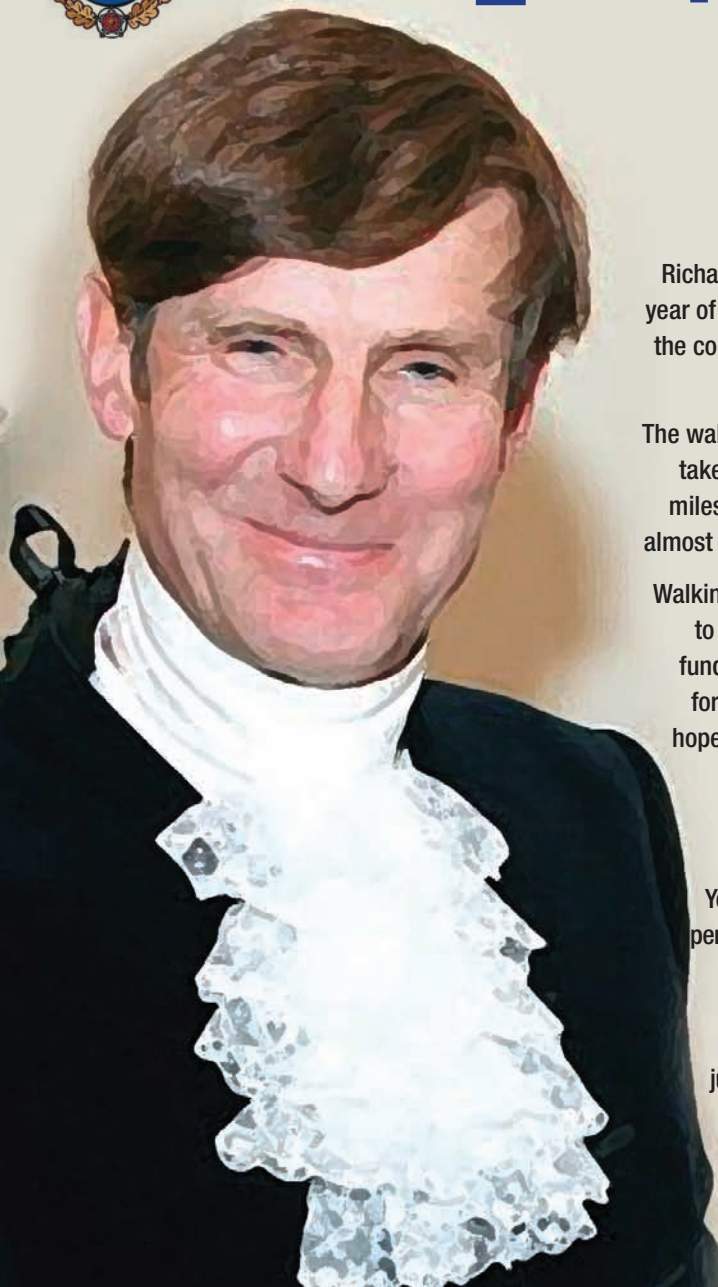


THURSDAY 1ST TO MONDAY 5TH APRIL HIGH SHERIFF'S

EASTER THAMES TRAIL



Oxfordshire High Sheriff

Richard Dick will be rounding off his year of office by walking the length of the county's Thames Path this Easter – and invites you to join him.

The walk from Lechlade to Henley will take five days, cover more than 80 miles and take Richard over or past almost 100 bridges, ferries and weirs.

Walking from one side of Oxfordshire to the other will be Richard's last fundraising activity as High Sheriff for 2009-2010 and on the way he hopes to raise money for children's charity, Footsteps Foundation.

And that, of course, is where you come in!

You could help by sponsoring him per day/mile/bridge/etc, or why not come for a stint yourself along a stretch or two of Oxfordshire's beautiful Thames Path – either just for fun or to raise money for a charity of your choice. There are plenty of drop-in and stop-off points along the way!



ABOUT FOOTSTEPS FOUNDATION

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Footsteps Foundation is an Oxfordshire-based charity which helps children and young adults with a wide range of neuromotor disorders such as cerebral palsy to develop and maximise their physical abilities.

The charity provides funding for intensive physiotherapy at the Footsteps Centre near Wallingford, where each child undergoes a programme of Footsteps therapy tailored to his or her unique needs. Specialist therapists combine mainstream physiotherapy with a dynamic piece of equipment – the spider – and patients enjoy improved confidence as well as enhanced physical abilities, often with speech and cognitive benefits.

You can pledge a donation to the High Sheriff's **EASTER THAMES TRAIL** online at www.footstepsfoundation.com

Footsteps Foundation, 7a The Green South, Warborough, Oxfordshire OX10 7DR. Telephone 01865 858 382