ways, through different people, opportunities and moments, but that we must learn how to be still and listen. Vocation is not just about what job we might have one day. It is about who we are becoming and how we choose to live now.

It has also been a wonderfully busy week in school. We were obviously delighted to host a **Sixth Form Open Evening**, welcoming families and future students into our community. It was a joy to see our Year 11 students engaging so thoughtfully with their future options, and equally joyful to watch our student leaders step forward with confidence. From talking passionately about subjects, to guiding visitors and serving tea and coffee, they embodied the Greyfriars Way in action.



One of the highlights of my week has been seeing our **Year 11 Art students** working through their mock examination. The quality of their work has been astonishing: creative, colourful and beautifully executed. It has been demanding (two long days!), but the results speak for themselves. I cannot tell you how proud I am of them.

Christmas is beginning to sparkle quietly across the school and preparations for our much-loved **Christmas Fair** are well underway. It is one of the great joys of our calendar, and our biggest fundraising event of the year. We truly hope to see you there (please see the advert below) so we can share some festive cheer together – we know Father Christmas is visiting!

Thank you, as always, for your continued support. I hope the days ahead bring warmth, light and peace to your homes.

Lyndsey Caldwell
Headteacher

WHAT IS GOD'S MESSAGE FOR ME THIS WEEK?

Gospel - Matthew 24 : 37 - 44



Be ready,
for the Son of
Man is coming
at an hour you
do not expect.

Matthew 24:44

37 As it was in the days of Noah, so it will be at the coming of the Son of Man. 38 For in the days before the flood, people were eating and drinking, marrying and giving in marriage, up to the day Noah entered the ark; 39 and they knew nothing about what would happen until the flood came and took them all away. That is how it will be at the coming of the Son of Man. 40 Two men will be in the field; one will be taken and the other left. 41 Two women will be grinding with a hand mill; one will be taken and the other left. 42 "Therefore keep watch, because you do not know on what day your Lord will come. 43 But understand this: If the owner of the house had known at what time of night the thief was coming, he would have

kept watch and would not have let his house be broken into. 44 So you also must be ready, because the Son of Man will come at an hour when you do not expect him.

Reflection

Matthew 24:37-44 uses the analogy of Noah's flood to explain that the Son of Man will come at an unexpected time, and people must "be ready". The passage urges believers to live vigilantly, not by trying to predict the future, but by living faithfully and acting according to Jesus's teachings in the present. The message is a warning and a call to be prepared, as the time of Christ's return is unknown to everyone.

How to be ready:

- ❖ Live faithfully: The core message is to "be ready" by living according to Jesus's teachings and instructions in the Gospel.
- ❖ Stay watchful: This means remaining alert and not getting lost in daily distractions that lead to a lack of preparedness.
- ❖ Recognise the present: It's a call to recognise the Lord in the "unrehearsed moments" of life, which means living fully in the present and not just focusing on the future.

God of hope, we cling to you, for you renew the face of the earth. Through the gift of your Son, our Lord Jesus, we follow you on the path of dawn. Enlightened by your love and wisdom, help us to lead each other and all creatures back to your open arms. 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

This week, we began our student-led Advent services in the Chapel. Students from each form group wrote a script, selected Bible readings, and brought food donations to help those in need in the city of Oxford. During this first week of Advent, the message is Hope. Our services reflected this value, as we heard about the ultimate Hope announced to Mary—the birth of Jesus Christ. We then prayed for God's hope to encourage us in our own lives, and in the world at large. If your student hasn't brought in food donations yet (non-perishable food for our local food bank), then they may do so before the last day of term.



Additionally, Catholic Life Ambassadors are ready to sell treats at our Christmas Fayre this Saturday. Please come and support their fundraising efforts for Rome!

**Donations for
Rome**



Kenya 2026 | Trip Update

Fundraising Fun Run / Walk



Students will be running to raise money and awareness for the Kenya trip.



There will be a cake sale afterwards at 3:15. Please come along support us!

Tuesday 16th December, P5.

Fundraising is going well, with our JustGiving page already raising over £500!
Please do share!

[LINK](#)

GENERAL NOTICES

Join Us!

GREYFRIARS
CHRISTMAS
Fayre

6th DECEMBER 2025
11:30AM - 2PM

JOIN US

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

GENERAL NOTICES

Sixth Form News | Ms McCabe

Sixth Form Open Evening for Y11 students

We had a brilliant evening promoting and celebrating our Sixth Form provision on Thursday. Students and their families from both Greyfriars and local city schools came to see what is so special about our Sixth Form. They were able to speak to subject teachers and current students about our courses and learn about life as a Sixth Form student. Students who were not able to join us can collect a prospectus from our Main Reception. If they have any further questions, they can come to speak to any of the Sixth Form team. The deadline for applications is Friday 30th January 2026.

