



Down's Syndrome Scotland West of Scotland Branch Newsletter Spring 2005



RECENT NEWS AND EVENTS FROM YOUR BRANCH

MARATHON MAN AIMS FOR PARIS IN THE SPRING



PHILLIP COUPAR (left) is aiming to raise £2,000 for our branch funds by pounding the Paris streets on April 10th.

Apparently Paris has lots of hard cobbles, so we hope he has stocked up on plasters!

To sponsor Phil please ask your friends to make a donation on the attached form or you can donate by credit card online at www.downswest.org.uk

Photo right: Alex McLeish and Alistair Donald share a laugh with Gillian and Graeme before the big match at Ibrox.

COMPETITION WINNERS

Our very worthy prize-winners Gillian and Graeme spent a fantastic day at Ibrox on 11th December. Their hosts for the day were Alistair Donald and his family who treated them to lunch in the Thornton Suite, a tour of the Trophy Room and a visit to the manager's office where they met Alex McLeish. They watched the match and returned to the suite where they met some current players and more VIPs including Rangers' legends Sandy Jardine and John Gregg. The day ended happily with Graeme treating hundreds of bemused Hospitality guests to his own rendition of Rangers songs — making quite a big impression!



At the other side of town, member Claire Cox and her family went to the delightful Number Seven Suite at Celtic Park where they enjoyed a wonderful Christmas Dinner, were treated to a very close inspection of the silverware and met two of Celtic's famous Lisbon Lions Stevie Chalmers and Tommy Callaghan. *(above)* A very grown up experience and a superb start to the festive season.

YOUR NEWS MATTERS

We welcome your letters, views, stories and photos for our next issue in May/June – please send your news and pictures to:

*The Editor, c/o 104 Stirling Rd., Kilsyth,
G650HY tel: 01236 823129, email:
editor@downswest.org.uk*

ADULT HOLIDAY- BADAGUISH

This popular free adventure holiday for adults has four remaining spaces available from Monday 29th August – 2nd September (the other spaces are for people who were disappointed last year) and will be filled on a names out of the hat basis. If this is heavily over-subscribed we are looking for a second date to accommodate the surplus applicants and avoid disappointment. Send names please by the end of March to Sandra Henderson Shenderson89@aol.com or tel: 01505 863030

RELAXED FAMILY WEEKEND

We are looking into the possibility of a subsidised break for up to 25 families at a classy spa, hotel or holiday centre for the September weekend providing an opportunity to have fun, relaxation and social interaction. It is proposed that the weekend consists of some organised activity and lots of free choice. More details in the next Newsletter. Phone Janie on 0141 3324174 or email Janie@downswest.org.uk to express interest.

Have you seen BBC 2 and CBeebies show in Makaton? Check out WWW.BBC.CO.UK or the Radio Times

STOP PRESS MEMBER NEWS

Andrew Macintyre has been recognised as a candidate of the year by SQA. Andrew has worked hard to gain three Standard grades in English, Geography and Vocational Skills and now attends James Watt College in Greenock.

Andrew, aged 17, gained this significant achievement with the love and support of his family, and has ambitions for a career in sports coaching. This young man clearly has a great future ahead of him.

Our member Paula Sage from Cumbernauld has been chosen to represent Down's Syndrome Scotland as an official ambassador. Paula won a BAFTA for her screen debut in the 2003 Film *After Life* and has impressed many professional actors with her talent. We will be following her career with interest.

We are sure that you will all join us in congratulating both Andrew and Paula on their fantastic achievements and wishing them well for the future.

New Glasgow Baby and Toddler Group

Contact Margaret on 0141 616 0060 or Joanne on 0141 616 0467 for further details

SUMMER TIME

This years Big Party will have a Midsummer's Night theme. Suggested date: Saturday 25th June. Venue to be confirmed. Suggestions for activities or entertainment are welcome. Phone Liz on 01236 823129 with your ideas.

FREE CINEMA TICKETS

Did you know that if you purchase a card from The Cinema Exhibitors for just £5 carers go free – valid for three years – tel 0151 348 8020 or log on at www.ceacard.co.uk

BOWLING NIGHT OUT.

This was held on Nov 20th. Feed back was what a great night – let's do it again! Turnout was excellent. Everyone had the chance to take part in two games of bowling with good company. The evening finished with supper and a selection box for everyone.

UPS AND DOWN'S THEATRE GROUP

are staging their tenth anniversary performance **Take 10** in March.

The show is fully sold out – but we wish the cast and crew the very best for what promises to be a spectacular performance.