



Golf day goes with a swing

On Thursday 14th August, the Association held their inaugural Corporate Golf Day at the Westerwood Hotel, Cumbernauld.

On the only fine day in a dreadful week of weather, over 50 golfers took part in a great day of golfing, networking, dinner and most importantly they were all competing for the Scottish Spina Bifida Association Charity Cup. Prizes were also awarded to the 2nd and 3rd teams, and individual prizes went to the longest drive and nearest to the pin.

1st Team: Johnson Diversey

2nd Team: CAD Unlimited
(pictured left)

3rd Team: JW Green Group

Thanks to the support of those participating the day successfully raised £3,000. As a fantastic new addition to the growing calendar of corporate events on offer from the Association, the event will be taking place again in 2009.

Preparations are already underway and if you would like more information on how you can take part, become a sponsor or donate prizes please contact Clare on 01236 794508 or email clare@ssba.org.uk



GRAND CHRISTMAS RAFFLE DRAW

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The 2008 Grand Christmas Raffle is ready to be launched and in most newsletters there will be a book of raffle tickets ready to sell. We can't believe that it has been 12 months since the 2007 Raffle but, with the kind support of Hollister, the Association is once again able to offer a top prize of £500 and 4 other super prizes (as listed). Last year the Raffle raised £2,622 and, as always, we are hoping to sell even more tickets this year, so we need your help.

In the last 12 months the Association has been building on the extensive support services already offered to all those affected by spina bifida and/or hydrocephalus across Scotland. We have only been able to do this due to your support and inclusion in activities such as our corporate & social events (Golf Day, Ladies Lunch, Burns Suppers, Gala Dinner), community and sponsored events, home money box collections, general donations and, of course, the Christmas Raffle.

If you are able to support us in this years Christmas Raffle please call **Fundraising on 01236 794508** or by emailing fundraising@ssba.org.uk. Tickets are priced at **£1 a ticket or £5 a book**. **The Draw will take place at the Scottish Spina**

Bifida Association's Family Support Centre on 22nd December 2008.

NB. Please make sure all ticket stubs and money are received, by the SSBA, no later than the 19th December 2008. All stubs and money received after this date will be taken as a donation.

1st Prize: £500

2nd Prize: 1 week in Luxury Aviemore Timeshare

3rd Prize: £150

4th Prize: Signed Gordon Ramsay Book

5th Prize: Pair of 8 Day Scottish Citylink Explorer Tickets



LADIES WHO GAVE AN F*

Linda Ormiston OBE joins John Amabile for ladies lunch



John Amabile is joined by Linda Ormiston OBE (far right) and guests Ashleigh & Laura.

On Sunday 1st June, the red carpet was rolled out at the Radisson SAS Hotel, Glasgow for over 300 ladies attending the annual Association 'Ladies who give an F*' Lunch.

Raising over £16,000 for the Association the generous guests were treated to a champagne reception, lunch, games, disco and guest speaker, Linda Ormiston OBE. Linda, a professional opera singer for nearly 30 years has sung all over

the world from Vancouver to Tokyo, in Europe with opera companies in Monte Carlo, Brussels, Frankfurt, Lyon, Lausanne and in Britain with Scottish Opera, Opera North, Glyndebourne, English National Opera and most recently with Welsh National Opera. LWGAF Committee Member Kelly Paterson said "We were absolutely thrilled to have Linda, she was very funny and has received so many compliments. We will have to work hard to find a speaker as entertaining as her next year".

John Amabile, ITV1's presenter and interior designer, was, once again, host and auctioneer for this lavish affair which was

dressed beautifully in pink and black by Design Sponsor, 88 Events. Clare Cogan Turner, Fundraising and Events Manager for SSBA said "We are very grateful to John as he has been very supportive of the Lunch since it started and the ladies simply love him."

The event will be held next year on Sunday 31st May 2009 at the Thistle Hotel, Glasgow and ticket reservations are now being taken. Tickets are £37 or tables of ten £370. All those who book a table of 10 before February 28th will receive 2 complimentary bottles of wine at their table.

