Botley School

Dear Parents/Carers,

Matthew Arnold Maths Challenge

Last week, 16 children from Years 5 and 6 had the exciting opportunity to represent our school at the Matthew Arnold School Maths Challenge. Working in teams, the children tackled a range of mathematical activities that tested their problem-solving skills, logical thinking and teamwork. Throughout the challenge, they demonstrated resilience, perseverance and excellent collaboration as they worked together to solve complex puzzles and mathematical tasks. We were incredibly proud of the enthusiasm, determination and sportsmanship shown by all of the children, who were fantastic ambassadors for our school. Well done to everyone who took part!

Poetry Slam!

Today we held our second annul Poetry Slam Assembly. The children have been busy learning poems by heart and performing them in their classrooms this week during our poetry week. Our individual Poetry Slam winners for each year group started off our assembly in style, reciting their chosen poems to the whole school and the parents. I can see how hard all the school have been working on their presentational oracy skills and every single word of every single poem could be heard loud and clear at the back of the hall! I also loved the choice of poems; from beautiful, heartfelt poetry to bring a tear to the eye of adults in the room, to humorous poems; classic poems to poems written by our very own pupils.



Each class then performed a choral poem, and again, the range from humorous to classic poets was wonderful, including one of my all-time favourite poems The Sound Collector by Roger McGough. Thank you to all the parents and staff who helped our children learn their poems and put on such brilliant performances this week, both in class and in the assemblies. I was blown away by how much the presentational oracy of the school has improved since we began the poetry Slam oracy project last year.

Fireworks Night!

Tonight was our fabulous FOBS Bear Trail and firework night. Thank you so much to all the FOBS team and the Army of volunteers who make this fundraising event possible as well as our community sponsors, Bidwells. This is the biggest fundraiser for the school and is also a fantastic show. This year was absolutely no exception, so thank you to Storm Fireworks who always make our night so special and to all the community who turned out for the brilliant event!



To those of you celebrating Diwali this weekend, I hope you had a wonderful festival.



Have a great week
Mrs Reid

Upcoming Events

12th November – Individual Photos
16th November - Yr 6 PGL Residential
30th November – year 5 'Bikeability' week
9th December 4pm - KS1 Nativity Performance
11th December – EYFS Christmas stay and play
11th December – Workshare
18th December 9:15 Christmas Assembly
18th December – End of term 1:30

Parents dine with their child This Mon-Thurs!

Parents dine with their child – this week!

It's not too late to book. Come and eat lunch with your child:

Monday 9 Nov	Arrive by 11:40	Reception, Enhanced Pathway and SEN Resource Base
Tuesday 10 Nov	Arrive by 12:10	Year 3 and 4
Wednesday 11 Nov	Arrive by 11:55	Year 1 and 2
Thursday 12 Nov	Arrive by 11:25 for Nursery, arrive by 12:20 for Year 5 and 6	

Book on ParentPay by 9am on the day. Please see email sent on 21 October for full details.

Thank you from the government, and here is what the free breakfast clubs research found

Thank you to everyone at Botley who took part in the free breakfast clubs research a while back. Your answers will help inform the national rollout of free breakfast clubs.

You can read the full findings here. The conclusion says *'This research suggests that, from parents' perspectives, free breakfast clubs are valued for a wide range of benefits. As well as **providing breakfast**, parents describe the provision as **helping children start the day in a calmer and more settled way**, supporting opportunities for **social interaction and independence**, and making **family mornings easier to manage**. Many also report wider benefits for their households, including **support with work, childcare arrangements and household finances'**.*

Thank you again for helping with this research.

Any Botley pupils can attend our free Breakfast Club – just turn up from 8am!

Job opportunity at Matthew Arnold

MAS are recruiting a Catering Assistant for 25 hours per week. Details at:
https://mynewterm.com/jobs/142104/EDV-2026-MAS-38843

Free School Meals for everyone on Universal Credit

If you are on UC your child now qualifies for free school meals. Please ask in the office for a short form so we can register you, or email office.2569@botley.oxon.sch.uk

Elms Road safety and access

We always remind parents about road safety at the start of the day, but this was made even more pertinent today when a cyclist was knocked off his bike at the entrance to Elms Road. Whilst this did not directly involve our parents or pupils, it will have been shocking for the pupils who witnessed the accident. So please can I remind our Botley community that driving up Elms Road at arrival or collection times should be avoided as this makes the area much more dangerous for all our pupils and families walking to and from school. Can I also remind everyone that Elms Road is residents only parking, and therefore no parents should be parking on the road. I regularly receive complaints from residents and walking parents about feeling unsafe because of inconsiderate driving and parking. Please do not stop in the middle of the road to allow pupils to get out of the car, as this causes traffic to build up which is dangerous for the children and families trying to cross the road. If there is a specific medical or accessibility reason why you need to park closer to the school, please contact the school office, who will forward your request to the appropriate member of staff.

Collection arrangements

Another start of the year reminder that pupils in school can only be collected by siblings who are 14 and over. This is within the policy for collection arrangements agreed by the governing board and is part of our commitment to safeguarding all our pupils here at Botley School.

