



trust **TALK**

Your local newsletter brought to you from East Kilbride Community Trust.



It's our 5th birthday!

Welcome to the very first edition of our newsletter, which ties in nicely with our 5th birthday celebrations. This newsletter has been born as many people do not yet know who East Kilbride Community Trust is, or may have heard of us, but not quite sure what it is exactly that we do?

Therefore, we are taking this opportunity to showcase our greatest achievements, our current projects and a sneak peak at our future plans.

Since our inception 5 years ago in April, we have achieved many things. Some of our greater achievements were the official opening of K-Park Training Academy and the creation of Community Allotments for children with additional support needs. We also had the great honour of being chosen to be the charity of Sainsbury's Kingsgate for 2013/14, which we can't thank them enough for.

Our whole ethos from the very beginning, is focused on health and fitness and bringing the community together. K-Park Training Academy is the first of what we hope will be many exciting East Kilbride Community Trust facilities in our town.

We have big plans for the future, always with the aim of building a safer, stronger, happier community and delivering programmes and initiatives that enhance opportunities and the lives of all in East Kilbride. Massive thank you to the fantastic editors and contributors who made this newsletter possible, Susan Hogg, Danielle Lapin, Anthony Lee and Stuart Cox.

Monique McAdams, Chief Executive East Kilbride Community Trust

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Max to Miami

Max is just 13 years old and suffers from a form of epilepsy called Lennox-Gastaut Syndrome.

He was just living a normal happy go lucky life as a 4 year old when he had his first seizure in 2004, his and his family's lives changed literally overnight. Max now has to have constant supervision at all times, the simplest of tasks can't be performed on his own in case he takes a seizure and hurts himself.

Max spends about 90% of his time in a wheelchair not because he can't walk but because he can take up to 128 seizures in the one day and they simply wear him out. It's a catch 22 situation as Max needs to be able to stay active so his muscles don't waste but activity can bring on the seizures as it makes him tired.

We are raising funds to send him to a world renowned specialist based at Miami Children's Hospital in pediatric neurology to stabilize him and either

special feature



worst case scenario cut down on the amount of seizure's, if not eradicate them completely. Any help in fundraising towards achieving this goal is very much appreciated. The goals of treatment for patients with Lennox-Gastaut syndrome (LGS) are the same as for all patients with epilepsy: the best quality of life with the fewest seizures (ideally, none), the fewest adverse treatment effects, and the least number of medications. His parents are desperate for these things to happen as well as to increase his life expectancy, his quality of life and to give him some independence as he has none whatsoever at present.

Thank you for taking the time to read this. If you could pass on the news of what we are trying to achieve we would greatly appreciate this.



www.eastkilbridecommunitytrust.co.uk



Why I volunteer....

Having never been a volunteer before, it was something that I gave a lot of thought to and put a lot of research into finding which charity would make the best use of my time, and who would need my help the most. I also had just started up my own Graphic Design business, and I really felt that being a volunteer would help me to grow my business in ways that might not be as obvious as you would think.

As like many of you, I had never heard of East Kilbride Community Trust before, and this immediately caught my interest. How could I help them become more well known and could they benefit from my marketing and graphic design experience?

I contacted Monique and we had a lovely chat, mostly talking about people that we mutually knew! and it was clear that we are going to work very well together, and more importantly the charity needed my help.

I have now been volunteering every Wednesday for the past 2 months, and I absolutely love it. Together we have created a new brand style for EKCT, designed this newsletter and are in the process of working on new marketing materials, that you will soon see in and around East Kilbride.

Volunteering may not be for everyone, and not everyone will have the time, but if you do, then I would encourage you to get in touch. I have met so many interesting people and made some really great connections in the past couple of months. It is also very worthwhile to know that my contributions however big or small are making a difference and helping the charity.

Susan Hogg

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Building a safer, stronger, happier community, together

Summer Soccer School

For the 3rd consecutive year, K-Park Training Academy is running its Summer Soccer school, during the 6 weeks school break.



