Botley School

Dear Parents/Carers,

Firefighter Visit for EYFS, Cherry and Resource Base

This week, the children in Nursery, Reception, Cherry Class and the Resource Base were delighted to welcome local firefighters to school. The children enjoyed learning about the different equipment carried on a fire engine and the important job firefighters do in our community.
Everyone had the opportunity to climb aboard the fire truck, sit inside the cab and explore the vehicle up close. One of the highlights of the visit was using the fire hose to try and knock down cones, just like real firefighters! To finish the session, the firefighters switched on the sirens so the children could hear what they sound like in an emergency. A huge thank you to the firefighters for such an exciting and memorable visit. The children had a wonderful time and learned so much.





Year 6 Residential – PGL Liddington

Year 6 had an unforgettable week at PGL, taking part in a wide range of exciting activities and challenges. Throughout the residential, they were excellent ambassadors for the school, demonstrating our values in everything they did. The children showed resilience, teamwork and respect as they tackled activities such as the giant swing, zip wire and archery tag. They embraced every opportunity with enthusiasm, encouraging one another and stepping outside their comfort zones. Most importantly, they had a fantastic time, creating lasting memories and making the whole school proud.





If you would like to see more of the exciting activities the children enjoyed during their trip, please visit our website:

PGL Adventures 2026

We have another busy week ahead, with KS1 Nativity rehearsals continuing, Year 5 taking part in Bikeability, and the FOBS Disco taking place on Wednesday. We look forward to sharing more highlights with you next week!

Have a great weekend
Miss Doran

Botley School

Upcoming Events

30th November – year 5 'Bikeability' week
2nd December –FOBS Christmas disco
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

Acer Trust / Ofsted sessions
Join Acer Trust's CEO Nathan Thomas for our first Parent Workshop for 2026/27 focusing on the new Ofsted framework. Two options on 30 November – see links and info below.

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

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

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!

School Disco is coming!

It is the Christmas School Disco on Wednesday 2nd December! The Early Years and KS1 disco will take place in the hall at 15:30 to 16:30. Children will be taken from their classrooms so please bring their clothes to change into at school. Parents are welcome to attend with their child. The KS2 disco will take place at 16:45-18:00.
For Early Years and KS1 please buy Tattoos and our Christmas themed headband/glasses in advance on parent pay- this is so that we know we have your consent to apply them to your child. For KS2 tattoos must be bought on ParentPay in advance, but Christmas themed items can either be bought on ParentPay or on the night.

What's next?

FOBS Virtual Meeting, Monday 23rd November at 19:00
Teams Link:
https://teams.microsoft.com/meet/3590558225462974?p=XLkmYP2rwNIIdtE1gB

Dates Coming Up:

Wednesday 2nd December
School Disco night
EYFS + KS1 15:30 and KS2 16:45

Did you know?

We have a FOBS WhatsApp group - no obligation to volunteer, but a great place to hear what's happening, get news first and socialise with parents.

Scan here
to join automatically

Your Commitee

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

Questions? Email us fobs1930@gmail.com



Botley School entries to the school office by December 3rd please!



Join Acer Trust's CEO Nathan Thomas for our first Parent Workshop for 2026/27. This session will focus on the new Ofsted framework where Nathan will explain what has changed and what parents might expect when their child's school is inspected. The session will run for 45 minutes at 13:00 and will be repeated at 18:00.

Monday 30 November Session 1: 13:00

Event page: https://events.teams.microsoft.com/event/d8444803-27ef-44ab-91c0-b9ea15b6b9bc@6c6ff8f6-9e0e-45d2-bba4-927da6fd3d65?source=copyLinkOneEventsShareDialog

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Microsoft Teams meeting

Join: https://teams.microsoft.com/meet/3799326534975434?p=ZpSzyLrIE3KZIOSUDg

Meeting ID: 379 932 653 497 543 4

Passcode: mj6bL6on

Monday 30 November Session 2: 18:00

Event page: https://events.teams.microsoft.com/event/97933aa5-12ef-4bd4-847b-9d71834e80f4@6c6ff8f6-9e0e-45d2-bba4-927da6fd3d65?source=copyLinkOneEventsShareDialog