You can find the policy on the school website:

collecting-children-from-school-policy.pdf

Term Dates 2026-2027

Term1

Monday 7th Sept 2026 – Fri 18th December 2026

Half term Holiday: 26th – 30th October 2025

Term 2

Tuesday 5th Jan 2027 – Thursday 27th March 2027

Half term holiday: 15th Feb – 19th Feb 2027

Term 3

Monday 12th April 2027 – Wednesday 21st July 2027

Half term holiday: 31st May – 4th June 2027

INSET DAYS

Tuesday 1st September 2026

Wednesday 2nd September 2026

Thursday 3rd September 2026

Friday 4th September 2026

Monday 2nd November 2026

Monday 4th January 2027

Friday 28th May 2027

Botley School

Contact details
Office.2569@Botley.oxon.sch.uk
01865 248573

Acer TRUST

E-mail: office@acertrust.org.uk
Tel: 01865 519215

Respect Resilience Kindness Creativity Inclusivity Teamwork

Friends of Botley (FOBS)

This is your FOBS weekly update!

This Week

A huge THANK YOU to our parents and teachers who made Friday's fireworks night such a success! The weather smiled down on us and everyone was in great spirits. The display was more spectacular than last year. We are so pleased and proud to host such a great event. Thank you to our sponsors Bidwells also, who have been very supportive with marketing - it was great to see them at the event too.

What's next?

FOBS November meeting - time to start planning our spring/summer fete (!) and also set our fundraising strategies for the year. I also look forward to hearing the final total raised from our Fireworks night event and sharing this with you all.

Look!

We have raised £47.70 from easy fundraising.org.uk already! Small donations add up quickly. Shop online and we get a donation :) We get an extra £2 every time a new person signs up and uses the app using this QR code

Dates Coming Up:

Monday 23rd November - Time TBC may be face to face (watch this space!)

Wednesday 2nd Dec (Provisional) School Disco!

Your Commitee

Naz Hernandez (Chair), Bob Higton (Treasurer) and Hugo Marques (Secretary).

Spotlight: Jo Reid (Head teacher)



As a headteacher, having a supportive and active PTA like FOBS is so important to me. We all know the pressures on school budgets as pupil numbers and birth rates fall, so being part of such an active fundraising organisation is essential for the pupils at Botley. There are so many wonderful resources that FOBS have raised money for, including the iPads, the Clamber Castle, the Early Years area, as well as supporting the smaller things, like providing extra funds so school trips can be affordable for all, or helping us buy extra equipment for the playground. These are all the extras that the school budget can't afford, so I am delighted to be part of and support FOBS as they help support our pupils.

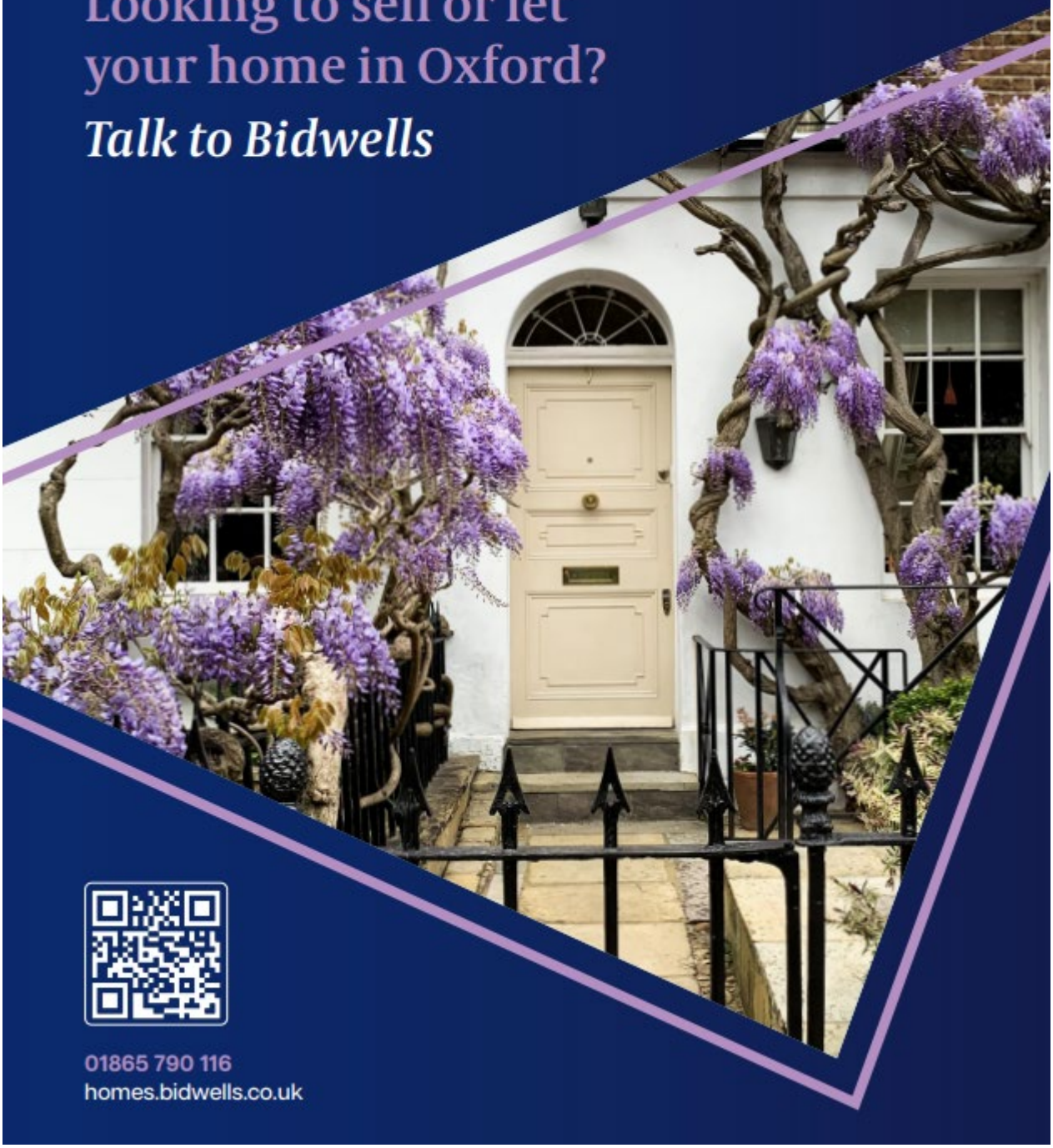
Questions? Email us fobs1930@gmail.com

Talk to Bidwells

BIDWELLS

Looking to sell or let your home in Oxford?