Why not encourage your children to join in the football fun, after the great success of the Easter Soccer School? By taking part you will have the feel good factor of giving to charity as the surplus is used for the upkeep and development of the facility and for the benefit of the community as a whole.

For children aged 3 and 4 there will be one hour sessions held twice a week, Tuesdays and Thursdays from 10.30 to 11.30am. For children aged 5-12 the sessions will be run weekly, Monday to Friday – in the morning (9am to 12noon), afternoon (1pm to 4pm) or full day (9am to 4pm). The K-Park Summer Soccer Camp 2014 will be running a choice of sessions to best fit in with the needs of your family life with early 8.45am drop offs when required.

Both are excellent programmes which will enable your children to make friends, have fun and get fit at the same time. They will be able to enjoy the fresh air, learn how to play football and develop their interpersonal skills in a safe, structured, friendly environment. Our coaches are SFA qualified and are committed to making sure that learning is fun.

Kobe selected to represent Team Great Britain



East Kilbride's Kobe Barber has been re-selected to represent Team Great Britain at the up and coming AAU & FIRS World Inline Hockey Championships that are taking place this July in Las Vegas.

We made the decision to support Kobe financially by making a donation and giving him raffle prizes as well helping to raise awareness for his cause.

FIRS is recognised by the International Olympic Council as the governing body for roller sports, so he cannot play at a higher level than this – a major achievement for Kobe to have come so far. One of the reasons we as a trust were so keen to help Kobe achieve his dream was because of the effort he himself was putting in to raise the funds needed. For this reason alone it inspired us to help him on his way to make his dream come true.

Please check out Kobe's facebook page – [Kobe's American Dream](#).

Best cross country event in years!

We were so proud and delighted to be part of the newest cross country race on the Scottish Athletics Cross Country calendar. Enabling us to grow our sporting commitment from football into Athletics.

Working with East Kilbride Athletics Club and landowner James Kean we were able to host one of the most traditional cross country courses seen in recent times, held at O'Cathian Farm, Jackton.

The races were run over four testing laps, with each lap featuring three climbs and testing muddy conditions, it was a true test of cross country running with many post race compliments flooding in. With almost 300 competitors braving the elements, EKAC declared the event a complete success and we are now looking forward, together with EKAC, to making this an annual event to feature in both the sporting calendars of East Kilbride and Scottish Athletics.

For more information on the cross country event visit www.ekac.org.uk





Move the Goalposts

Move the Goalposts (MTGP) is a multi-partnership education and diversionary initiative targeting 'hot spot' areas throughout South Lanarkshire utilising football as a 'tool' to divert young people with 'chaotic lifestyles' aged between 12-25 years from gang participation, acts of violence, antisocial behaviour, alcohol and drug misuse whilst encouraging young people, parents and residents to help create an improved sense of wellbeing in their communities.

It was with great pleasure when we announced that the Choose Life Community League was moving to K-Park Training Academy in East Kilbride, in partnership with East Kilbride Community Trust (EKCT) in August 2012, as they shared our core values and had the best interests of their community at heart.

Extensive evaluation is carried out at all stages of the initiative with attendees, parents, residents and partners to ensure maximum success. Resulting in sustained crime reductions, aiding communities to flourish by breaking down barriers, encouraging community participation and actively increasing community wellbeing.

Please check our video clip on You Tube <http://youtu.be/KMdh4C4BOK0>

Dear diary....

30th August 2012

What an amazing day it has been today! Not only did I get to meet Paul McStay, but I also got to hold an iconic piece of sporting memorabilia.... The Olympic Torch!

Paul McStay came to K-Park Training Academy today to accept the Olympic Torch on our behalf. The torch was donated to us by Site Aid International, and they have a base here in East Kilbride as well as in Nairobi. Their co founder Sean Walls was one of the torch bearers for the 2012 Olympic opening ceremony and decided to donate this wonderful piece of iconic Olympic memorabilia to us for the people of East Kilbride to enjoy.

It is fantastic that the community of East Kilbride will be able to come to K-Park Training Academy to view this fantastic piece of history.

What a day to remember.... x

Allotment Project

We are pleased to announce that we will be running our allotment project again in May, for the third year running.