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Microsoft Teams meeting

Join: https://teams.microsoft.com/meet/3625490981724961?p=8I4dx9qQKFHJohBeJ7

Meeting ID: 362 549 098 172 496 1

Passcode: 6SZ7zV3s

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

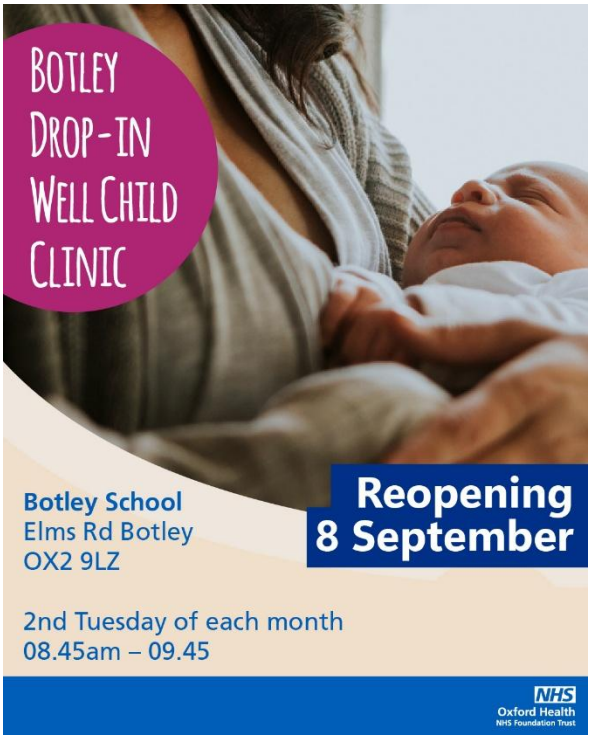
Want to find out more and apply?

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?

