



## Hello again!

What, two newsletters in a fortnight? if you read the last newsletter you will have noticed that we forgot to tell you where to send your application forms, or who to contact about the bowling on the 2<sup>nd</sup> December – sorry about that. There are still plenty of things to write about!

## Tenpin Bowling 2<sup>nd</sup> December

There are fewer than ten days left before the Christmas bash at the Hollywood Bowl in Coatbridge. We are just about to confirm the numbers and book the lanes and food, so if you haven't already let Anne or another committee member know you'd better do it soon [Telephone 01506 871632].

## Saturday 25<sup>th</sup> November

Please attend this session if possible as representatives of Linlithgow Round Table will be presenting the club with a generous cheque. Linlithgow Sports Centre, 12:00. Also, this is the final day for the Autumn Boccia competition and medals will be presented.

## Fundraising

Thanks to all who took collecting cans out on the 18<sup>th</sup>. We have heard that Andrew Slack was very persuasive, and Bryony also spent several hours collecting with her mum.

## .. more Fundraising

On 12<sup>th</sup> November the No Limits swimmers took part in a three hour swim to raise funds for the Livingston and District Dolphins Amateur Swimming Club.

*The Dolphin Challenge* was to guess the total distance that all the swimmers would cover. The total won't be calculated or announced until all sponsorship forms are in.



## Swimming

The swimmers are going from strength to strength. Jamie and Stuart were invited to join the Lothian team at the BT Scottish Inter-Region Gala for Physically Disabled and Blind Swimmers. There were teams from all over Scotland. Jamie was 3<sup>rd</sup> in each of his individual races, then won gold as part of the relay team. Stuart came close to his personal best in the 25m class 10 freestyle back stroke and was 2<sup>nd</sup>.

Jim Anderson and Kenny Cairns, medallists at the Sydney games, were competing, as were other members of the paralympic squad. The West of Scotland A team were overall winners and took the trophy home with them.

## Sponsored Bridge Crossing

Could all those with sponsor money still to return please hand it in before Christmas. Thanks again to all those who participated and contributed.

## Peter's Walk

Once again Peter has successfully completed his mammoth walk. Please could all donations be handed in as soon as possible.

## Forthcoming Events

**Boccia competition**, 20<sup>th</sup> January 2001 10:00 to 17:00 at Easterhouse Sports Centre. Please let Peter know as soon as possible if you would like to enter the junior event. This year's medal holders are Liam, Fiona and Stuart. If you want to help No Limits towards another clean sweep then be quick, as entries have to be in by 5<sup>th</sup> January.

**RDA Social Evening**, 15<sup>th</sup> December 19:30 in the Masonic Hall in Winchburgh. Tickets from Lesley Kerr. Please note that the RDA raffle will be drawn on the 12<sup>th</sup>, so there's not much time left to return counterfoils and contributions.

## Contact Information

Anne (bowling) : 01506 871632

Douglas (for a bus) : 01506 856388

Email : [nolimits@agurney.com](mailto:nolimits@agurney.com)



**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 \_\_\_\_\_