

BLAZING SUCCESS

As 27 brave 'soles' raise over £2,500

On 17th February 2007 the Scottish Spina Bifida Association held their first Firewalk at their new Family Support Centre in Cumbernauld.

The event was a great success raising over £2,500 for the Association with 27 fearless participants (pictured) bravely walking barefoot across burning embers at a temperature of 1386 degrees fahrenheit!

The SSBA would like to say a big thank you to everyone who took part and helped them on the evening and hope that the participants will join the Association again on 23rd February 2008 for a similar event with a twist. This time there will be an added option to walk on glass as well.

The SSBA look forward to seeing old and new faces on February 23rd 2008 so don't miss out on the next Fire and Glass walk - contact the Fundraising Team now on 01236 794508 for more information or to secure your place.



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SSBA GRAND XMAS RAFFLE 2007

Yes, it's that time of year again, the high-light of the winter season for many, it's the SSBA Grand Xmas Raffle 2007.

Every year the raffle is a great success and a brilliant way for the Association to raise vital funds whilst giving you the opportunity to win some fabulous prizes. As you will see from the prizes below, this year will be no exception.

1st Prize - £750

2nd Prize - 1 weeks holiday at the luxury Timeshare in Aviemore 2008 (Sleeps six)

3rd Prize - £250

This year the SSBA's Christmas raffle is sponsored by Coloplast, a company who are working in partnership with SSBA to campaign for an increased awareness of bladder and bowel health and to support SSBA's members and families in their efforts to live a full and satisfying life. For

more information please visit their website www.coloplast.co.uk

The Association is looking for as many people as possible to get in touch to buy tickets so that they can make 2007 a record breaking year for raffle sales.

Tickets are priced at £1 a ticket or £5 a book and the Draw will take place at the Scottish Spina Bifida Association's Family Support Centre on 20th December 2007.

NB. Please make sure all ticket stubs and money are received by the SSBA no later than the 19th December 2007.



Tickets are available now

Please call Clare or Deborah on 01236 794508 or email your request to fundraising@ssba.org.uk

A DAY IN THE LIFE of...

Stewart Mackay, an adventurous fundraiser

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Fundraising



Graeme, Kenny & Stewart

On 22nd

April 2007, Stewart Mackay, accompanied by George Angus, Graeme Mclean and Kenny Baillie, set off on a challenge of their own invention, The Far North West Cycle and Hillwalking Challenge. Stewart has a daughter with spina bifida and wanted to raise funds and awareness of the Association which is close to his heart. The challenge, a 190 mile cycle including the climb of Ben Hope, had its ups and downs but was well worth it as Stewart and his friends raised over £1,600.

The following are snippets of the diary which he wrote during the challenge...

22nd April: We set off from Culrain and headed towards Scourie Campsite, approx 80 miles away. The weather was fine as we set off and stayed pretty fine most of the way, any rain just added to the atmosphere of being in the Highlands. We soon had our first and hardest climb of the challenge, it was about a mile long, quite steep and was very hard work but we made it and the thrill of coming down the other side was well worth the climb. We reached Scourie campsite at about 3pm and went out for a meal, a few pints of Guinness and

a wee laugh before we retired for the night.

23rd April: We headed for the bottom of Ben Hope (approx 60 miles). The first leg of the journey took us to Durness where we had a couple of hours off the bikes and wandered about the beautiful beach there. Then onto Ben Hope, a tough 30 miles because we cycled into the wind and the last 6 miles or so I was on my own as Kenny had to pull out due to the fact his ankle was really hurting him. When I finally reached the bottom of the mountain we then set up camp on the shore of Loch Hope and settled in for the night.

24th April: The weather was stunning, we couldn't have asked for a better day. Unfortunately George took a stumble as we were going up the mountain and hurt his knee so he went back down and Graeme and myself continued. It was worth the pain as finally we were standing at the top of Ben Hope and seeing a view that I cannot describe to you unless you were there (pictured below).



25th April: The final hurdle - We set off for Bonar Bridge (approx 50 miles). It was a wild day with the wind blowing in my face all the way to the finish line.

It was brilliant to cross the finish line at Bonar Bridge and I punched the air with delight, I didn't realise that I would feel as happy as I did and I had a tear in my eye and said to myself, "that was for you Murran" (Murran is my daughter who suffers from spina bifida). When we got to the B&B I was presented with a bottle of champagne by Graeme which was duly opened and consumed (mostly by me).