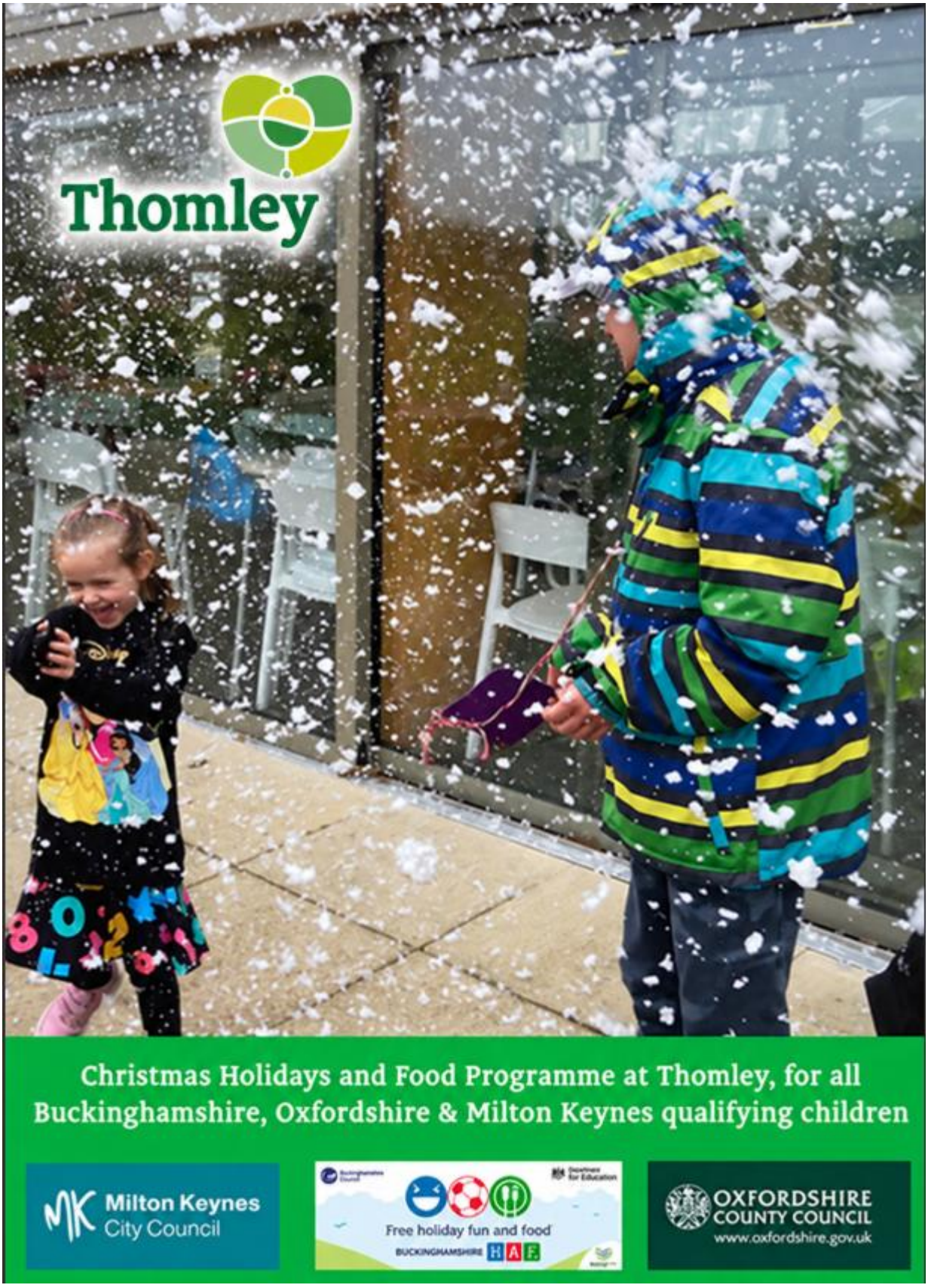
Once you receive an appointment for your child's 0-19 / Health Visiting Developmental Review Appointment from us, if you would prefer your child's developmental review appointment to take place at Botley School, we may be able to arrange this into the clinic slots available on a Tuesdays from 9:00am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


Thomley
Christmas Holidays and Food Programme at Thomley, for all Buckinghamshire, Oxfordshire & Milton Keynes qualifying children
Milton Keynes City Council
Free holiday fun and food
BUCKINGHAMSHIRE HAF
OXFORDSHIRE COUNTY COUNCIL
www.oxfordshire.gov.uk


FREE ENTRY!
OXFORDSHIRE WILDLIFE RESCUE
CHRISTMAS FAIR
10:00 am – 4:00 pm
Saturday 19th December
Chilton Village Hall
Christmas Raffle
Hot food & Drinks
Art competition!
Make wild bird feeders!
Make your own christmas ornaments!
Decorate christmas biscuits!
Loads of Prizes!

Botley Youth Club is back – at a new venue!