To book tickets or for further information on joining the LWGAF Lunch Committee, sponsoring the event or donating prizes please contact Clare on 01236 794508 or email clare@ssba.org.uk



Marriott staff get their hands dirty

10 Glasgow Marriot Hotel Staff visited the Family Support Centre in June to help the Association with the children's play area. Weeding, planting, fence repairs and fence painting all took place in order to maintain the area, keeping it neat and tidy for summer.

Andrew H D Wynd, Chief Executive of the Scottish Spina Bifida Association said "We would like to extend our thanks to all staff who gave up their free time to come and help us. The work done has made a big difference to the play area."



Exclusive SSBA Pamper and Sample Evening from Arran Aromatics

Tuesday 4th November, 6.30pm, Princes Square, Glasgow

Join the Scottish Spina Bifida Association in the flagship Arran Aromatics Store, Princes Square, Glasgow, for an exclusive 'out of hours' Pamper and Sample Evening. All money raised through ticket sales will be donated to the Scottish Spina Bifida Association.

On Tuesday 4th November treat yourself to an exclusive evening of

- wine and canapés • relaxing free hand and arm massages • prize draw
- Arran Aromatics goody bags • samples of the latest collections • exclusive discounts.

Tickets are limited and must be booked in advance: Only £5 per person.

To book tickets please contact Clare on 01236 794508 or email clare@ssba.org.uk

There are absolutely no expectations for you to purchase anything on the evening although there will be special discounts and a wonderful range of products on offer which would certainly get your Christmas shopping started.

"Lift the lid, feel the mystery, experience the pleasure. Find yourself with Arran Aromatics"

THE SSBA £1 CHALLENGE

Companies understand £1 donations can make a huge difference

The Scottish Spina Bifida Association are asking as many companies as possible to take up the £1 challenge. Whether you are a restaurant, gym, hotel or other service provider, the Association is asking you to give your customers the choice to add an extra £1 onto their bill or membership as a donation to the charity. The donation is purely voluntary but as more people take part the donations will make sizable contributions to the Association.

Classic Travel and The Westerwood Hotel are 2 companies who are strongly supporting the campaign. When you book any holiday

with Classic Travel (www.classic4travel.co.uk) they will ask customers if they would like to donate £1 or other amount as a donation. The Westerwood Hotel, Cumbernauld (www.qhotels.co.uk/hotels/the-westerwood-near-glasgow-north-lanarkshire) are, themselves, donating £1 for every Christmas Party Night Booking they receive for 2008.

Sharon Comrie, Sales and Marketing Manager of Classic Travel says *"We are happy to support the Association - this is a simple, yet effective idea which was easily put into place. Most importantly we always make it clear to our customers that the scheme is voluntary,*

but most people are only too happy to give £1".

If your company would like to get involved or if there is a company you would like to approach about the idea, please phone Clare for further information on 01236 794508 or email clare@ssba.org.uk. All companies who get involved will be provided with full information to show to customers, be shown how to start the scheme and will be promoted on the SSBA website.

classictravel

QHOTELS
The Westerwood
Near Glasgow

A WEEK IN THE LIFE of...

Ian Calder, a Scottish Spina Bifida Association Fundraiser

May was a big month for Ian Calder, as a supporter of the Association, he made the decision to walk the West Highland Way (WHW). Getting sponsored along the way he successfully raised £1300 and below are snippets from his diary.....



Day 1. 17th May

Milngavie to Drymen – 12 miles

Left Milngavie at 12:00 and had a pleasant uphill walk through Mugdock Country Park and continued passed Carbeth before heading downhill towards Glengoyne Distillery. Continued onto Drymen, arriving, albeit with sore feet, at 16:30.

Day 2. 18th May. Drymen to Rowardennan – 15 miles.

Departed Drymen at 08:30 and took the main route over Conic Hill. From the top at 358M you could see way beyond Glasgow to the south and up to the Arrochar Hills and, of course,

Ben Lomond to the north. Arrived in Balmaha at 11:50. Reached Rowardennan at 15:45 where a family stopped us to donate £5.00.

Day 3. 19th May. Rowardennan to Crianlarich – 20 Miles.

Left Rowardennan at 08:40 heading for Inversnaid. Path to Crianlarich was mainly in open countryside so views were fantastic. Arrived in Crianlarich at 19:00 very tired and weary.