Christmas Fun Run & University Challenge

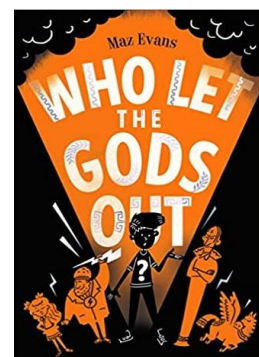
It is almost time for our annual Fun Run and University Challenge event. On Friday 19th December, Y12 & Y13 will take part in the run (or walk) in fancy dress - if they choose. The entrance fee is a food donation for our Food Bank collection. It is always one of the highlights of the school year.



This is followed by a seriously competitive game of University Challenge led by Dr Dillon. St Edmund were the winners last year so they are the ones to beat!

Weekly Book Review |

Lian G



This book is great! It's the first part to a thrilling and humorous four-part book series. It focuses greatly on Greek mythology and puts into

perspective the personalities of these deities in a simple and silly way. I found it hilarious and I still do. It was a wonderful read and packed with thrilling adventure!

Ps. from Ms Brett: It's waiting for you on our wonderful "Lian Recommends..." shelf, among some other fantastic reads.

FOOD FESTIVAL

FESTIVE FUN

Greyfriars Christmas Lunch

Thursday 11th December

Menu

Lemon & Thyme Roast Turkey
Or
Roasted Vegetable & Cranberry Filo Basket,
Served with
Roast Potatoes, Vegetables,
Yorkshire Pudding & Turkey Gravy

Salted Caramel Christmas Choux Bun
or
Apple & Cinnamon Danish Bun





GENERAL NOTICES

Message for Years 10 and 11 | Mr Weedon

Year 11 Step Into Success: Reflecting on Mock Results

This week has been an exciting and important milestone for our Year 11 students as they began exploring their mock exam results. Far more than just numbers on a page, these results provide a valuable opportunity for both students and teachers to understand where each learner currently stands and what steps can be taken to reach even higher levels of success by the February exams.

Across subjects, teachers have been working closely with students to identify strengths, highlight areas for development, and map out strategies for improvement. The atmosphere around school has been one of motivation and determination, with Year 11 showing a mature and proactive approach to their next steps.

In PE, the enthusiasm has been especially inspiring. Students are showing a genuine eagerness to build on their mock performance and are keen to refine their skills, deepen their understanding, and push themselves to achieve the best grade possible. Their positive attitude and commitment to improvement is fantastic to see and sets the tone for the months ahead.

As we look towards February, we are confident that this reflective and forward-thinking mindset will empower our students to make meaningful progress. With dedication, support, and a clear plan of action, Year 11 are well on their way to success.

Year 10 Showing Dedication and Pride in Their Work

Year 10 students continue to work hard and show real dedication in their lessons, and this is especially clear within our Art classes. The commitment from our Art students has been exceptional, with many giving up their own time after school to refine their pieces and push their creativity even further. The results speak for themselves—their work is truly outstanding. Both Miss Byrne and I are incredibly proud of the effort, focus, and passion these students are demonstrating as they strive to produce their very best.

Achievement Points this Week

Registration form	This Week's Achievement Points
10CT	106
10JOD	106
10MJ	185
10SA	64
11JM	58
11JS	93
11RHO	53



GENERAL NOTICES

Library News | Miss Brett

Hello, everybody!

This week, we are all about getting Christmas-ready 😊. My wonderful students did a marvellous job making our library look very festive. Have a look for yourselves.



All the decorations are fabulous, and lots of heart went into making all of them, but the tree... The tree is simply SPECTACULAR – thank you, John E (Y9) for building it for us.

We also have a Christmas Crafts table, so please pop up to make or colour a Christmas card or bookmark for your loved ones. We have lots of various fabrics, so you can get really inventive!

For every day of Advent, I put out a different Book Title riddle – come and see if you can guess it.



We have two special book displays: Chilly Thrills and Cosy Reads, so there is something for everybody to browse and adopt a book for the Christmas break!



WELCOME
to
THE
LIBRARY



Remember our Jane Austen and Stranger Sagas competitions – there are some lovely prizes to be won 😊.

GENERAL NOTICES

Library News Continued

We are nearing the end of the 2nd term, which means that the **Tutor Group Reading Championship Cup** might be changing hands.