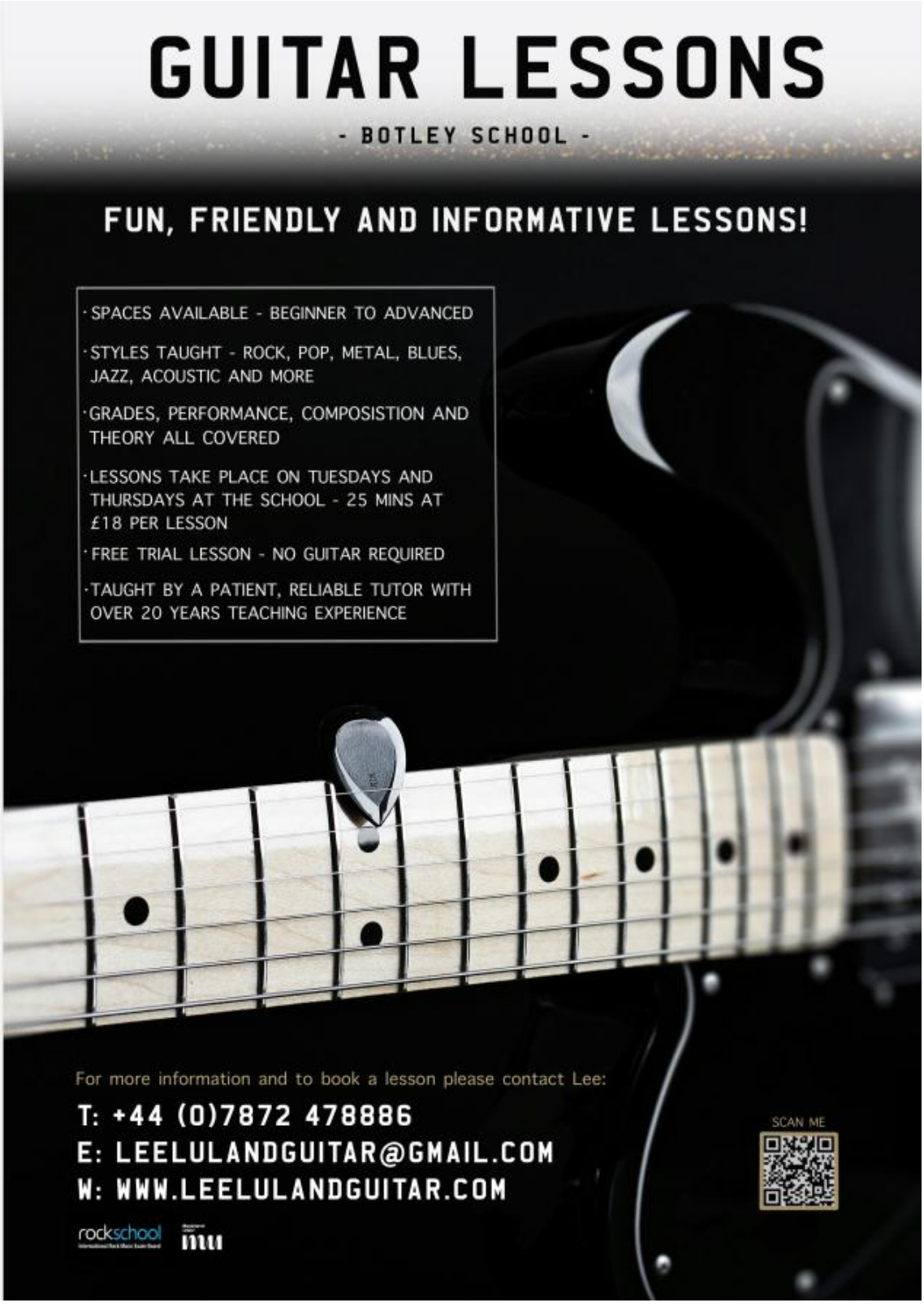
Come and see us at **Fogwell Road Pavilion** from **Wednesday 14 October**, our new home while the Louie Memorial Pavilion is being rebuilt.

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


GUITAR LESSONS
- BOTLEY SCHOOL -
FUN, FRIENDLY AND INFORMATIVE LESSONS!
· SPACES AVAILABLE - BEGINNER TO ADVANCED
· STYLES TAUGHT - ROCK, POP, METAL, BLUES, JAZZ, ACOUSTIC AND MORE
· GRADES, PERFORMANCE, COMPOSISTION AND THEORY ALL COVERED
· LESSONS TAKE PLACE ON TUESDAYS AND THURSDAYS AT THE SCHOOL - 25 MINS AT £18 PER LESSON
· FREE TRIAL LESSON - NO GUITAR REQUIRED
· TAUGHT BY A PATIENT, RELIABLE TUTOR WITH OVER 20 YEARS TEACHING EXPERIENCE
For more information and to book a lesson please contact Lee:
T: +44 (0)7872 478886
E: LEELULANDGUITAR@GMAIL.COM
W: WWW.LEELULANDGUITAR.COM
SCAN ME
rockschool
mu

