

CRAIGHALBERT NEWS

August 2010



CALLING ALL RUNNERS (AND WALKERS!)

Great Scottish Run 10K & Half Marathon 2010

This year's Great Scottish Run events take place on Sunday 5 September in Glasgow, and we're hoping to have the biggest turnout yet of Craighalbert supporters - could you be one of them? Whether you fancy the 10K or the Half Marathon, registration is easy: just visit www.runglasgow.org and register online with the race organisers. Once you've done that, set up your Just Giving fundraising page by going to www.justgiving.com/craighalbert and clicking on 'Make Your Page'.

Cumbernauld 10K 2010

This year's Cumbernauld 10K takes place on Sunday 12 September, and once again the start line is at Broadwood Stadium. Entries can be made until 1 September via www.q-buster.co.uk; then just follow the instructions given above for setting up your Just Giving Page.

Glasgow Santa Dash 2010

The date's still to be confirmed for this year's Santa Dash, but every year the event gathers more momentum. It's open to everyone (it's not unusual to see a family pooch in a Santa hat!) and is fantastic fun. Despite its name, there is no requirement to dash, so if you'd rather do a 5K pootle, that's fine too. If it sounds like your cup of tea, keep an eye on the Glasgow City Council Santa Dash webpage at <http://tinyurl.com/2bv4cy>



If you'd like a paper sponsorship form for your fundraising, please contact Kirsten (details overleaf).

CRAIGHALBERT GOLF CLASSIC 2010



Josh gives Lauren a putting demonstration at last year's Golf Classic!

There are still a few places left for this year's Craighalbert Golf Classic 2010, which takes place on **Thursday 2 September** at Dullatur Golf Club. Entry for a team of four players is £440, which includes breakfast and a buffet lunch.

If golf isn't your thing, or if you can't take part this year, please consider helping us by **contributing raffle prizes** (they don't have to be golf-related) **or passing on the information to anyone you think may be interested**. Your help would be much appreciated!

For further information and a booking form, please visit www.craighalbert.org.uk/golf2010. Alternatively, get in touch with Kirsten (details overleaf).

OTHER DATES FOR YOUR DIARY

Saturday 28 August - Cumbernauld Coffee Morning

Craighalbert supporter Rebecca Carslaw is organising a coffee morning in aid of the Centre. This will take place at Dullatur Tennis Club from 11am to 1.30pm on Saturday 28 August. If you live locally, please do pop in and say hello!

Saturday 11 September - Lanarkshire Doors Open Day

Never had the opportunity to visit the Centre? Then take advantage of our first participation in Lanarkshire Doors Open Day. The Centre will be open from 10am to 2pm on Saturday 11 September, with Kirsten giving tours to visitors. It's completely free, and we'd love to see you!

Thursday 18 November - Christmas Shopping Night, Craighalbert Centre

Yes, it's nearly that time of year! Entry will once again be £5 per person (price includes a glass of wine and nibbles), and don't forget you can bring your own bottle too. Tickets and more details will be available soon, but if you'd like to register your interest please call or email Kirsten (details overleaf).

FABULOUS FUNDRAISERS



June Jessop, Caroline Gilchrist and Jenn McKay (pictured left) have so far raised over £2350 for the Centre by completing the Edinburgh Half Marathon in May. Well done, ladies!

Remax Complete in Cumbernauld Town Centre fielded a team for the Women's 10K in May. Mandy Collins, Helen McAleer, Louise Maxwell and Liza Bulloch raised £560 in aid of the Centre. Thank you!



The Linnvale Ladies (pictured right), a group of friends from Dullatur, raised a tremendous £3400 by taking part in the Women's 10K in May. The group has decided to take part in the 10K again next year, this time dressed as the Linnvale Ladybirds. We can't wait to see the photos!

Chris McKenna raised over £280 by walking the West Highland Way in May. Thanks for your support, Chris!

Andrew Jessop (pictured right) completed the Corrieairack Challenge (Scotland's toughest mountain duathlon) in July, and has raised over £1370 so far - a fantastic total!

And a big thank you to Westfield Primary School's Primary 3s, Moray Nursery School and Cumbernauld College, all of whom made end-of-term donations to the Centre.



SPONSORED CHALLENGE DAY

After the summer holidays, the Centre's Saturday Sessions are expanding to include family activities in the afternoons. To celebrate the launch of this, and to help raise funds to support it, the children and families who attend the group took part in a Sponsored Challenge Day on Saturday 19 June. The weather was glorious, and a lot of fun was had by all, as you can see from the photos below! Challenges included basketball, egg and spoon races, skittles, beat the goalie and sponge throwing (special thanks to Scoogz for volunteering to get drenched in the stocks!). Well done to everyone who took part - we've raised over £1000 so far!



EBAY FOR CRAIGHALBERT

If you're a regular (or even occasional) eBay, remember that you can now eBay in aid of Craighalbert. Visit <http://tinyurl.com/3xys7b8> to find out how!

TESCO VOUCHER UPDATE

A huge thank you to those of you who donated your Tesco vouchers this year. The total collected was over 4000, which we've used to buy Sound Boxes to use around the Centre to help the children with their communication skills.

CONTACT DETAILS

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