

Hello Everyone!

This is the third 'The Bulletin'. I hope all is well and I would like to welcome any first time readers. I trust the edition has all the information you need but if not, please contact the website or write. Enjoy the issue!

Another Year

I received my university exam results and pleased to announce that I passed them all. Congrats also to all my pals who survived another gruelling year of hard work and long nights! So this means third year is



looming and I have decided to concentrate on the discipline of psychology. This coming year I think is going to be my most challenging as psychology is a popular subject and will have to get my head down to receive an honours degree.

Being Stood Up

The exercise bike is essential to keeping my muscles and joints as supple as possible. Another addition to my exercise regime is the tilting table. This piece of apparatus is used to stand me up. Why do this? Well according to the spinal physios, the process of 'standing' aids in maximising calcium within the joints and maintains bone density. I do the tilting table once a week for a period of time gradually increasing the time every week.

Kind Donations



As stated in the previous issue, the maintenance of my wheelchair is vital. When we (family) came back from our holiday last year, my wheelchair was badly damaged on the flight home. It was the appeal committee's idea to invest in a spare wheelchair. This meant that if one became damaged or even needed to go away for a simple repair then I would have a backup to get me to University.

We also decided to invest in property at Disney since the last Newsletter. We chose a Walt Disney World (Florida) resort called 'Saratoga Springs'. It has all the facilities I need. We went there this year and thanks to your generosity, we had a fantastic time and I have now somewhere to go that is fully equipped for all my needs!

Your Events, My Experiences

The support that people give to the appeal is fantastic. Fundraising is just one of the key elements to the appeals success but it's not the main drive. Over the year I have met a lot of new people that I now call friends.

Here are some examples of the grateful work that fundraisers undertook this year:



The women are at the running once again. Angela Scarf (My Aunt) also completed the run in May in a time of 1hr 2minutes. Aunt Angela collected a fantastic £502.92, Angela told me that *"preparation for the race started early and by the time race day came I felt comfortable and sure that I would be able to finish without any issues. Atmosphere*



at the start and throughout the run was fantastic and the support from the people who came to cheer the runners on was second to none"

The women mentioned in the last issue have completed another Glasgow 10k. Ashley Harris and her mum Ruth crossed the finish line in 59:39 minutes raising over £300; Ashley said, *"We knew what to expect after competing in the run last year. We made sure we prepared early making it definitely easier than last year"*

Spark of Genius

Is an innovative independent school, which is set-up for young people in Education. They have helped me immensely throughout the last four years through fundraising, equipment, technology and friendship. Tom McGhee (director) organised a great night out at Lochinch Police club and also raised a substantial amount of funds for the appeal. During the night, there was a raffle, games, dancing and a successful auctioning of sporting memorabilia and fun things. They managed to raise an incredible £1479.92. Thank you for everything guys!!

The Craigie Run is the Barrhead Gala race that professionals and fundraisers alike can compete with each other. This year, staff and pupils raised £1,000.



Glasgow Warriors Supporters Association has adopted the Appeal as their chosen charity to support. The association decided to undertake a quiz night to generate money for the

Robert Hunter the chairman of the club completed Oosterbeek near 40Km walk.

and hopefully we

Magners League this season! They have scheduled an annual dinner coming up with all proceeds going to the David Azhar Appeal.

Thanks!



chairman of the supporters the 60th Airborne March in Arnhem Holland, which is a Thanks guys for the support will have a good run in the

The Camel Jockeys Rugby Football club had a two-week tour of the



southern states of the U.S.A. They are a rugby 7s club founded in 2001. The non-profit organisation is raising funds for the appeal and the tour this year raised £735. The "Dixie Tour" was deemed a success with a little rugby being played along the way.

Strathclyde Police Rugby Club (SPRC) continues to help the appeal in any way they can. Marcus has given me lifelong membership and the club have decided to support the appeal in all aspects. John Gillies

(right) is a member of the appeal committee and Strathclyde Police Rugby. He kindly brought over the infamous Calcutta Cup during an appeal meeting. It was great to see the trophy up close. The cup seems a lot



grander in real-life as compared to watching it on television. John told us what he was doing with the Calcutta Cup; *"I have been taking the Calcutta Cup to schools and clubs, as part of a the SRU Community Programme. It has been very well received everywhere it has gone. One of the highlights was arriving at David's home with it. It was a joy to see his reaction. Think it made a young man very happy"* It did!



To Boldly Go!

That's you been informed about the past and present, but what does the future hold. There are a few large projects that have consumed a lot of time and preparation. The international rugby team played three difficult tests. A bucket collection took place during the Australia test match on the 25th November. Thank you to Barrhead High School, Whitecraigs boys Lothian Youth Arts and Musical Company and especially SPRC who have been proactive in this collection and our thanks go to Bill Nolan for instigating this.



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It is very difficult to go away on holiday due to the lack of disabled facilities in this country. My Family are from Arran and since my accident I have been going to Auchrannie, which has limited accommodation for my type of injury. The owner of the resort has announced that he is in the process of creating a new type of property with disabled friendly facilities and this will be the next goal for the Appeal to reach. It will mean I can hopefully, in the future get on holiday with my Friends, I have already tested out the Hospital over there!!

I have encountered new friends over the last year! Chief rugby correspondent David Ferguson (The Scotsman) and we have become good pals. I have a lot of positives to thank him for. Bill Nolan and Bill Hogg (MBE) from Scottish Rugby who have been a constant support over these months. P.s. congratulations Bill in your MBE. The Appeal has Bill Nolan to thank for the bucket collection last November at Murrayfield. Dr James Robson, -Scottish Rugby Doctor who has taken time out to visit me in June with hopefully some positive results for the future. To the many people who help me but who stay in the background.



**Look out for the next edition of
The David Azhar Appeal Bulletin**

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