'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



Or



Or

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


ELITE CAMPS BOTLEY
EARLY BIRD DISCOUNT!
USE CODE: XMAS10
BOOK BY 22ND NOVEMBER
FOR 5-13 YEAR OLDS
FLEXIBLE SESSION OPTIONS
AGE 5-13 STANDARD DAY
9:00 AM - 3:30 PM
AGE 5-13 EXTENDED DAY
8:30 AM - 5:00 PM
YOUR BOTLEY CAMP
BOTLEY SCHOOL
Elms Road, Botley, Oxford OX2 9JZ
BOOK NOW!
OUR CAMPS INCLUDE:
Fun games & sports
Skills development
Team challenges
Festive activities
Experienced Staff
Safe environment
eliteyouthsports.co.uk
01235 415846
30+ FUN ACTIVITIES
TRAINED COACHES
MAKE NEW FRIENDS
CHILDCARE VOUCHERS ACCEPTED
TAX FREE SCHEME ACCEPTED
Ofsted Registered

Botley Bridges Family Xmas Gift Bags

The Botley Bridges Christmas Gift Bags are back! We'll be collecting and packaging food and gifts into bags for local families who would benefit from a little extra help. We are open for donations, financial contributions and hamper requests.
Together, let's spread some Christmas cheer in and around Botley!

WHAT TO DONATE:



Food items

- Tea / Coffee / Hot Chocolate / Squash / Soft Drinks (no alcohol)
- Christmas treats (Mince Pies, Biscuits, Selection packs)
- Jam / Marmalade / Honey / Syrups
- Tins or Jars - Fruit / Tuna / Baked Beans / Pasta Sauces / Soup
- Crackers / Biscuits / Rice / Pasta

Gifts

- For Adults - toiletries
- For Children
  - Bubbles / activity books / craft sets / construction sets
  - Books (for a variety of ages) / cards etc.



DONATIONS DROP OFF:

- St Peter and St Paul's Church (Westway, Botley OX29JY) on Wed 16th Dec 12pm-9pm OR Thurs 17th Dec 8am - 10pm
- Cumnor School, Botley School, West Oxford School or any Botley Bridges session week beginning 7th Dec

If you cannot drop off at these times, please email sue@botleybridges.org to arrange an alternative.

For a financial contribution, go to https://botleybridges.org/donate
OR email sue@botleybridges.org for payment details

TO REQUEST A GIFT BAG:

- Fill in our request form https://botley-hampers.web.app or use the QR code
- Download form from the website and send via email to sue@botleybridges.org
- Ask for a paper form from you local school or preschool and hand it in

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

Botley Bridges
Supporting local families

Christmas Past, Christmas Present !

Hill End
A place of possibilities

Join us for a very special Hill End family day with a festive sprinkle of history!



10am - 2pm
Monday 21 December

£7.00 (child)
£9.00 (adult)

- Explore outdoors: Visit our WW2 bomb crater and Anderson shelter
- Have a go at collecting your wartime rations!







- Christmas crafts: model aeroplanes, decorations, traditional willow craft & whittling
- Toast crumpets and marshmallows around the campfire

hill_end_centre
HillEndOEC
Hill_End

01865 863510
Hill End Outdoor Education Centre, OX2 9NJ
www.hill-end.org/activities/upcoming-events

