



Hi Everyone

– especially those with No Limitations! Hope you have all had a good summer and you are ready for some winter sports. First some general news and information: - we are trying to update our membership records and have introduced a membership fee effective 1st January 2001. For an annual fee of £4 you will receive newsletters and also a T-shirt for the child that joins. Parents/siblings and friends can also purchase T-shirts (£4 for juniors and £6 for adults). Please complete and return the membership form on the back page as soon as possible. We have enclosed a pre-paid envelope for your reply. If you prefer, you can return the form any Saturday to a member of the committee.

Scottish Disability Sport have contacted us, and they are trying to create a database of young people with disabilities who are interested in sport. They have asked us to ask members to answer two questions: *Nature of disability*, and *sports interest*. These questions are included in the form and it would be very helpful to them if you could complete these sections.

During the summer various members of the club have been very busy attending sports events and galas. We have some reports from some of them:

Wishaw Games, Day 1

By Fiona Hagenbuch

On Saturday 12th August, Liam, Fiona, Cherry and Bryony attended the 10th Wishaw Games held at Wishaw Sports centre. Bryony, Cherry and Fiona all took part in the Boccia competition. In the first round, Fiona and Cherry each won a game but were knocked out, however Bryony got through to the quarter-finals, though she lost the match narrowly 4-5.

Liam came third in the table tennis. In athletics he took part in the 100m and 200m races and several field events including the standing long jump, javelin, discus and shot putt. He had so many medals jangling round his neck that we couldn't have lost him even if we'd wanted to! We got home eventually after Dad's hopeless sense of direction resulted in a fascinating sightseeing tour of Wishaw and surrounding area.

Wishaw Games, Day 2

On Sunday the Wishaw games moved to the pool, where Stuart, Kimberley and Jamie represented the club. They each returned home bringing home more gold medals to add to their collections.

Dundee Discovery Games

This is the first year that Dundee's Discovery games have been opened up to athletes throughout Scotland, and the No Limits athletes did the business yet again! On Saturday (19th August) Fiona, Stuart and Liam competed in the Boccia competition in an open class against some tough opposition from seniors, including members of the national squad.

On Sunday, it was again the opportunity for the swimmers. Stuart and Kimberley both recorded personal best times in their races and came away with gold medals, while Jamie won gold in both his races.



Swimming

The No Limits squad has been splashing their way through the summer and making good progress. It is great to see Fiona back in the water after her recent enforced time away from the pool. Matthew is now able to swim confidently across the pool and will soon be managing a length. The new recruit, Hannah, is now happily joining in with Emily's help.

Jamie and Stuart took part in the time trials at Jewel and Esk, resulting in them both being asked to swim for the region.

Autumn Boccia Competition

After experimenting with a handicap system and a two-division league, to give everyone a chance of winning, the format of the current competition has been revised to something simpler:

Play as many games as you like against anybody, two points for a win, one for a draw; the player with the most points at the end of November will be the winner. At the time of writing Vicky is leading the competition.

The winners of this competition, and the previous one, will be able to keep their medals.

No Limits will be taking the initiative in suggesting the formation of a **Central Scotland Junior Boccia league**, with both "serious" and "fun" teams. We will let you know if this idea gets off the ground. If you haven't tried Boccia yet, come along to the club and give it a go. Boccia is a game anyone can play.

Committee Meetings

We are planning to have meetings on the 2nd Tuesday of each month at Bathgate Sports centre – in the Sports unit (small building just before the main sports centre car parks). Meetings start at 5.45 and hopefully! Finish at 7.45. Anyone who is interested in coming along would be most welcome.

Fund Raising

Many of you will have heard about the sponsored walk/ride/push across the Forth Bridge recently. The braver souls amongst us tackled the event on Saturday 7th October despite the rain – congratulations to Hamish, Andrew, Debbie (and her dog!) and Vicky who all made it safely to the other side. The less adventurous (more sensible?) members completed the crossing on Sunday 8th October in much kinder weather. Well done to Bryony, Fiona H. and Fiona B, Matthew and Christopher. On the Sunday, Peter excelled himself by bringing flasks of hot water but forgetting the cup-a-soups and the cups! Around £600 was raised. A special mention for Vicky who collected £260. Well done Vicky (and Paul). And well done to every one who took part.

Street Collection

On Saturday 18th November No Limits are planning to hold a Flag Day/Street collection in Livingston Centre, Bathgate and Linlithgow. If you've never done a street collection you might imagine it to be very boring, but it's actually a lot of fun watching people and you have some very interesting conversations. It's also very satisfying to fill your box (or even two!). Then there is a nice camaraderie in the evening if you want to join the group who get together to count the money.