Talk to Bidwells



01865 790 116
homes.bidwells.co.uk

Botley Bridges
Intergenerational Stay & Play at Oxenford Care Home, Cumnor

TUESDAY 17 NOVEMBER
10.30-11.30AM

Oxenford House, The Glebe, Cumnor, OX2 9RL
(parking available)

Suitable for 0 - 5 year olds
no need to book, just turn up



Toys
Activities
Snacks
Drinks



FREE SESSION

Come and meet new people and gain friendship. Bridging the generation gap

Led by Hayley Hayle

For more information, visit botleybridges.org Registered charity number 1172139

Botley Bridges

Kinship

For family or friends who step up to raise a child.



Are you a kinship carer in Oxfordshire?

Kinship carers are friends or family who step up to raise a child when their parents aren't able to.

Get FREE support and be part of a national research trial

Kinship, the national charity for kinship carers is funded to provide support to 40 kinship carers in Oxfordshire over the next year.

What this means

We're looking for **40 kinship carers** to receive our 6-month Kinship Connected programme. 20 will receive it now and 20 in 6 months time.

This is **absolutely free** and you'll receive independent support from a charity worker called a Kinship Navigator.

They'll work with you to:

- understand you and your family needs
- develop your own personalised and practical toolkit and plan
- help you to advocate for kinship child or children
- help you to access and understand things like the schools system or applying for an EHCP and much more

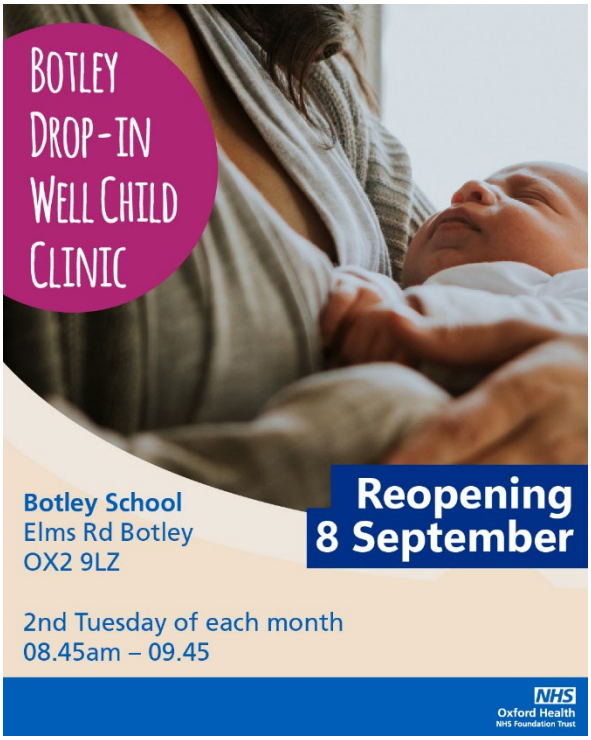
Want to find out more and apply?

Go to this website to read about the research trial and what that might mean for you: **www.kinship.org.uk/Oxfordshire**

For more information, please contact **navigator@kinship.org.uk**

Charity Registration: 1093975

Well Baby Drop-In Clinic at Botley School



Are you a parent or carer of a baby or young child?

Come along to our Well Baby Drop-In Clinic for advice, support, and the opportunity to discuss any concerns you may have about your child's health, growth, feeding, development, or wellbeing.

When: 2nd Tuesday of every month
Time: 8:45am - 9:45am
Where: Botley School

No appointment is needed. Simply drop in during clinic time to speak with a member of the Health Visiting team.

Botley School 0-19 / Health Visiting Service

Do you live in the Botley/ Cumnor area?

