

Congratulations!

Drena O'Malley received her MBE at Buckingham Palace on 25th October in recognition of her services to deafblind people.



Schools

A huge thanks to all the Schools who raised these fantastic amounts.....

Armadale Primary	£185.58
Cardinal Newman High	£200.00
Eastbank School	£60.00
Chryston Primary	£65.00
Millersneuk Primary	£124.39
South Park School	£154.39
Tullos Primary School	£110.00
Thornliebank Primary	£180.50
Banff Primary School	£609.38
Byron Park School	£86.00
Macduff School	£133.85
Renton Primary School	£30.00
Carron Primary School	£98.03
Clovenstone Primary	£62.92
Aberchirder School	£90.27
Drummond High School	£46.00
Auchenharrie Academy	£50.00
Darrel Primary School	£100.00



Red And White Newsletter

Spring is in the air! It's time to make the most of the better weather and get active to raise funds for Deafblind Scotland! We've organised an exciting range of events and challenges to whet your appetite for the coming year and hope you'll get involved to help support deafblind people....for example, could you promote our brand new "Just Try It" deafblind 10K challenge to family, friends and colleagues?

Other Events

If you're signed up for any other marathon, run or event, we'd be delighted to provide you with some sponsor forms and support. Just get in touch!!

Help us save some precious cash by sending us your email address to:
drena@deafblindscotland.org.uk

For more information on any of the events in this leaflet contact us at:

Deafblind Scotland
21 Alexandra Avenue
Lenzie G66 5BG
0141 777 6111 or email
info@deafblindscotland.org.uk

Small Change...BIG Difference

Why not save your loose change in a Small Change Big Difference Box? In 2007/8, box holders collected **£6613.24**, proof that even the smallest of change can make a **BIG** Difference!

On your marks...

Awrabest to three runners who will be pounding the streets to raise cash for Deafblind Scotland; Flo McEwan in the London Marathon on 13th April, Cara Galbraith in the Glasgow Women's 10k on 18th May, and Ian Adams in the Great North Run on 5th October.

Surf and Save!

EveryClick is the easiest way you can support Deafblind Scotland. Every time you use their search engine they give us money. Go to www.everyclick.com and select Deafblind Scotland as the charity of your choice!

"Just Try It"! 10k walk

Saturday 20th April, 1.30pm
Strathclyde Park

Lose your sight and hearing - just for two hours - and learn about the challenges deafblind people face every day. By wearing blindfolds and earmuffs and walking 10k (with a guide) you can raise money and increase awareness of our work. It's not a race - it's an experience in sensory deprivation - and one you'll never forget. Get sponsored per mile or minute walked around Strathclyde Park whilst blindfolded.

After the walk, *choose* a further deafblind challenge or remove your blindfold and earmuffs and rejoin the sighted hearing world. Luckily, the choice will be yours.

Glasgow University Abseil

Sunday 27th April
Glasgow University Bell Tower



Here's the chance to hit the heights you never quite managed to reach academically. The 277-foot drop isn't

for the fainthearted but hopefully you'll get down without having to change your underpants! And *before you drop* you'll enjoy the highest uninterrupted 360-degree views over Glasgow and beyond.

The minimum you need to raise for this special experience is just £100, *including a deposit of £25*, and all monies raised will be used to support deafblind people in Scotland.

Titan Crane Zip Slide

Coming Soon!



The 150-foot zip slide is an exciting new challenge for Deafblind Scotland, and an experience not to be missed. The minimum you'll need to raise for this special experience is just £100, with a £25 deposit. Pre-book a place ASAP!

10k Race & 5k Fun Run

Saturday 10th May
Leisuredrome, Bishopbriggs

Whether you're a serious competitor or more interested in just burning off a few calories, the 10k Race and 5k Fun Run offer a great afternoon and a healthy way to raise sponsorship for Deafblind Scotland. *Sponsored competitors get a free T-shirt!*

Fun Run 1.15pm (register by 12.45pm)
Cost: SAF registered £6/unattached £8

10k starts 2.00pm (register by 1.00pm)
Cost: SAF registered £7/unattached £9

You can also pre-register for the event by downloading an entry form from our website.

Edinburgh Marathon

25th May

Want the buzz of running a marathon but don't fancy 'hitting the wall'? Then get together with three of your friends and enter a team in the Hairy Haggis Relay to raise funds for Deafblind Scotland. Individual legs are between five and eight miles. Or run the whole 26.2 miles yourself if you're feeling brave!

Each team is *expected* to raise £360 in sponsorship and each runner to pay a £25 deposit to cover the cost of administering the place. Last year, our runners raised **£5,537.77!**

Time to pack your bags....

Morrison's (Cardonald) - 5th April
Sainsbury's (Partick) - 12th April
Asda (Livingston) - 11th May
Asda (Bearsden) - 19th July

Many hands make light work - and lots of cash - so get in touch if you're free on the above days; just helping out for a couple of hours makes a big difference. And you can always do your weekly shop afterwards, two birds one stone!

Or, you can 'bag' your own local store or supermarket with friends/family. Our three most recent bag-packs in November and February raised a grand total of **£2,107.62!**

Calling all intrepid adventurers...

Deafblind Scotland is on the look out for thrill-seekers who want to experience an exciting range of global adventure challenges whilst raising funds to support deafblind people. Are you ready to take the plunge?? (2009 dates to follow)

- London to Paris Cycle**
- Iceland Trek**
- Peru Trek**
- Great Wall of China Trek**
- Mt Kilimanjaro Trek**
- Vietnam Cycle**
- Mt Everest Base Camp Trek**

- 11th – 15th June 08
- 16th - 24th August 08
- 12th – 21st September 08
- 25th Sept - 5th Oct 08
- 17th – 26th October 08
- 4th - 16th November 08
- 8th – 26th November 08



Andy Dickson on Kilimanjaro

A huge thank you to the bold travellers who were recently sponsored to complete challenges for Deafblind Scotland and raised a massive **£13,424!**

John & Andy Dickson (Everest & Kilimanjaro)
Liz McLean & Michelle McKenna (China trek)
Duncan Reid (Sahara trek)



Liz & Michelle on Great Wall

Land's End to John O'Groats



Bob and Louise Nolan in training

Bob Nolan, Deafblind Scotland's Chairman, recently celebrated his 50th birthday and he and his wife Louise are marking this milestone with an ambitious 1000-mile tandem bike ride from Land's End to John O'Groats, departing 31st May. Their aim is to raise much-needed funds for Deafblind Scotland, hopefully enough to get started on a new centre of excellence, a resource centre where deafblind people will be able to reach their full potential. The expedition coincides with Deafblind Awareness Week in Scotland and promises to be the trip of a lifetime for the pedalling pair who will communicate, in part, by lip-reading in a rear-view mirror. Two deaf riders, friends from childhood, will support Bob and Louise as they cycle north and it's hoped other riders will join them at intervals on their journey.