Kenny & Stewart - half way there!

"I have to let you know that I had great pleasure in doing the event and I am so happy that I have managed to do it for a cause that affects my life in ways I didn't realise it did until I did the event".

If you have been inspired by this challenge and would like to set up your own, please get in touch with Clare or Deborah in Fundraising who will be happy to help plan and support you through your event
- Tel: 01236 794508 or email: fundraising@ssba.org.uk

£25,000 to be won every week

Be a part of something Big ! www.ssba.org.uk/lottery

FUTURE EVENTS

T: 01236 794508 • E: fundraising@ssba.org.uk

■ 26th November 2007 - **Gordon Ramsay's St Andrew's Day Gala Ball**

Venue: Stirling Castle. £500 pp

■ 30th November 2007 -

Saint Andrew's Day Dinner & Ceilidh

Venue: Cumbernauld College. £18 pp

Join us for a wonderful evening with the finest cuisine cooked by up and coming French and Scottish Student Chefs, all finished with a Scottish ceilidh.

■ 20th December 2007 - **Xmas Raffle Draw**

£750 top prize. Contact SSBA for tickets to sell.

■ 23 February 2008 - **Fire & Ice Event**

This inspirational event is one not to be missed.

The evening includes motivational training followed by an exhilarating walk across fire and/or glass.

Venue: SSBA Centre in Cumbernauld. Apply today!

■ 22nd February - 2nd March 2008 -

Kilimanjaro Trek This breathtaking trek will guide you up the tranquil Machame route of Mount Kilimanjaro. **Limited places left.**

■ 28th March - 7th April 2008 - **Peru Trek**

Immerse yourself in ancient Peruvian culture and trek along one of the world's most stunning trails.

■ 10th-20th April 2008 - **China Trek**

For those with a passion for culture and a sense of adventure - China leaves an indelible mark on all who go there...

■ 11th-15th June 2008 -

London 2 Paris Bike Ride

Connect two of the world's most chic capital cities as you embark on the challenge of a lifetime for charity.

■ 1st June 2008 -

'Ladies who give an F' Ladies Lunch

£35pp. Venue: Radisson SAS Hotel, Glasgow

■ 25th May 2008 -

Edinburgh Marathon

SSBA have a limited number of guaranteed places for this event. Please contact Clare in Fundraising for more information.

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Fundraising

Diving with Sharks, Whitewater Rafting & Skydiving

can be undertaken at anytime of year to suit you, so please call 01236 794508 and get your challenge booked today. **GREAT FOR TEAMS OR INDIVIDUALS!**

IT'S PARTY TIME!

Robertson Group Builders threw a birthday bash in July to celebrate the Scottish Spina Bifida Association's first anniversary in its new Family Support Centre in Cumbernauld. They also kindly donated a further £2,500 towards the services provided by the Association.



CUMBERNAULD 10K

As part of Cumbernauld's 50th anniversary celebrations they held their inaugural Cumbernauld 10k on Sunday 9th September and chose the Scottish Spina Bifida Association as the official fundraising partner for the race. This was a fantastic opportunity for the Association to become further established within the local community with many people choosing to take part in the race and raise money for the charity. The Association look forward to working with North Lanarkshire Council in the future and thank all those who raised money for them at the event.

GORDON RAMSAY'S ST. ANDREWS DAY GALA DINNER

STIRLING CASTLE - 26TH NOVEMBER 2007

This event, hosted by the award winning international chef, Gordon Ramsay OBE, is guaranteed to be the most sought after event this year. With amazing entertainment and stars from TV, radio and sport, it will be a glittering occasion in a truly Scottish setting.

YOU COULD BE 1 OF ONLY 250 PEOPLE IN THE WORLD TO EXPERIENCE THIS MOMENT IN HISTORY

Tickets are available at £500 per head or tables of ten at £5000.

To reserve tickets or for more information call 01236 794505.

COMPETITION TO WIN 2 TICKETS

TO ENTER text GORDON to 86633

Each text cost £1.50 plus network charges. Entrants must be 18 or over. 84p from each text goes directly to the Association. For full information and terms and conditions on the competition go to www.ssba.org.uk/competition



FUNDRAISERS GALLERY

Many people take up all sorts of exciting challenges and organise fundraising events to raise money for the Scottish Spina Bifida Association AND some of those people kindly took photos...