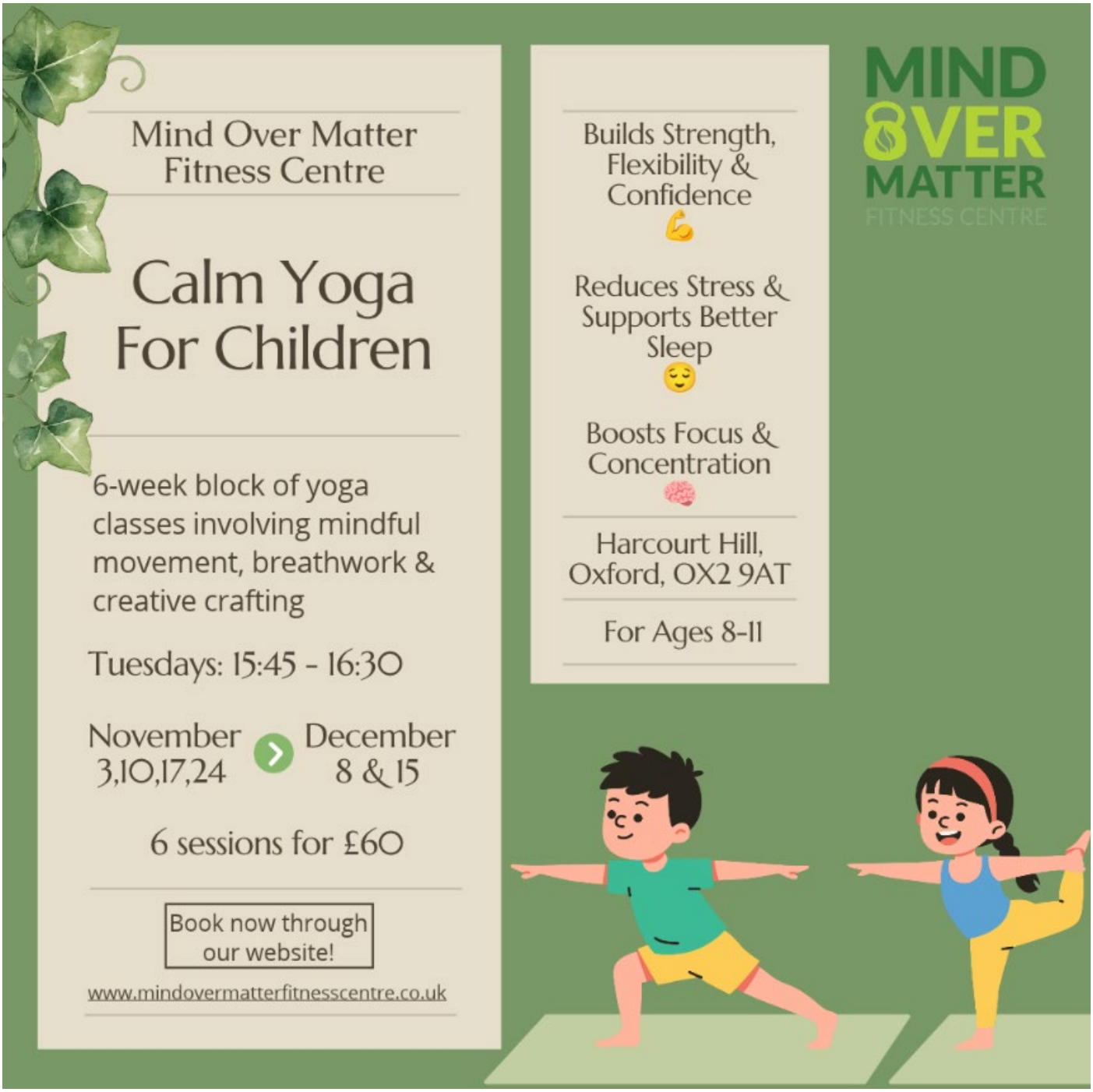
Once you receive an appointment for your child's 0-19 / Health Visiting Developmental Review Appointment from us, if you would prefer your child's developmental review appointment to take place at Botley School, we may be able to arrange this into the clinic slots available on a Tuesdays from 9:00am to 12:00pm.

Simply contact the Single Point of Access (SPA) and request for your appointment to be rearranged to the Botley School clinic.

Please call SPA on 01865 903800 or email cyp0-19@oxfordhealth.nhs.uk to discuss your preference and arrange an alternative appointment if available.

We are happy to accommodate requests where possible. We look forward to welcoming you.

Oxford Health 0-19 Children's Services


Mind Over Matter
Fitness Centre
Calm Yoga
For Children
6-week block of yoga classes involving mindful movement, breathwork & creative crafting
Tuesdays: 15:45 - 16:30
November 3,10,17,24
December 8 & 15
6 sessions for £60
Book now through our website!
www.mindovermatterfitnesscentre.co.uk
Builds Strength, Flexibility & Confidence
Reduces Stress & Supports Better Sleep
Boosts Focus & Concentration
Harcourt Hill, Oxford, OX2 9AT
For Ages 8-11
MIND OVER MATTER
FITNESS CENTRE

Botley Youth Club is back – at a new venue!

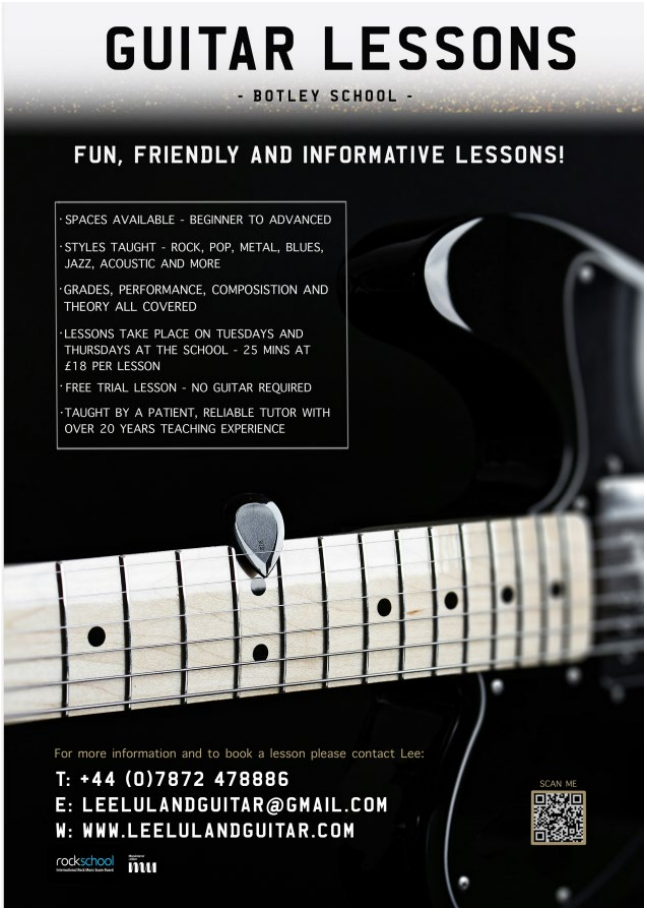
Come and see us at **Fogwell Road Pavilion** from **Wednesday 14 October**, our new home while the Louie Memorial Pavilion is being rebuilt.

