

Become a Friend of SeeSaw

There are many things in life that we take for granted. Where would you turn to for support for your children if the unimaginable happened, and you as a parent became terminally ill, or a member of your family died suddenly? It doesn't bear thinking about.

Fortunately, in Oxfordshire we are lucky as there is a wonderful little charity called SeeSaw, that supports children who are struggling to cope when someone important in their lives has died or is dying. SeeSaw offers grief support for children (up to the age of 18) when a parent or brother or sister has died and specialist support for families when a parent or brother or sister is dying. We have specially developed literature and resources to help children, their carers and professionals understand grief.

Making New Friends

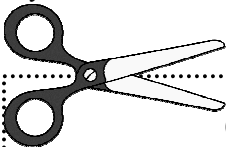
The charity is funded entirely by voluntary contributions and at present receives very little statutory funding. *Friends of SeeSaw* is a group made up of amazing people, organisations and companies who support SeeSaw by raising money, making regular donations, organising events and talking about SeeSaw's work to local groups. In the Wychwood area SeeSaw has some very

good friends, including Martin Gibbs. Martin has been a keen SeeSaw supporter since it was first set up in 2000 and has very kindly offered to help SeeSaw make new friends. If you think you can help by giving a little of your time, or by making a regular donation to this fantastic local charity then please contact Martin on: 01993 832440. More information about SeeSaw can be found at: www.seesaw.org.uk

So Why Be a Friend?

What are the benefits of becoming a *Friend of SeeSaw*? Well, you will receive a regular newsletter with information about how SeeSaw is helping bereaved children and families. Also, you will receive news of fundraising events and activities around Oxfordshire, a chance to meet other like-minded people who support SeeSaw. You will receive an invitation to an event hosted by the Staff and Trustees giving a 'behind the scenes' insight into our work. Most importantly you will be helping bereaved children in Oxfordshire face the future with hope. *If you know a family who are struggling to come to terms with the loss of a loved one then tell them about SeeSaw. Call us on: 01865 744768.*

Jane Elliott



Get fit at your Local Gym!

The gym equipment includes: *Treadmill, Cross-trainer, Rower/Bikes
Weights Machines*

It is available to 18 year olds plus and can be used from 6am to 11pm every day of the week. Rates vary from £20 per month to £150 for the year.

Free induction offer when you show this coupon.

Contact Lee at the New Beaconsfield Hall on: 01993 832216