

# CRAIGHALBERT NEWS

March 2009

## WELCOME!

I'm delighted to present the spring edition of the Craighalbert News, which is so bursting with information that I have to keep this intro short or there won't be room for everything!

Enclosed with the newsletter you'll also find a Contact Details Update Form. Sending back the completed form to us lets us know how you do (or don't) want to be contacted. It's important to us that we're addressing you correctly, and also that the information we send you is interesting and relevant, so please do let us know.

Hope you enjoy this edition of the Craighalbert News!



*Kirsten*

## CRAIGHALBERT GOLF CLASSIC 2009

We're delighted to announce that the Craighalbert Golf Classic 2009 will take place on **Thursday 3 September** at Dullatur Golf Club. Entry for a team of four players is £400, remaining unchanged from recent years.

The event kicks off at 8.30am with registration and breakfast, followed by a shotgun start at 10am. A buffet lunch (including a complimentary drink) will be served on players' return to the club house, during which tickets will be sold for the raffle.

This will be the eleventh Craighalbert Golf Classic, and 2009 is also the Centre's 18<sup>th</sup> birthday, so we want to make this year's event the biggest and best ever! You can help us to do this by participating, contributing raffle prizes (they don't have to be golf-related) or passing on the information to anyone you think may be interested.

For more information or to request a registration form, please contact Kirsten by phone or email (details overleaf) or visit [www.craighalbert.org.uk/golfclassic2009](http://www.craighalbert.org.uk/golfclassic2009) where you can download information and entry forms.

## ON YOUR MARKS FOR CRAIGHALBERT!

Fun run season is fast approaching, giving you lots of ways to get fit and raise money! For these events, you need to register for the race with the organisers, then let us know you're taking part. You can then set up a Just Giving page or request a paper sponsor form from us. Good luck!

**BUPA Great Edinburgh Run 2009** - Sunday 3 May 2009, Edinburgh  
Register at [www.greatrun.org](http://www.greatrun.org)

**Ignis Asset Management Women's 10K** - Sunday 10 May 2009, Glasgow  
Register at [www.runglasgow.org](http://www.runglasgow.org)

**The Baker Hughes City of Aberdeen 10K & Fun Run** - Sunday 24 May 2009  
Register at [www.aberdeencity.gov.uk/Sports/spr\\_baker\\_10k\\_2009.asp](http://www.aberdeencity.gov.uk/Sports/spr_baker_10k_2009.asp)

**Men's Health Forum Scotland Men's 10K** - Sunday 21 June 2009, Glasgow  
Register at [www.mhfs.org.uk/10K.php](http://www.mhfs.org.uk/10K.php)

## HO, HO, HOW MUCH?!

As mentioned in the last newsletter, Craighalbert is now registered on [www.justgiving.com](http://www.justgiving.com), making it much easier to fundraise for the Centre. Johnny Horn and Stephen Milligan took part in the Glasgow Santa Dash in December and fundraised via Just Giving - raising over £1000 for the Centre so far! So why not take a leaf out of Johnny and Stephen's book and raise not only your fitness levels but also some cash for Craighalbert? There are plenty of opportunities coming up - just take a look at the rest of the newsletter for inspiration!



## CANAL WALK 09

If running isn't your cup of tea, why not join the Rotary Club of Cumbernauld on this year's Charity Canal Walk? Taking place on Sunday 3 May, the walk starts in Twechar at 8.30am and finishes at Grangemouth Sea Marina on the River Forth.

It's a great chance to get out for some gentle exercise with family or friends, and gives you the perfect excuse to treat yourself to a Sunday pub lunch!

Transport is available to and from Cumbernauld College, and if you pledge to raise £50 or more for Craighalbert, we'll even pay your £5 registration fee! You can download an entry form at [www.cumbernauldrotary.org](http://www.cumbernauldrotary.org) or request one from Club Secretary Frank Clark on 01324 824214. Once you've registered, visit [www.justgiving.com/craighalbert](http://www.justgiving.com/craighalbert) and click on 'Raise Money' to create your fundraising page. If you don't have internet access, just give us a call and we'll send you a paper sponsor form.

# FABULOUS FUNDRAISERS

- BALMORAL FPV donated £500 to the Centre, which Balmoral worker David Williamson and daughter Molly (who attends the Outreach department) presented to Kirsten (pictured right).
- SHOTTS GOLF CLUB presented a £1000 donation from their 2008 Pro-Am Tournament to Kyle Grant (who attends the Outreach department), his mum Leanne and Kirsten (pictured bottom right).
- IMOGEN McDONALD & EILIDH GREEN used their creative skills and initiative to produce and sell their own magazine, raising £20 for the Centre.
- RESPONSE INTELLIGENT OUTSOURCING raised over £300 with a dress down day.
- BERNARD MULLEN & THE REGULARS AT THE MUIRHEAD INN held a fundraising night on Boxing Day, raising £1125 with a little help from the lovely people at Diageo.
- CHRISTMAS FUNDRAISING was undertaken by Craigmarloch Community Council, Devro (Scotland), Cumbernauld Condorrat Parish Church, Link Technologies, ASDA Falkirk, Cumbernauld Ambulance Station and Scottish Fine Soaps.
- Many other donations were made between December and March by companies, clubs, individual supporters and family and friends of those who attend the Centre. Thanks to all of you for your generous support!



## WE NEED YOUR TESCO VOUCHERS!

Tesco has launched its annual **Vouchers for Schools and Clubs** campaign, with vouchers available in store from now until 7 June 2009. Last year parents, supporters and staff collected enough vouchers to buy a digital camcorder and case plus two CD/radio cassette players. With your help, we hope to get even more vouchers this year, which we'll use to purchase a variety of equipment to add to the Craighalbert Learning Garden. If you'd like to donate vouchers to us, please hand them in at reception or pop them in the post to us, marking your envelope 'Tesco Vouchers'. Watch this space to see how we get on!

## FIREFIGHTERS' VISIT



On 29 January, the Centre had a visit from the fire fighters of Cumbernauld Fire Station, which gave us the opportunity to hear all the different sirens (and find out why there are three of them), and even try on fire helmets and jackets. A great time was had by all, as you can see from Rebecca's photo!

## VISIT US NOW AT [www.craighalbert.org.uk](http://www.craighalbert.org.uk)

Yes, as promised, the new Craighalbert website is now live! Please do visit and let us know what you think. Some parts of the website are still under development, but your thoughts on the existing content, the look of the site and ease of navigation would be appreciated. Please also let us know what other sections or additions you'd like to see. Just email [kirstenbruce@craighalbert.org.uk](mailto:kirstenbruce@craighalbert.org.uk)

## CONTACT DETAILS

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Friends of Craighalbert (registered charity no SC019427) is the fundraising arm of The Scottish Centre for Children with Motor Impairments (registered charity no SC008428; registered in Scotland number 129291)  
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