If you're in **year 6 or above**, Youth Club is a relaxed, safe space to hang out and socialise, listen to music, play games, visit the tuck shop or just chill.

We meet every Wednesday in term time, 7–8.30pm (autumn/winter times), £1 on the door. Just turn up and sign in.

Come along and make Wednesday nights your Youth Club night!

Fogwell Road Pavilion, OX2 9SA
More info: botleyyouthclub@gmail.com



'Rock and Pop' Music Lessons!

Exciting news! We are now welcoming Rocksteady Music School to school on Fridays. It's an incredible opportunity for the children to learn to play their favourite songs in their very own bands with a choice of drums, keyboards, electric guitar, bass guitar or vocals.
As well as learning new musical skills, lessons also boost children's confidence, well-being, social skills, and teamwork. Lessons take place every week during school time.
These fun and inclusive lessons are taught by highly trained professional musicians who know how to inspire a life-long love of music. At the end of each term, the bands perform a concert for the school and their families, so you can see how far they have come!

Here's what you need to know:

- All instruments are provided.
- No musical experience necessary.
- Suitable for all ages.
- Lessons take place in school.
- All involved work towards an Ofqual qualification in Music.
- Your child will learn up to 300 instrument, band, and performance skills.
- You'll receive regular online parent timeline updates.
- There's a money-back guarantee for the first month.
- You can cancel at any time.

You can sign up for lessons online at www.rocksteadymusicschool.com.
If you have any questions about Rocksteady lessons, you can call **0330 113 0330** (local rate, office hours are Mon – Thurs 08:00 – 20:00, Fridays 08:00 – 18:00).



Healthy Lunch Boxes



- Eating a healthy lunch keeps gums and teeth healthy
- A healthy lunch box should include fruit, vegetables, carbohydrates and protein
- Choose foods in a variety of colours, finger foods and crispy snacks to make your lunch box more appealing

Lunch Box Ideas

See https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/



Salmon and salad bagel, rice cakes, grapes, semi-skimmed milk



Tuna and bean salad, satsuma, malt loaf, semi-skimmed milk



Spicy chicken and salad wrap, peaches/strawberries, homemade popcorn with cinnamon, sugar-free orange drink



Hummus dip with pitta bread and vegetable sticks, banana, sugar-free jelly, water

Copyright CDS Oxford Health NHS Foundation Trust

Sugary drinks and oral health

Did you know?...



Tropicana orange juice 300 mls = 25.8g 6 tsps

Fizzy drinks, fruit juice, smoothies and squash can be high in sugar

tsps = teaspoons of sugar



Innocent Berry smoothie 300 mls = 30g 7.5 tsps



Monster 473 mls = 55g 13.5 tsps



Macdonalds strawberry milkshake - medium = 57g 14 tsps



Swap to water or milk



Sugary drinks and oral health

Did you know?...

Fact

All fizzy drinks including sugar-free options contain acid which can cause tooth decay



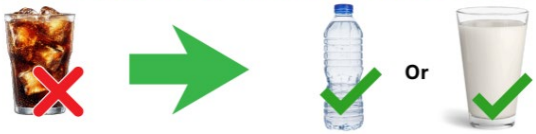


Fact

Unsweetened juices and fruit smoothies are high in sugar and also contain acid

Keep sugary/fizzy drinks to mealtimes only

Swap sugary/fizzy drinks to water or milk





OXFORD SPORT & TRADITIONAL MARTIAL ARTS

CHILDRENS KARATE CLASSES

BOTLEY







TUESDAYS & THURSDAYS
BOTLEY SCHOOL
OXFORD, OX2 9JZ

OSTMA LIONS | AGES 3 - 5
THURSDAYS 3.45PM - 4.15PM

BEGINNER KARATE | AGES 6+
TUESDAYS 3.45PM - 4.30PM
THURSDAYS 4.15PM - 5PM

CONFIDENCE - FITNESS - DISCIPLINE - FUN

FREE TRIAL

BOOK YOUR FREE TRIAL TODAY

Tomwd@ostma.co.uk 07464 631446

NHS Oxford Health NHS Foundation Trust

CAMHS Child and Adolescent Mental Health Service

OXFORDSHIRE WE ARE WITH YOU FORUM

JOIN OUR SUPPORTIVE COMMUNITY!

We Walking with You on your Parent/Carer journey
A warm, parent-led group for anyone caring for a child or young adult (up to age 25) facing mental health challenges.

Connect • Share • Learn Join us online or in person for relaxed, insightful sessions led by:

- Parent Peer Support Workers
- Social Prescribers
- CAMHS Mental Health Professionals

Explore topics around mental health and neurodiversity in a safe, welcoming space.

Plus: Special Guest Events Hear from professionals and services across the field! and getting out in nature.