Day 4. 20th May. Crianlarich to Bridge of Orchy – 13 miles

Left Crianlarich at 09:30. Arrived in Tyndrum at 12:50 and had some refreshments sitting on a bench just outside the Green Wellie. Set off again at 13:30 for Bridge of Orchy. Stayed the night in a bunkhouse adjoining the Hotel where we had a good meal and couple of pints of Greene King IPA. Fortunately the barrel ran out otherwise I don't think I would have made it up the next day.

Day 5. 21st May. Bridge of Orchy to Kinlochleven – 21 miles

Left Bridge of Orchy at 08:30 and had a very pleasant walk to Kinghouse, 12 miles away. This part of the WHW is probably the most scenic section. It took us over Rannoch Moor and then over a hill into the head of Glencoe where we had great views of the Southern Hills and in particular Buachille Etive Mor. After a break, set off at 14.00 for Kinlochleven. The first 2 miles were easy but then we had a steep climb up the Devil's Staircase 260 M in height. Once on top we had spectacular view to the North and the South, Ben Nevis standing out proudly amongst the surrounding hills. The last section of today's route was difficult in that we dropped 400m very steeply. 18:00 - pretty tired after our 21 mile trek.

Day 6. Kinlochleven to Fort William – 14 miles

Had a good nights sleep and good Scottish Breakfast before setting off at 09:30. After a 260m, 45 minute climb, it was a relatively easy stroll all the way to Fort William. Of all the days

spent on the WHW this one seemed to be the busiest. We met up with some new people and more familiar faces. Decided to go straight to the Youth Hostel in Glen Nevis rather than finish the last 2 miles as I was struggling a bit with my blister. Arrived at Glen Nevis Youth Hostel at 16:15.

Day 7. Glen Nevis to Fort William – 2 miles.

Had a nice stroll along Glen Nevis to the official end of the WHW where we took some pictures. I made it, what a relief. Felt extremely proud to have completed it. After a 4 hour journey by train arrived back in Glasgow at 16:00.

Ian organised this challenge himself and contacted the Fundraising office for t-shirts and marketing materials to help him promote the walk. If you would like assistance with a challenge you are thinking about organising please give us a call on 01236 794508.



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...



The Rendall Family took the time to sort out the Scottish Parliament as they participated in the Great Scottish Walk 08



Ailsa McDonald, with the help of those pictured, organised a very successful coffee morning

If you have any photos of activities or events you organised or took part in to raise funds please email them to fundraising@ssba.org.uk



Elinor Craig bravely took to the skies



Lynn Beagrie and Linda Mathers ran the Edinburgh Marathon



The Edinburgh Airport Hilton held a Charity Ball



Struthers Primary School Children took part in their Summer Football Cup



Craig O Connor undertook a sponsored walk on News Years Day



The Royal College of Physicians & Surgeons of Glasgow held a dress down day



June Grant, Barbara Wilson and friends held a Charity Bingo Evening

FUTURE EVENTS

■ **30th October -**

Gordon Ramsay's Gala Dinner

£500pp **Venue: Stirling Castle**

The most luxurious event of the year, hosted by Gordon Ramsay OBE, is back. Limited tickets available.

■ **4th November -**

Arran Aromatics Pamper Evening

Tickets: £5 Venue: Princes Square, Glasgow

See page 3. Don't miss this exclusive evening.

■ **January 2009 - Burns Suppers**

Venue: Edinburgh Sheraton - 22nd January

Glasgow Hilton - 29th January. Table of 10: £1,250

2 of the largest mixed Burns Suppers in the UK. Join the Association as they celebrate the 250th anniversary of the Bard.

■ **31st May 2009 -**

Edinburgh Marathon

SSBA have guaranteed places for this, the 2nd biggest marathon in the UK.

■ **31st May 2009 - 'Ladies who give an F!'**

£37pp. **Venue: The Thistle Hotel, Glasgow**

This fabulous ladies lunch includes champagne reception, sumptuous lunch, auction, guest speaker and games.

■ Diving with Sharks, Whitewater Rafting & Skydiving

can be undertaken at anytime of year to suit you.