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Fearless Firewalkers
at the SSBA Centre

If you have any photos of activities or events you took part in to raise funds for the Scottish Spina Bifida Association please email them to fundraising@ssba.org.uk



Bearsden Cross Sunday School
held various fundraising activities



The Rendall Family -
The Great Scottish Walk



Helen Macindoe
organised a charity supper which
included an unusual auction to
have your head chopped off!



Glasgow Marriott -
Diving with sharks



Christine MacKenzie
- Reading Half Marathon



Cheryl Adam, Andrew Lorimer &
fellow classmates at Dundee College
- Sponsored walk across Tay Bridge



Team Pentony -
The Great Scottish Walk



The Shepherd Team -
The Great Scottish Walk



Friends Ref: 07/Fr



Up & Away Ref: 07/UAA



Christmas Star Ref: 07/CS

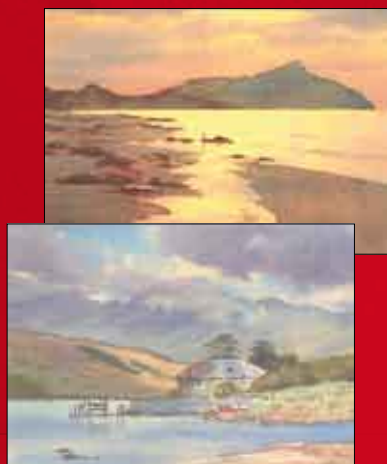
CHRISTMAS CARDS 2007



On the Way Ref: 07/ONT



Nativity Ref: 07/Nat



Notecards Ref: 07/NJL



A Child is Born Ref: 07/ACIB



Moonlit Wood Ref: 07/MW

FEELING LUCKY? TRY OUR LUCKY DIP!

For just £10 we will send you a selection of three different randomly chosen styles of card!

CHRISTMAS CARDS 2007



ORDER FORM

Ref No.	Card	No. of cards per pack	Cost per pack inc. p&p	No. of packs	Total
07/CS	Christmas Star	10	£4.00		£
07/Nat	Nativity	10	£4.00		£
07/Fr	Friends	10	£4.00		£
07/MW	Moonlit Wood	10	£4.00		£
07/OTW	On the Way	10	£4.00		£
07/ACIB	A Child is Born	10	£4.00		£
07/UAA	Up & Away	10	£4.00		£
07/LD	Lucky Dip	(3 packs of 10 cards)	£10.00		£
07/NJL	Boxed Notecards by Jim Lawson	5 (2 designs in each box) (Not inc in Lucky Dip)	£5.00		£
Please cut out and send your completed order form to: Freeport Plus RRAE-SCGY-CSJA, Scottish Spina Bifida Association, 6 Craighalbert Way, Dullatur, Glasgow, G68 0LS				Card Costs	£
				Donation	£
				TOTAL	£

Name: _____

Address: _____

Postcode: _____ Telephone No: _____

Please select payment option:

☐ I enclose a cheque/PO to value of £ made payable to 'Scottish Spina Bifida Association'

☐ I wish to pay by debit/credit card. Please debit my card for £

Name on card if different to above: _____

Card Number Card Security Number*:

Card Start Date: / Card Expiry Date: / Issue No (Switch card only):

Signed: _____ Date: _____

* the last 3 digits located on the signature strip of the card

OR Telephone 01236 794508 and place your Christmas Card Order NOW! (by debit/credit card)

LADIES WHO GIVE AN F

The SSBA's first Ladies Lunch raises £7,000

"When is the next one?" was the call from many ladies as they left the **Scottish Spina Bifida's first Ladies Lunch**. The lunch, which was held on Sunday 3rd June, at Saint Andrews in the Square, Glasgow (right) was a huge success raising just under £7,000. The name of the event is an apt title as it is in connection with our Gordon Ramsay Appeal, the F being for Fundraising.



Hosted by John Amabile (pictured), presenter and designer from ITV1's '60 Minute Makeover', the 110 ladies in attendance were thoroughly entertained and laughed the afternoon away as they drank bucks fizz, ate

a sumptuous lunch and won prizes like Ultimo Lingerie, Wet Wet Wet Tickets and meals for 2 on the tombola and raffle. The Irish Bingo even saw one lucky winner win a weekend away for two in Glasgow.

Dr Margo Whiteford, the SSBA Chairperson, welcomed everyone on behalf of the Association and Councillor Liz Cameron, as guest speaker regaled us with humorous tales of her time as the Lord Provost of Glasgow and her incredible achievements.