TO REGISTER FOLLOW THE LINK OR QR :

WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/WHY/

Family Learning

Abingdon & Witney College | Oxfordshire Adult Learning

Families Learning Together

We offer a range of **FREE** community courses for parents and carers across Oxfordshire.

If you are a school, early years setting, family/community centre or charity please get in touch and we can arrange to deliver one of the courses below at your centre or even create a bespoke course to meet the needs of your stakeholders.



Courses include:

- Family Learning ESOL
- Keeping up with English and Maths
- Year 5 and 6 Maths for Parents
- Phonics and Reading for Parents
- Managing Feelings and Behaviour
- Effective Communication for SEN

07795 551021 OAL@abingdon-witney.ac.uk

www.abingdon-witney.ac.uk

VOLUNTEERS NEEDED

Looking to contribute to your local community, while gaining valuable skills and experience in a supportive work environment?



We run youth groups for autistic young people and we're looking for volunteers to get involved with supporting our young people in activities and socialising in a fun and safe environment

We have two youth groups:

- Seniors (13-17 years) - Friday 6:30pm to 8:30pm
- Juniors (8-12 years) - Saturday 10am to 12pm

Wolvercote Young People's Club, OX2 8AU



If you're interested in volunteering at one or both of our youth groups:
Please email us at
info@and-oxfordshire.co.uk

& AND OXFORDSHIRE

Youth groups for autistic young people without intellectual disabilities

An inclusive space to develop independence, friendships & social skills...



...run by a specialist, experienced team providing a safe, fun and structured environment...

... based in Wolvercote Young People's Club





Juniors (8 - 12 years)
Saturdays
10:00am - 12:00pm

Seniors (13 - 17 years)
Fridays
6:30pm - 8:30pm

Contact us at
info@and-oxfordshire.co.uk

BABY WEEK 2026
14 - 20 NOVEMBER

OXFORD BROOKES UNIVERSITY

MEET THE RESEARCHERS

An opportunity for parents and practitioners to learn more about child development and ask questions.



How do babies learn language so quickly and effortlessly?

16th November
1:30-3:00pm

Location: Oxford Brookes University, Sinclair building (SNC.4.01), Gipsy Lane, OX3 0BP

Book your place now: bit.ly/BabyWeekLanguage

Cumnor Pre-school presents...

NEARLY NEW SALE

Cumnor Primary School Hall





£2 entry

Saturday 14th November, 5-7pm
Sunday 15th November, 10am-12pm

Buy and sell top-quality children's clothes (baby to primary school age), toys, books, games, maternity and nursery equipment
Bargains always on offer!
Card payments accepted

Cumnor Pre-school Nursery

To sell (60% seller 40% pre-school split) or for more information email:
nearlynewsalecumnor@gmail.com

