

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

CONTACT US

Oxford Health NHS Foundation Trust
Children's Integrated Services
Orchard Health Centre
Cope Road
Banbury
Oxon
OX16 2EZ
Telephone: (01865) 904435
Email: oxonchil-drens.therapies@oxfordhealth.nhs.uk
Website: www.oxfordhealth.nhs.uk/cit

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسليق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে Bengali পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।

اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra idioma ou num formato diferente.

Oxford Health NHS Foundation Trust
Trust Headquarters
Littlemore Mental Health Centre
Sandford Road
Littlemore
Oxford
OX4 4XN

Switchboard: 01865 901 000
Email: enquiries@oxfordhealth.nhs.uk
Website: www.oxfordhealth.nhs.uk

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Children's Community
Physiotherapy Service

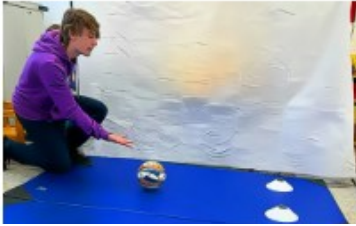
Ball Skills

Level 1

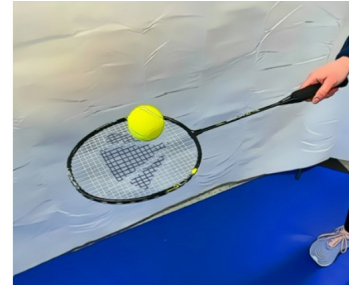
Throw a small beanbag into hoop 1 meter away from you. Try two hoops either side of you.



Roll a football with one hand between goal posts placed 0.5 meters apart, 2 meters away from you.



Balance a tennis ball on a tennis racket for 15 seconds. Try 30 seconds.



Throw a small beanbag upwards and catch it. Try to throw it higher.



Gently kick a football between two goal posts placed 1 meter apart from each other, 2 meters away from you.

Have your partner roll a ball to you to pick up, from 3 meters away. Roll it back and repeat.



Play "keepy-uppy" with a balloon, tapping it upwards to stop it hitting the floor.



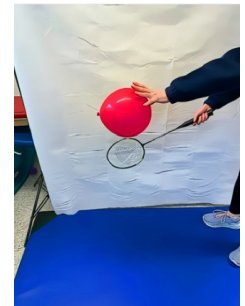
Drop a balloon and kick it before it hits the floor.



Throw and catch an inflatable ball to your partner 1 meter away from you.



Drop a balloon and hit it with a racket before it hits the floor.



Throw an inflatable ball around a close circle of other people. Change the direction and try bouncing the ball.

Play "keepy-uppy" with a balloon using a tennis racket to stop it hitting the floor.



Throw and catch a football off a wall 2 meters away, letting it bounce before catching it.