



Newsletter 2017

This year's highlights once again included two organised adventure holiday trips to Badaguish, in April & September (25-40 people), and one to Kielder in August (51 people) but more about them later.

Community Involvement/Partnership working

During 2017, club members Anne, Stuart, Paul, Elaine, Ashley and Belinda helped out at various other events including Archery Sessions in conjunction with Lothian Disability Sport at Blackburn Community Centre for people from West Lothian Inclusion Team, Enable, New Directions, and the Action Group.

Here's a photo of our newly qualified archery instructors:



Awards

In March we were voted the best voluntary organisation in the Pride of West Lothian awards ceremony which was hosted by West Lothian College and West Lothian Council.

In June our Vice Chair Anne Gurney made it to the finals of the Scottish Council for Voluntary Service national awards.

In November the club made it to the finals of west Lothian Councils Celebrating Sports awards in the 'Best sports club' category.



Also in June we won the 'Best sports club' award at Lothian Disability Sport's annual awards ceremony for a record fourth time.

In November we were runners up in the best sports club section at West Lothian Council's celebrating sports awards



Annual Carpet Bowls Competition

On Saturday 8th April we had our best competition to date, Jennifer Stevenson won with Alistair Howells coming second.



Archery

This year we had three indoor events at Linlithgow and four outdoor events at Beecraigs.



Fishing days 4th June and 24th September

In a joint venture with the local *Angling for Youth* development team we organised two days fishing/instruction at Allandale Tarn fishery near Polbeth.



We did really well this year- 14 fish caught on 4th June and 10 on 24th September.

Kielder 2017

In August we took a total of 51 people to the Calvert Trust at Kielder . They took part in Archery, Canoeing, Sailing, Motorboating, Zipwire, Indoor Climbing, High ropes, Velcro Olympics Kingswing, Laser clay shooting, raft & coracle building and Buggies.





Dundee Discovery Games

On 9th September we sent a team to Dundee and Arthur managed to win the Silver medal in his group.

Visit of Fiona Hyslop MSP 9th September

On the same day we were delighted to welcome our local member of the Scottish Parliament to the club.

Fiona was impressed with our efforts and took part in several activities.



Badaguish April & September

We took large groups to Aviemore to do canoeing, cycling, football and archery.

During the April trip we visited the Highland Wildlife Park at Kingcraig. And we had a lovely day on Loch Morlich.



Taxi Drivers' Day Out



On 21st August the West Lothian Taxi Driver's Association organised a fun day for children with disabilities. We helped out by providing a Boccia & quits experience. The event was a great success and there are already plans to repeat it in 2018.

Gym/Fitness Sessions

This year under Belinda's guidance we joined forces with the Synergy Fitness Club to provide exercise sessions for our members on a Sunday.



Brandon Family's Sponsored Walk

On 3rd September the Brandon family did a sponsored walk over the new Queensferry Crossing and raised over £200 for the club- well done Adam, Alex, Scott & Iona.



Club Sponsored Walk

This year's sponsored walk took place, once again the weather was nice to us and we managed to raise over £1200



Wrestling Night

On 2nd September a group of No Limits regulars were entertained at a wrestling show at excite Linlithgow



Ten pin Bowling competitions

Spring - The team competition was won by the McKellar & Ah-nein families. Cyril the seniors /carers trophy and Malcolm Blaize was a clear winner for the members' Trophy.

Summer - On 25th June about 40 people took part in our summer competition, the Weddell & McLeod families won the team event with the Johnston & Haggarty families coming second. The adult carer trophy was won by Jim Jones and the members' trophy by Vicky Weddell with her highest ever score of 145.



Special Olympians

Daniel and Jack took part in this year's Special Olympics



Scottish Disability Sports Boccia Tournament

7th October

Kirsty McCallum once again flew the flag for No limits and won gold

Well done Kirsty!!



Christmas Tenpin Bowling



This year's Christmas party/bowling event was attended by over 100 people making it the biggest and best yet. Many thanks to Deer Park Staff and Management for their contribution to our Dinner.

The Stevenson and Mathieson families won the team event with the Mckellars and Hagenbuchs coming second - Ian Johnston won the seniors trophy and Jennifer Stevenson won the members event.

Hula Hoop Demonstration

On 23rd September Claire & Patricia put on a very impressive show which had many of us joining in

Andrew Graham Memorial Races – 4th November

This year's event took place on 4th November and attracted 16 competitors. The competition was won by Euan Sinclair who had a combined time of 10.9 seconds, Ethan McEwan was second and Kenneth McKellar came third. The trophies and medals were presented by Isabelle and Keith Graham



Andrew Slack memorial Boccia Tournament 11th November 2017

We had 61 competitors giving 106 games using 6 courts.

Group A Physical Difficulty

There were seven competitors in the physical difficulty class.

Semi final 1 Alexander Tavendale v **Lori Morrison**

semi final 2 **Fiona Muirhead** v Neil McMurdo

Places Gold: Fiona Muirhead, silver: Lori Morrison, bronze: Neil McMurdo

Group C Juniors

There were eight entrants in this class

Semi final 1 **Michael Gillooly** v Jamie Baird

Semi final 2 Calum Thompson v **Hayden Kerr**

Places Gold: Hayden Kerr, silver: Michael Gillooly, bronze: Jamie Baird

Group E Beginners

There were eight in this class giving 2 round robins of 4

Semi final 1 **Bradley McKenzie** v Malcolm Blaize

Semi final 2 **Holly McCambridge** v Michael Strached

Places Gold: Bradley McKenzie, Silver: Holly McCambridge, Bronze: Malcolm Blaize

Group B Learning Difficulty

There were 38 competitors in this class

Quarter finals

Daniel Strang
Casey Wilson

Grace Duncan
Christian Mason

Mason
Courtney Striven
Zoe Irvine

Scott Bates
Lindsey Aitken

Semi finals

Daniel Strang

Christian Mason

Zoe Irvine

Lindsey Aitken

Final

Christian Mason

Christian

Lindsey Aitken

Results Gold: Christian Mason, Silver: Lindsey Aitken, Bronze: Daniel Strang

Thank you to all the volunteers who refereed, without whom the competition could not take place. Thanks also to all who volunteered and helped organise the games and help with the teas and raffle - our raffle and teas brought in £217.23

2017 Endeavour Award

This year's award went to Euan Sinclair with Casey Wilson coming 2nd



The 2017 Sportsperson of the Year

Kirsty McCallum was this year's winner with Daniel Strang coming in 2nd



Finally, thanks to those individuals and organisations who raised funds for us during the year. In particular, our thanks go to:

Peter Hagenbuch and Aviagen
Pat Nisbet
Radio Forth (Baur Radio)
Scottish Governments Better Breaks Fund
West Lothian Council
The National lottery.
The Weir trust
The Schuh trust