MOZART
SYMPHONY ORCHESTRA

CONDUCTOR: PHILIP MACKENZIE
SOPRANO: ALICE MACKENZIE

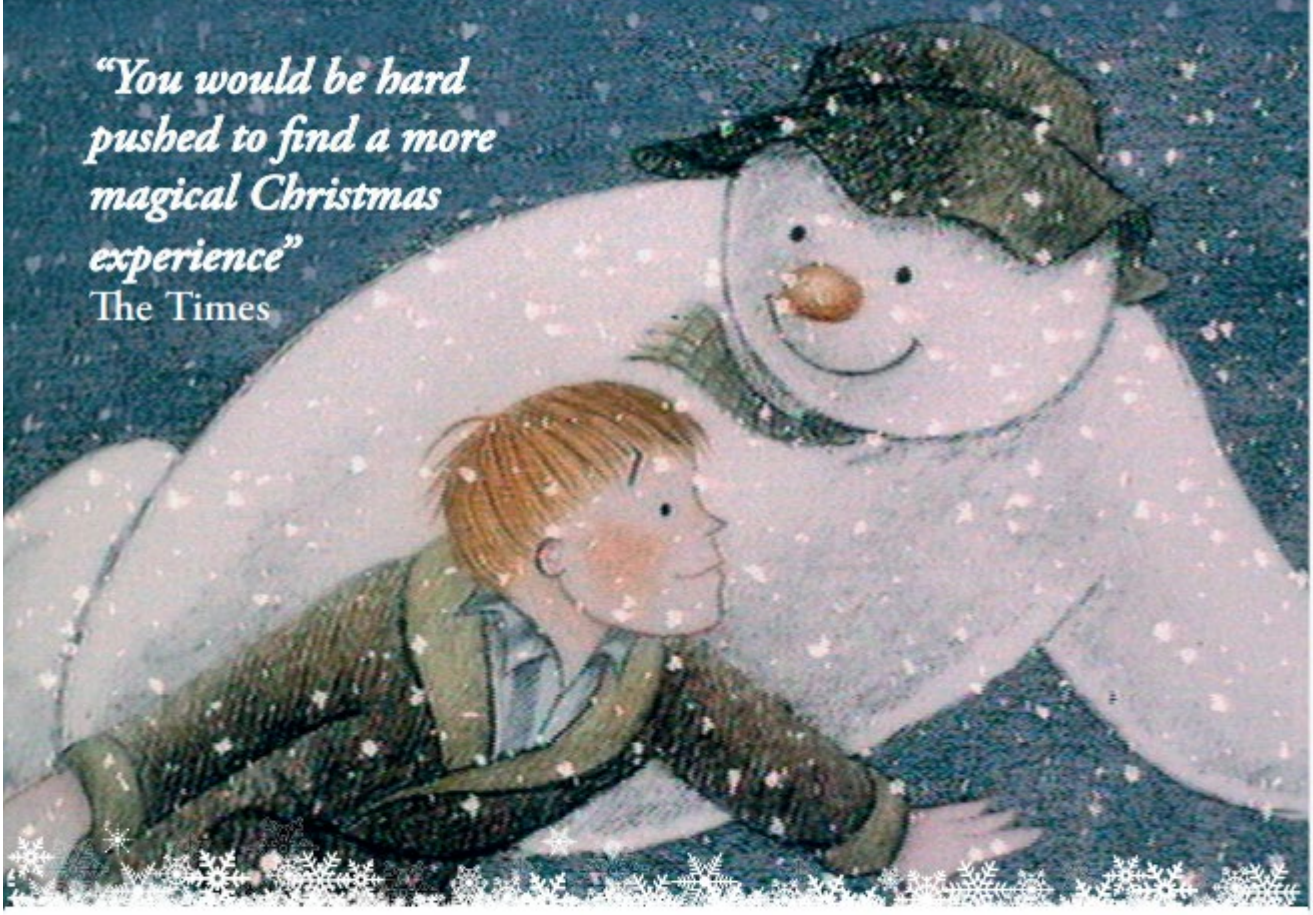
HOWARD BLAKE

The Snowman

Projected onto a large screen with a live orchestral accompaniment

Chappell: Paddington Bear's first concert

"You would be hard pushed to find a more magical Christmas experience"
The Times



CADOGAN HALL
Sunday 20th December at 13:30 & 16:30
cadoganhall.com or 020 7730 4500

SHELDONIAN THEATRE, OXFORD
Monday 21st December at 13:30, 15:30 & 17:30
ticketsoxford.com

BRISTOL BEACON
Tuesday 22nd December at 14:00
bristolbeacon.org or 0117 203 4040

CHELTENHAM TOWN HALL
Wednesday 23rd December at 13:30 & 16:30
cheltenhamtownhall.org.uk or 01242 528764

All orders subject to a transaction fee unless made in person

© Snowman Enterprises Limited "The Snowman" by Raymond Briggs is published by Puffin. Image © Snowman Enterprises Ltd www.thesnowman.com

COME & TRY NETBALL

INTRODUCING NEW SESSIONS FOR YEAR 4, 5 AND 6!

ABINGDON CENTRE JUNIOR NETBALL CLUB



ALL PLAYER LEVELS WELCOME!

MONDAYS 6 - 7PM
JOHN MASON SCHOOL, ABINGDON

A FUN AND FRIENDLY CLUB FOR PLAYERS AGED 8 - 18.



CONTACT:
acj.netball.club@gmail.com
TO SIGN UP FOR YOUR FREE TASTER TODAY!



Now showing, CONFIDENCE!

Drama, dance & singing classes designed to help 4–12 year olds shine

** My son has adored his first term at Perform. He has blossomed and I've seen his confidence grow every week.**
Pippa Wotton

PERFORM

Play is a POWERFUL THING



Perform classes help boost children's **confidence, concentration, coordination** and **communication** skills, as well as being lots of fun.

Our expertly designed drama, dance and singing sessions for 4-7s and 7-12s are run by experienced teachers, hand-picked for their warmth and approachability. They'll be with your child every step of the way – inspiring and encouraging them to develop vital life skills as they discover the joy of performing.

What does Perform offer?

- Performing arts-based games and exercises
- Focus on a different social skill each week
- Small classes and feedback on your child's progress
- Specially created scripts, videos and apps
- End of term presentation for family and friends

** Perform helps develop all key areas of a child in a fun, supportive and engaging way. It gives my daughter a brilliant sense of fun, community, purpose and pride in her achievements.**
Begum Bari

Ready to try for free?
Your child's first class is free, so why not give it a go? Classes take place all over, have a look online or call us:

perform.org.uk/try 020 7255 9120

WEEKLY NETBALL

DEVELOPMENT SESSIONS

OXFORD | STARTING FEBRUARY



For keen netballers looking to level up

- *1.5 hours • Once a week*
- *Age groups on different days*
- *Monthly training blocks*

WHAT WE FOCUS ON

Skills • Tactics • Confidence • Game IQ

Development for school, county & franchise pathways

WHY THIS IS DIFFERENT

- ✓ *Complements club netball*
- ✓ *High-quality coaching*
- ✓ *Designed for committed players*
- ✓ *No clashes with club training*

INTEREST NOW OPEN!

Email your interest:
targetnetballacademy@gmail.com

MINIS AND JUNIORS

Free taster sessions available for children aged 5-12

Every Sunday, 10:30 - 12:00



WE ARE LOOKING FOR NEW PLAYERS

enquiries@oxfordrfc.com

Oxford RFC, North Hinksey Village, OX2 0NA

FUN FOOTBALL SESSIONS

West Oxford Comunity Centre

Tuesdays • Term–time

Session 1 : **4.00pm - 4.45pm** (Years 1–3)

Session 2 : **5.00pm - 5.45pm** (Years 4–6)

For girls & boys (ages 5–11)

- Skill-building games
- Confidence & teamwork
- Friendly coaching • All abilities welcome



Iranian Community Network (ICN)
Stronger Together
با هم قوی‌تر

Small steps Big difference

Music Brings People Together
موسیقی ما را به هم پیوند می‌دهد

4 The Music
برای موسیقی

Creativity • Connection • Wellbeing
خلاقیت • ارتباط • تندرستی

A welcoming space for music lovers, poets, songwriters and musicians.