GREAT FOR TEAMS OR INDIVIDUALS!

For further information contact Fundraising on
T: 01236 794508 • E: fundraising@ssba.org.uk



Friends Ref: 08/Fr



Up & Away Ref: 08/UAA



Christmas Star Ref: 08/CS

CHRISTMAS CARDS 2008 - NEW COLLECTION



Santa's Journey Ref: 08/SJ



Three Kings Ref: 08/TK



Bauble
Ref: 08/Bau



**Boxed
Notecards**
Ref: 07/NJL



FEELING LUCKY? TRY OUR LUCKY DIP!

For only £10.00 we will send you a selection of
three packs of randomly chosen styles of card!

(All costs include package and posting)

CHRISTMAS CARDS 2008



ORDER FORM

Ref No.	Card	No. of cards per pack	Cost per pack inc. p&p	No. of packs	Total
08/WTk	We Three Kings	10	£4.00		£
08/Bau	Bauble	10	£4.00		£
08/SJ	Santa's Journey	10	£4.00		£
08/CS	Christmas Star	10	£4.00		£
08/Fr	Friends	10	£4.00		£
08/UAA	Up & Away	10	£4.00		£
08/LD	Lucky Dip	(3 packs of 10 cards)	£10.00		£
08/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: Freepost Plus RRAE-SCGY-CSJA, Scottish Spina Bifida Association, 6 Craighalbert Way, Dullatur, Glasgow, G68 0LS				Card Costs	£
				Donation	£
				TOTAL	£

Corporate Christmas Cards available - Please call 01236 794508 for brochure

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: _____

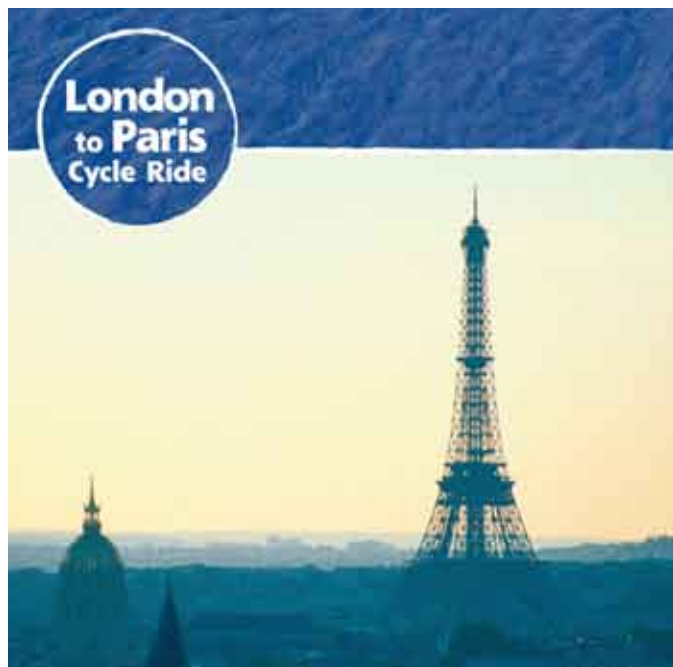
Card Number Card Security Number*:

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)



Kay and Val Cycle to Paris

On Wednesday 2nd July, Val McDonald and Kay Mitchell were the first people to undertake the London to Paris Cycle Challenge for the SSBA.

Their challenge involved months of training, culminating in a remarkable trip across Europe. Together Val and Kay successfully raised over £3,500 for the Association.

On returning Val said "Well I'm back home now having completed nearly 300 miles. It was a fantastic experience made

even better by the excellent organisation. Thank you to everyone who has sponsored us and supported our fundraising efforts."

On a final note Val also said "Would I do it again? Would I recommend it to others? YES without a doubt!"

For details on how you can take part in this breathtaking trip in 2009 please see below.

More in depth details of Kay and Vals trip will be featured in the next edition of 'Fundraising'.



justgiving
fundraising made easy

Online sponsorship pages with JustGiving make your fundraising so much easier.