You can experiment with different kinds of psychology to attract people to give you money – see what ideas you can come up with! But you mustn't harass people or shake the can.

If you can spare an hour or more to help with this event please phone Peter Hagenbuch on 853919. At the time of writing there is a possibility that this event will be postponed until the New Year, but please tell Peter if you are willing to help with a street collection at any time so we have some idea of numbers.

50 mile Walk

On November 3rd or 4th Peter will be trying to walk 50 miles from Uphall to Perth to raise money for No Limits and various other charities including RDA, LDD, PHAB and Bobath. If you would like to join Peter on this walk then please phone him on 853919. Otherwise please sponsor him!

If anyone has any bright ideas for other ways of raising money for the club to cover costs of hiring the hall, equipment and running the minibus – please speak up.

Other News

We have been happy to welcome some new faces to the club over the summer, including Hamish, Sophie and Vicky.

There will be no Saturday club in Linlithgow on the 2nd December because of the bowling and we have also cancelled the sessions on 23rd December and 30th December for obvious reasons.



Sports Development

What sports would **YOU** like to see at No Limits? At the club you can play boccia, polybat, short tennis and football most weeks. Table tennis, badminton, basketball and hockey are also readily available. We've also done archery, keep fit, athletics and assault courses. Outside the club No Limits members participate in horse riding and swimming.

We will be having a look at carpet bowls and shinty. Trampoline can be arranged at other sports centres though currently not at Linlithgow.

To develop any sport within the club needs someone to take ownership. If you have an interest in a particular sport then tell one of the committee and let's try and develop it. There are books available on skills training and there are videos and courses. Go for it! Take the initiative!

Web Sites

No Limits

Everyone seems to have a web site these days, and No Limits is no exception. If you are looking for information about the club, or want to send us an email, surf over to **welcome.to/no_limits**

NRCC

The National Rock Climbing Centre for Scotland will be opening late next year in Ratho. The aim of the Centre is to act as a focal point for the climbing and adventure sports communities in Scotland, the North of England and beyond. The NRCC will be encouraging groups with special needs to become involved in activities at the Centre, and Alisdair has been representing No Limits through the design phase. It will possible for many disabled people, including wheelchair users, to participate in climbing activities. See **www.nrcc.co.uk**

Jubilee Sailing Trust

Tall ship sailing for able-bodied and disabled people, a fantastic opportunity for 16-25 year olds to take part in next year's tall ships race from Norway to Denmark. See **www.jst.org.uk**



Christmas Outing

It may seem a long time to Christmas, but we have booked the Club Christmas do already. We will be going to the Hollywood Bowl tenpin bowling, the same venue as last year (Coatbridge, beside Showcase cinema), on 2nd December. We will bowl at 11am and then follow the bowling with a "something and chips" basket meal in the Hollywood Bowl café. Anyone interested in joining the fun and competing for the bowling trophy (currently held by Matthew) please let us know on the attached form.

For Your Diary:

22nd October – NO SWIMMING

12th November – Dolphin Challenge

19th November – NO SWIMMING

4th November – Tadpole Gala

2nd December 11am – tenpin bowling at Hollywood Bowl Coatbridge (beside Showcase cinema)

To help us keep track of all the members it would be really helpful if you could complete the following form and return in the enclosed pre-paid envelope.

So that's about it for now – hope to see everyone at the club soon. And remember there are No limits to what you can achieve at the club – just come along and join in. Please help to make the club a success for everyone.

Parents/Carers:

Do you wish to continue to be a member of the No Limits Club? **Yes** **No**

If yes: please complete: -

Child's name _____ Date of birth _____

(If more than one child please photocopy one for each child or ask a committee member for an additional form)

Nature of disability _____

Sports interest _____

Parent/Carer's name _____ Signature _____

Address _____

Postcode _____

Telephone contact _____ email address _____

Please enclose a cheque/P.O for £4 per child to cover the annual membership (Until Dec 2001).
This membership fee entitles the child to a T-shirt.

Please state T-shirt size required _____

Do you want to reserve a place for the tenpin bowling on 2nd December? **Yes** **No**

There are a limited number of seats available on the minibus – do you need a lift? **Yes** **No**

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Interested parties:

If you wish to remain on the mailing list to receive future copies of the newsletter please complete the following and return in the pre-paid envelope.

Organisation: _____

Contact name _____

Address _____

Postcode _____

Telephone number _____