The afternoon was topped with an auction, the top lot being a personal interior design consultation with John Amabile which went for a staggering £2,100 - but as John himself jokingly said "How can you put a price on something so priceless?"

The SSBA would like to thank all those who supported the first lunch, especially the supporting sponsor Slater Woman, the 'Ladies who give an F' Committee, the



volunteers and all those who donated prizes for the event. The committee would welcome any new committee members or prize donations for the next lunch.

The next lunch will take place on Sunday 1st June 2008 at the Radisson SAS Hotel, Glasgow.

Sponsorship packages now available.



To pre-book your tickets for the next ladies lunch please call Clare on 01236 794513 or email fundraising@ssba.org.uk

(Tickets £35 pp. All tables of 10 booked before January 31st 2008 will receive 2 free bottles of wine for their table)

WANTED!

**Adventurous people
throughout Scotland
to do something like this...**

Adventurous volunteers required to take part in an exhilarating whitewater rafting event. No experience required as all training is given and if you raise the minimum amount of sponsorship you will be able to take part for FREE!

For an information pack call the Fundraising Team on 01236 794500.



AVIATION & IMAGINATION

An imaginative way to raise awareness of the SSBA

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Chatelherault Country Park, Hamilton was host to a wonderful art exhibition during the month of August. Organised by Peter Boyd of the Wynd Gallery, Lanark and Susan Kerr, a local artist, the Exhibition, entitled 'Aviation & Imagination' really captured the eye of all those who visited.

The Exhibition featured respected artists from all over the UK and

Susan and Peter were happy to use the event as a way to promote awareness of the work that the Association does throughout Scotland. Peter Boyd said *"I had never heard of spina bifida before I met Susan and I saw this as an opportunity to help a small charity who are helping a large number of people"*. With this in mind they kindly donated all money raised through a childrens art competition, raffle and general donations to the Scottish Spina Bifida Association. Susan, herself born with spina bifida, donated a piece of art, based on the SSBA logo, for sealed bid auction.

The Association would like to thank the staff of the Wynd Gallery for their help and would like to congratulate Peter and Susan for holding such a successful event which so far has raised over £700.

MISSED THE EVENT? Don't worry - the exhibition is now at The Wynd Gallery in Lanark and pictures can be viewed at www.ssba.org.uk/exhibition. The winners prints can be bought directly from the Wynd Gallery in Lanark Tel: 01555 663562.



The Scottish Spina Bifida Association would like to say A BIG THANK YOU to EVERYONE who has raised or donated money to them over the past 10 months, your contributions, large or small, are always gratefully appreciated.

CAN YOU HELP?

The **Scottish Spina Bifida Association** receive less than £10,000 in government funding every year yet need to raise over £450,000 to maintain the current level of services offered to over 3,000 children, young people and adults affected by spina bifida and/or hydrocephalus and allied conditions across Scotland. Therefore your donations to us, large or small are essential.

£5 per month could pay for a support worker to visit a family at home with a new baby who has spina bifida or hydrocephalus.

£10 per month could help sponsor a young person with spina bifida and/or hydrocephalus to enjoy a week long self catering break in our fully adapted holiday cottage or at an outdoor adventure centre.

Alternatively a **single gift of £250** could allow a family support worker to help 5 families throughout Scotland.

PLEDGE FORM

If you would like to make a donation to the Scottish Spina Bifida Association or would like more information on regular donations please fill in the form below.

- ☐ I/We would like to donate the following £ *giftaid it*
- ☐ I/We would like more information on Regular Giving to the Association

NAME: _____

COMPANY/ORGANISATION (if applicable): _____

ADDRESS: _____

POSTCODE: _____ TEL: _____

Please make all cheques/postal orders payable to Scottish Spina Bifida Association. For security purposes please do not send cash.
Post to: Freepost Plus RRAE-SCGY-CSJA, Scottish Spina bifida Association, 6 Craighalbert Way, Dullatur, Glasgow, G68 0LS

If you pay tax, you can increase the value of your donation, at no extra cost to yourself, by ticking the gift aid box. ☐

Scottish Spina Bifida Association • 6 Craighalbert Way • Cumbernauld • G68 0LS
Tel: 01236 794500 • Email: fundraising@ssba.org.uk • Web: www.ssba.org.uk

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