TERM 2 WEEK 5				
	Reading Champ		Tutor Group Reading Championship	
1	SU	194	9AS	268
2	PL	98	8RM	173
3	AJ	56	9RCR	115
4	BD	45	10MJ	110
5	A-ML	39	7BN	104

Have a lovely weekend!

Finally, a reminder that between **10th – 15th December** we will be holding a Book Fair in the library. This is a perfect opportunity for students to choose books independently, so they really enjoy reading them (or to buy a nice Christmas gift for a loved one 😊).



We still have some £5 vouchers to give away, so unleash your creativity and produce a review or a book cover for a chance to win! The competitions close on Tuesday, 9th December.

Message for Year 7 | Mr Cunningham

This week, Year 7 have started their week with Ms Caldwell, focussing on how we show and offer hope as we move into the Advent period. In a couple of weeks, Year 7 groups will have their reverse advent service in the chapel, where donations will be received to be distributed in the local community.

Congratulations to 7BN who topped the achievement points league this week

7BN	665
7KR	477
7GKE	464
7ALW	165



And to these students for leading the way individually

Emmabong	38
Leandra	35
Esther	31
Mia	29
Aseda	29
Lexi	28
Bella	27
Rayan	27
Bertie	27
Innocent	25
Hassan	25

GENERAL NOTICES

Message for Year 8 and Year 9 | Mrs Reddy

This week, we are delighted to celebrate Zain for his outstanding effort and enthusiastic engagement in Geography. His commitment to learning shines through, and it has been wonderful to see his confidence grow as he takes on new challenges. Keep up the fantastic work, Zain.

In Biology, we are also recognising Kerfala for his excellent work on Waves and Annie for her impressive progress in Gas Exchange. Well done to both Kerfala and Annie.

I would also like to commend Nedra and Tatiana for their kindness and support in helping translate for one of our EAL students just as they entered school. Their patience, warmth, and calming presence made a meaningful difference. Thank you, Nedra and Tatiana, for embodying such a supportive spirit.

Finally, a gentle reminder to join us for our Christmas Fayre on Saturday, 6th December, from 11.30am to 2pm. It promises to be a fun and festive day for everyone. Parents, I look forward to seeing you and your families before the Christmas holidays.

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 Year 8 and Year9!

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!

Students Leading the Way

Year 8 | Grant / Wissam / Oscar / Crystal / Hannah / Annie / Kerfala / Dylan / Isayah

Year 9 | John E / Alexandra E / Ali H / Mercy / Alexia / Yulanda / Tatiana / Eleesha / Sahas / Thomas

GENERAL NOTICES



Greystriars 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.

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.

PARIS FOOTBALL TOUR

MONDAY 15TH-
FRIDAY 19TH
FEBRUARY 2027
(HALF TERM)

- Fixtures vs local opposition
- Tour of the Stade de France
- Full day at Disneyland Paris
- Shopping in Paris

Sightseeing in Paris:

- Eiffel Tower
- Champs-Élysées
- River Seine

Outdoor Adventure Day :

- Bubble football
- Archery tag
- Disc golf

- Executive coach travel and ferry crossing.
- 4 nights en-suite accommodation, including breakfast.



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.

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		
				

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

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

- 09 – 15 December | Book Fair in the Library
- 11 December | Christmas Lunch
- 16 December | Advent Reconciliation
- 19 December | Last day of term – early finish
- 05 January | Staff INSET Day – No students in school
- 06 January | Term 3 Starts
- 12 January | It All Adds Up Maths Trip Year 9
- 22 January | Year 11 Parent Consultation Evening

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 or visit: <https://www.greyfriarsoxford.org.uk/join-us/vacancies> to view all our current vacancies.



You Tube

LOCAL EVENTS AND OPPORTUNITIES

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



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

Blackbird Leys COMMUNITY LARDER

Oxford Hub
Working together to
build a better Oxford

Oxford Hub Community Larder
Every Wednesday 12:00-10:00
Email - Hello@oxfordhub.org
Telephone - 01865 745200
If you have any further inquiries

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 (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

Registered Charity Number 1161902



Merry Christmas!

December Timetable

All sessions delivered live online via zoom. 30 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Decreasing Depression	1 DEC 10am
Raising Self Esteem	1 DEC 7pm
Understanding the Teenage Brain	2 DEC 10am
Supporting Healthy Sleep	2 DEC 7pm
Autism - Improving Communication	8 DEC 10am
Improving Family Communication	8 DEC 7pm
Supporting A Child with ADHD	9 DEC 10am
Understanding Addictive Behaviour	9 DEC 7pm
Anxiety Based School Avoidance	15 DEC 10am
Understanding Anger	15 DEC 7pm
Supporting Healthy Screen Use	16 DEC 10am
Facing Defiance	16 DEC 7pm

OXFORD UNITED IN THE COMMUNITY www.ouic.org

SCAN THE QR TO BOOK

GIRLS ONLY PREMIER LEAGUE KICKS TUESDAY IN OXFORD YEAR 7 - YEAR 13 5:00PM - 6:00PM

Leys Pools and Leisure Centre,
Pegasus Road
Oxford
OX4 6JL

FUN AND SOCIAL FOOTBALL

FREE TO ATTEND.