فضایی دوستانه و پذیرا برای دوستداران موسیقی، شاعران، ترانه‌سرایان و نوازندگان.





Play & Create
بنوازیم و بیافرینیم

Meet & Share
با هم آشنا شویم و تجربه‌ها را به اشتراک بگذاریم

Feel Better
حال بهتری داشته باشیم

For more information and the session timetable, please text or email:
برای اطلاعات بیشتر و برنامه جلسات، لطفاً پیامک یا ایمیل بزنید:
admin@ICN-uk.org
07951 035096

Support Our Activities
حمایت از فعالیت‌های ما
Donations are welcome.
کمک‌های مالی باخوشحالی پذیرفته می‌شود.

Bank: Lloyds Bank
Account Name: Iranian Community Network
Sort Code: 30-99-50
Account Number: 74281268
Reference: 4 The Music

A more connected community, a brighter tomorrow
جامعه‌ای پیوندخورده‌تر، آینده‌ای روشن‌تر

www.ICN-

Iranian Community Network (ICN)
Stronger Together
با هم قوی‌تر

Small steps Big difference

Feel better Live well
حال بهتر زندگی بهتر

Wellbeing Classes
Chronic Pain Management at Your Fingertips
مدیریت درد مزمن در دستان شما

A free 3-Session Taster Workshop in Self-Massage & Home Care
کارگاه آشنایی رایگان در ۳ جلسه ماساژ شخصی و مراقبت خانگی

Practical skills and support to help you manage pain and improve your everyday life.
مهارت‌های عملی و حمایت برای کمک به مدیریت درد و بهبود زندگی روزمره شما.

Less Pain درد کمتر
More Movement تحرک بیشتر
Better Wellbeing سلامتی بهتر
Brighter Tomorrow آینده‌ای روشن‌تر



Led by Dr Zhidao Xia
با هدایت دکتر ژیداو شیا
A retired orthopaedic expert with extensive experience in musculoskeletal health.
متخصص ارتوپدی بازنشسته با تجربه گسترده در سلامت اسکلتی-عضلانی.

3 SESSIONS | ۳ جلسه

1. **Introduction, Pain Mechanics & "The Taste"**
   آشنایی، سازوکار درد و "حس درد"
2. **Self-Care & Daily Pain Relief (Self-Massage)**
   مراقبت از خود و کاهش درد در زندگی روزمره (ماساژ شخصی)
3. **Family Support — Relaxation & Soft-Tissue Release**
   حمایت خانواده — آرام‌سازی و آزادسازی بافت‌های نرم

For the session timetable and more information, please text or email:
برای برنامه جلسات و اطلاعات بیشتر لطفاً پیامک یا ایمیل بزنید:
admin@ICN-uk.org
07951 035096

Support Our Wellbeing Project
حمایت از برنامه‌های سلامتی ما
Donations are welcome.
کمک‌های مالی باخوش‌حالی پذیرفته می‌شود.

A healthier community, a brighter tomorrow
جامعه‌ای سالم‌تر، آینده‌ای روشن‌تر

www.ICN-



SMILE 360

Smile Month

50 Years Celebrating Smiles

11th May - 11th June 2026

NHS
Oxford Health
NHS Foundation Trust

Follow these 3 steps to keep your teeth and gums happy this Smile Month:

1



- Brush your teeth twice a day for 2 minutes, once before bed and at one other time
- Use a family fluoride toothpaste
- Spit don't rinse

2



Cut down on how often you have sugary foods and drinks

3



Visit your dentist every 6 months or as often as recommended

=

SMILE 360

NHS
Oxford Health
NHS Foundation Trust

How can I look after my oral health and support others this Smile Month?

To find out more please scan the QR codes below to watch these 4 videos.

What is Smile Month? Why is oral health important?

SCAN ME

How can I look after my oral health?

SCAN ME

Smile Month

50 Years Celebrating Smiles

11th May - 11th June 2026

How can I support the oral health of someone living with dementia?

SCAN ME

How can I support a child who is reluctant to brush their teeth?

SCAN ME


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NHS Oxford Health NHS Foundation Trust

CAMHS Child and Adolescent Mental Health Service

OXFORDSHIRE WE ARE WITH YOU FORUM

JOIN OUR SUPPORTIVE COMMUNITY!

We aim to walk with you on your Parent/Carer journey
A warm, parent session for anyone caring for a child or young adult (up to age 25) facing mental health challenges.

Connect • Share • Learn Join us online or in person for relaxed, insightful sessions led by:

- Parent Peer Support Workers
- Social Prescribers
- CAMHS Mental Health Professionals

Explore topics around mental health and neurodiversity in a safe, welcoming space.

⭐ Plus: Special Guest Events Hear from professionals and services across the field! and getting out in nature.



TO REGISTER FOLLOW THE LINK OR QR :

WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/WHY/



Steam Into Christmas at Didcot Railway Centre

Santa needs your help! His reindeer have wandered off around Didcot Railway Centre, and he needs little explorers and their grown-ups to help find them. Follow a festive trail, discover the missing reindeer, and collect Christmas stocking fillers along the way.

Then meet Santa in his grotto and receive a special gift. Families can also enjoy unlimited steam train rides, explore historic locomotives, and soak up the sights and sounds of a railway at Christmas.

Dates: Weekends in December and selected days before Christmas. Advance booking recommended. Tickets from £20.

Book your ticket today: https://bit.ly/4yY1lL6