We recently partnered with a group of young adults from the East Kilbride Princes Trust project, who did a spectacular job of raising £397 through flash mob dancing whilst in fancy dress. They then used the funds to buy a polytunnel, a table and much needed equipment for our community allotments to add to the experience for the children when they visit.

We are looking for people to volunteer not only with the up-keep of the allotments but also to drive the mini bus, as the number of children involved has more than doubled. Allotments are a great way to teach the children, how to grow their own food from seed, what they are eating, where it comes from, animal habitats and all with the added bonus of this happening outside in the fresh air.

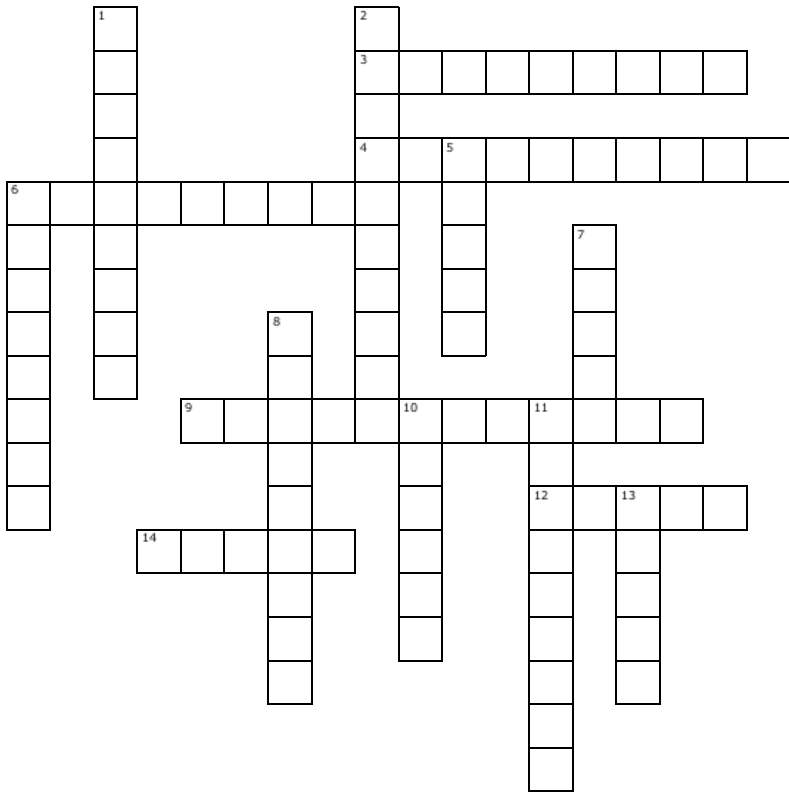


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@ekct1   

Registered Scottish Charity No. SC040731

crossword competition



Across

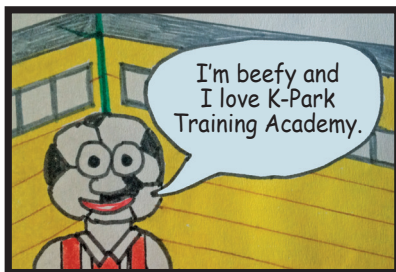
3. Which sport did EKCT support in January 2014?
4. What is EKCT looking to make?
6. What is EKCT looking for people to do?
9. What sport will Kobe represent Team GB in?
12. Where is EKCT trying to send Max Mcghe to?
14. What is the MTGP initiative reducing?

Down

1. How can you help out EKCT?
2. Which country park is the EKCT facility in?
5. What birthday is EKCT celebrating?
6. Which sport is used to help youths behaviour?
7. What is the EKCT's first facility called?
8. What project is EKCT running in May?
10. As well as Summer, when else does the soccer school run?
11. Who is EKCT looking to bring together?
13. What month was EKCT's inception?

Please send all submissions to 29 St James Avenue, St James Retail Park, East Kilbride G745QD, with your name, full postal address, email address and a contact number. The winners will be announced in our next newsletter."

beefy & ollie



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East Kilbride Community Trust

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