Contact Us
plkicks@oufc.co.uk

OFSTED Future Apprentice of the year 2020

IN PARTNERSHIP WITH
HOWDEN

Are you the Future Apprentice of the Year Celebrating Social Mobility?

We're searching schools, colleges, and sixth forms across the UK to find the next Future Apprentice of the Year Celebrating Social Mobility. In partnership with Howden, this award champions students from a social mobility background, who demonstrate entrepreneurial spirit, have a proactive mindset, and have a desire to make a positive, lasting impact in the work that they do.

To enter, you must:

- Be in year 12 or equivalent
- Have a minimum of 9 GCSEs at grade 6, including English and Maths (or equivalent)

Apply Now - It only takes 10 minutes!

- You could win a special Lunch with three of Howden's most influential leaders - our Chief People Officer, Chief Investment Officer & Group Chief Risk Officer
- All 40 shortlisted candidates will also be invited to an engaging Insight Day at Howden HQ in Spring 2023. This will be followed by a week-long Insight Experience in October 2023. These fully funded experiences cover travel, accommodation, and any loss of earnings, so every participant can take part.

Apply Today!

[Click here to apply.](#)

Application deadline
5th January 2026

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

Oxford Hub

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
- 01865 711267
- 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



COMMUNITY FUND OXFORDSHIRE COUNTY COUNCIL youth ambition OXFORD CITY COUNCIL

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 6.35PM - 8PM: OPEN ACCESS GAMES, COOKING, CHILL OUT

CALL LYDIA ON 07483007103 OR JEN ON 07483010739

FOR ROCK CLIMBING BOOKINGS EMAIL: LEYSYOUTHUB@OXFORD.OX.NHS.UK

NHS Oxford Health NHS Foundation Trust

PARENT WEBINAR

Parents are the most important part of young peoples lives and hold the key to helping them. Let us, help you, to help them.

CAMHS Child and Adolescent Mental Health Service

MENTAL HEALTH AWARENESS SESSIONS FOR PARENTS AND CARERS

SUBJECTS INCLUDE

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

[WWW.OXFORDHEALTH.NHS.UK/CAMHS/OXON/SIR/WEBINARS](https://www.oxfordhealth.nhs.uk/camhs/oxon/sir/webinars)

OXFORDSHIRE PARENT CARERS FORUM Child and Adolescent Mental Health Service
A Voice for Parent Carers in Oxfordshire

WEDNESDAY WEBINAR SERIES

Wednesdays | 12:00-1:30 PM

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

LOCAL EVENTS AND OPPORTUNITIES

Oxford University Athletic Club

Athlete Taster Day!

November 13th 2025 &
February 26th 2026



Sign up link in Instagram bio
@oxforduniathletics

Email us for more info at
Athletics.club@studentclubs.ox.ac.uk

Sign up by October 23rd!

Itinerary!

Hosted by Brasenose College, Oxford

10:00 - 10:30 Arrive at Brasenose College

10:30 - 11:15 Introduction to Oxford and life as a student-athlete at Oxford talk

11:15 - 11:45 Q&A with students and student-athletes

11:45 - 12:15 Brasenose College tour

12:15 - 13:15 Free lunch in Hall with students

13:15 - 14:15 Academic/Admissions session

14:15 - 15:30 Tour of Iffley Road Sports Centre, including Q&A with coaches and athletes

Sign up link in Instagram bio
@oxforduniathletics

Email us for more info at
Athletics.club@studentclubs.ox.ac.uk

Sign up by October 23rd!

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

www.oxford.gov.uk

OXFORD CITY COUNCIL

In partnership with

OXFORDSHIRE COUNTY COUNCIL

youth ambition

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

www.oxford.gov.uk

OXFORD CITY COUNCIL

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youth ambition

Abingdon & Witney College

Oxfordshire Adult Learning
A MEMBERSHIP OF ABINGDON & WITNEY COLLEGE

Navigating the Teen Years

Oxford Hub
Windle Primary School
Windle 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 - 10th December

To book a place please contact Penelope (teacher of the course) from Abingdon & Witney College.
penelope.lea@abingdon-witney.ac.uk

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