

## End-of-Year Sessions

For the rest of the year our **Danceboogiefit Sessions** on Saturdays from 1.45-2.45pm will be run by our volunteer **Rachel**. Our weekly sessions are still: **Children Multi-sport fun session** on Saturdays, 2.30-4.30pm, and **Adult Multi-sports session** on Sundays, 1-4pm. Our sessions will continue to run until **December 11<sup>th</sup>**. Don't forget to check out our **Facebook page** for weekly updates and clips from the sessions!

## The Glasgow Santa Dash 2022:

On Sunday 11<sup>th</sup> December, 16 participants and their families are taking part in **The Glasgow Santa Dash 2022**. They will be running this festive 5K to raise money for **The Beatson Cancer Charity** and **The Sporting Aces**.

If you would like to sponsor our players, you can find our **JustGiving Page** at:  
<https://www.justgiving.com/campaign/TheSportingAces2022>

We really appreciate your support for our fantastic players and two great charities!



## Robbie's M&S Work Experience:

When I received the call to say I got into The Prince's Trust programme I was jumping for joy as this was a massive thing for me as I have never worked in the retail trade before. I had experience in college in my cookery course and experience at The Sporting Aces e.g. when talking to the parents so this helped me with the position as I would be talking to customers when working at M&S. I feel that the more experience I had with customers has helped me on the weekend and help grow my confidence, talking in front of all the participants at the sessions. I am so grateful to have had the experience of The Sporting Aces as it has helped me over the past 4 weeks with my job at M&S.



## Sponsorships:

The Sporting Aces would like to say a massive thank you to **CODA Estates** and **Kyle Financial Limited** for their ongoing sponsorship.

If you are a local business who would like to hear more about our **new sponsorship scheme**, then please email [office.thesportingaces@yahoo.com](mailto:office.thesportingaces@yahoo.com).

## Fiona's Story.....

I first became involved with The Sporting Aces as a Parent in 2018. My son was born with a complex mix of disabilities, including congenital heart disease, and had undergone open heart surgery. As part of his rehabilitation, I was given Tennis Aces (later became The Sporting Aces) details. Allan had never been able to participate in sport due to his heart condition and I wanted him to be able to try some sport in an environment that would be accessible and supportive. Allan also has Autism, and it was important that people around him understood the needs of people with Autism. The Sporting Aces have been fantastic in their approach to Allan. He really enjoys coming to the sessions and will talk to other people. Previously, he struggled to engage in conversation with others, but we have seen a real change in how Allan engages with others. He will now approach other participants, volunteers, coaches, and start a conversation with them.

In 2021 I started volunteering with the Sunday group and with the ladies walk/run group. I have a passion for sport and believe that sport should be accessible for everyone. I enjoy being able to share my enthusiasm with others. As a volunteer I have also helped raise money for The Sporting Aces. In May 2021, along with the Ladies walk/run group we ran a 5K. This was huge achievement for the group as none of the ladies had ever run this distance. September 2021, I completed The Kiltwalk. This was as we were emerging from the pandemic, which meant that I walked it on my own. This was particularly challenging for me as I love to chat 😊 Fast forward to April 2022 and along with many others from The Sporting Aces, another Kiltwalk. This time I wasn't alone. 22 miles. Huge thanks to Kirsty, John, and Charlotte for getting me to the finish line. I couldn't have done it without them.

November 2022, and I'm now a trustee, which seems a natural progression. A lot has happened since Allan's first session in 2018 😊

The Sporting Aces receives a number of grants from various funding bodies, and we regularly apply for funding on an ongoing basis. However, our current income is not enough to cover our full running costs, and to allow us to continue to run all of our free weekly sessions. If you would like to help The Sporting Aces, then why not become a **Friend of The Sporting Aces?**

In exchange for a monthly donation of your choice, you will receive electronic **monthly newsletters** telling you what we have been up to, invitations to our **charity events**, and one of our **limited edition The Sporting Aces mugs**. Please contact [office.thesportingaces@yahoo.com](mailto:office.thesportingaces@yahoo.com) for more information.