

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

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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.

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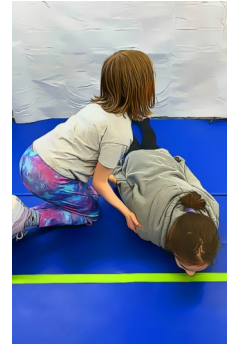
Children's Community
Physiotherapy Service

Body Awareness Level 1

Lie on your tummy on a bench and pull yourself along it, then push yourself back.



Turn turtle: Lie on your stomach and don't let your partner roll you onto your back.



Lie on a skateboard and push yourself along.



Draw shapes in the air using a stick with ribbon tied to the end. Use both hands.



Draw around your hand on a piece of paper.



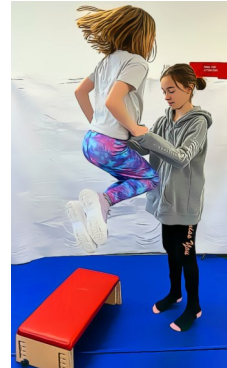
Give yourself a hug, squeezing your arms.



Stamp your feet.



Jump off a low box or bench holding your partner's hands and keeping your feet together.



Push against a wall with both hands.



Bounce on a trampoline.



Log roll: Lie on the floor with your arms stretched above your head and roll both ways in a straight line.



Stand 0.5m away from a wall and lean against it with your back.