Registered charity: 1173987

MOZART
SYMPHONY ORCHESTRA

CONDUCTOR: PHILIP MACKENZIE
SOPRANO: ALICE MACKENZIE

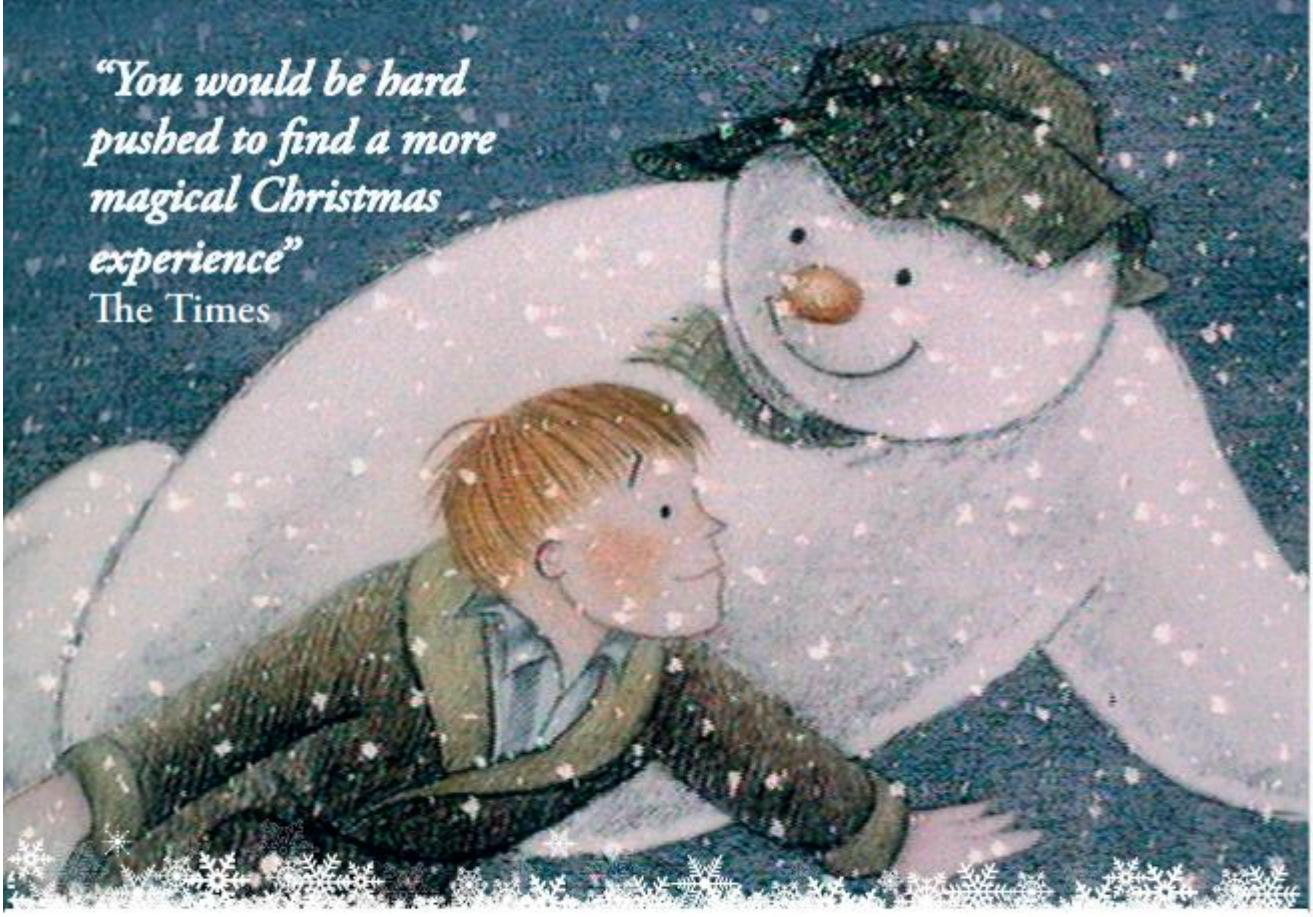
HOWARD BLAKE

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!

TRY A CLASS FOR FREE



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

OXFORD RFC

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

Contact Coach Sowah:
akporsowah2@gmail.com
07900 831832



Supported by WOCA

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، لطفا پیامک یا ایمیل بزنید:
admin@ICN-uk.org
07951 035096

Support Our Activities
حمایت از فعالیت‌های ما
Donations are welcome.
کمک‌های مالی با خوشحالی 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