No more dealing with cash and cheques and no more chasing up friends after your event. By creating a free online fundraising page you can email your family and friends, both here and abroad, to ask them to sponsor you. They can donate quickly and securely online with a credit or debit card and the money is sent directly to the Association. Also online donations from UK taxpayers are, as always, eligible for a 28% bonus, making every £1 donation worth £1.28 at no extra cost to the person donating to you.

Kay and Val, our Overseas Cyclists, both opened pages for their challenge and had over 60 people donating directly to them online. Because of some donors who ticked gift aid their grand total was increased by £177.

To set up your own fundraising page for a sponsored event, occasion or celebration please go to www.justgiving.com/ssba/raisemoney

OVERSEAS TREKS 2009

■ 13th-22nd February - Kilimanjaro Trek

Kilimanjaro welcomes all with a sense of adventure, so if you are up for a physical and mental challenge this is for you.

■ 28th March - 6th April - Peru Trek

For those with a love of landscape, a passion for history and a sense of adventure, an unforgettable experience awaits you.

■ 9th-18th May - China Trek

This is a beautiful country steeped in tradition, history and mythology. For those with a passion for culture - China leaves an indelible mark on all who go there.

■ 3rd-7th June OR 1st-5th July

- London to Paris Cycle

Cycling through beautiful English villages and into the stunning countryside of rural France, passing historical landmarks until you reach Paris, undoubtedly, one of the most magical places on earth.

Brochures available on request. **New for 2008/2009, book online directly from our website at: www.ssba.org.uk or call 01236 794508.** Our Overseas Treks are run by Skyline Events, specialists in charity challenges small and big, overseas or UK based.

£25,000 to be won every week

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

STARLIGHT PARADE IS A SPARKLING SUCCESS

On the 19th July over 250 people took to the streets of Peterhead for the town's first ever Starlight Parade raising £17,471 for the Association.



The event, organised by Linda Mathers, Fiona Smith, Carol Donald, Roselyn Bruce, Jeanette Ross and Lyn Beagrie, was inspired by one year old Dylan Forman, who was born with both spina bifida and hydrocephalus.

Dylan's Grandmother Linda Mathers says, "We can't thank everyone enough for their support, encouragement and generosity. It really was a night to remember!"

She continued, "We'd asked the towns folk to put up balloons and banners to show their support and we couldn't believe their response; the whole town seemed to be awash with balloons, banners and ribbons."

Every effort was made to

ensure participants were ready for either the six or 13 miles they were about to walk, and prior to the event all participants ran through a warm up routine with a local fitness instructor.

Linda continues, "The parade route went past wee Dylan's house which was lit up specially for the occasion with special lights in the garden, with the message 'Dylan says thank you!'"

Linda concluded, "There are so many people to thank, that to name them all would be impossible. However, I want to say a huge thank you to all individuals and companies who have made the event such

a success and who, through their time and enthusiasm, have helped us raise such an amazing amount."

Clare Cogan Turner, Fundraising and Events Manager for the Scottish Spina Bifida Association said, "The Charity is so grateful to the Starlight Parade Committee for all their hard work in organising such a wonderful event."

If you would like to organise your own community event to help raise funds for the Association please contact Clare or Deborah on 01236 794508 for advice.

(Photos: Above, participants in the Starlight Parade. Below, Dylan Forman)



THANK YOU

Everyone at the Scottish Spina Bifida Association would like to say A VERY BIG THANK YOU to EVERYONE who has raised or donated money to them.

Your contributions, large or small, are always gratefully appreciated.



Can you help us make a difference?

The Scottish Spina Bifida Association receive less than 4% in government funding yet need to raise over £500,000 annually 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.

You made a difference in 2008 because in addition to our existing services we have also been able to provide: A Family Conference for Association Families, Information and Continence Awareness Days, Wheelchair Training Courses, Financial Planning Days, regular Health

Check Clinics with nurses and specialists and we have launched an Adult Service User Group and a Parent Toddler Group in the Family Support Centre.

Single gifts

A gift of £20 could provide essential information and support to a new family,

A gift of £150 could help to sponsor a young person with spina bifida or hydrocephalus to enjoy a week long self catering break in our fully adapted holiday cottage or an activity break.

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 £
- ☐ I/We would like more information on Regular Giving to the Association

giftaid it

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

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