

*The Advisory Group is Scottish Charitable
Incorporated Organisation SC042972*



THE ADVISORY GROUP

The Advisory Group

Easter '17

Dunbartonshire Newsletter

[facebook.com/theadvisorygroup](https://www.facebook.com/theadvisorygroup)



@NTAGtweets or @TAGNeil



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Introduction

Hello and welcome to Dunbartonshire TAGs Easter '17 newsletter.



Firstly, thank you for taking the time to read this newsletter and please pass it on to anyone you think would benefit from reading it. Everything included is to inform people of the success stories and activities that are going on in relation to adults with disabilities in Dunbartonshire & surrounding areas.

This newsletter is entirely dedicated to sport; health and wellbeing activities. In our last edition we detailed a number of things, one of which was the Step up for TAG challenge where 400 people signed up to count their steps. This was a fantastic achievement and I hope it was the catalyst for people going out and trying new things in their area.

In this edition we will be saying good bye to the playdrome and welcoming the new leisure centre to the area with TAGs very own Easter Extravaganza along with loads of other exciting stories. If you want a story included in our summer newsletter then please just get in touch with myself directly. Hope you enjoy our Easter Edition!



Easter Egg Hunt

Try and circle all the hidden Easter eggs in this newsletter!
Answer on the back page

Goodbye to the Playdrome



The Playdrome in Clydebank has been a central location for sport in the area for over 20 years but on Sunday 26th of February 2017, it shut its doors for the final time.

Everyone who lives in Clydebank will at some point have stepped inside the leisure centre so will be familiar with it and have fond memories. TAG held some taster sessions in the Playdrome and had a brilliant experience but with one door closing it means another is opening.

Hello, Clydebank Leisure Centre

The new £22 million four storey building will be opening early April 2017. The facilities being made available are a complete upgrade on the Playdrome and will bring Clydebank into the modern era of sport.



It will include: a 25-metre swimming pool, teaching pool, leisure pool with waves and flume; changing facilities, a café, multi-purpose sports hall with badminton, netball, basketball, hockey and five-a-side football courts and retractable seating, fitness suite, and dance studio.

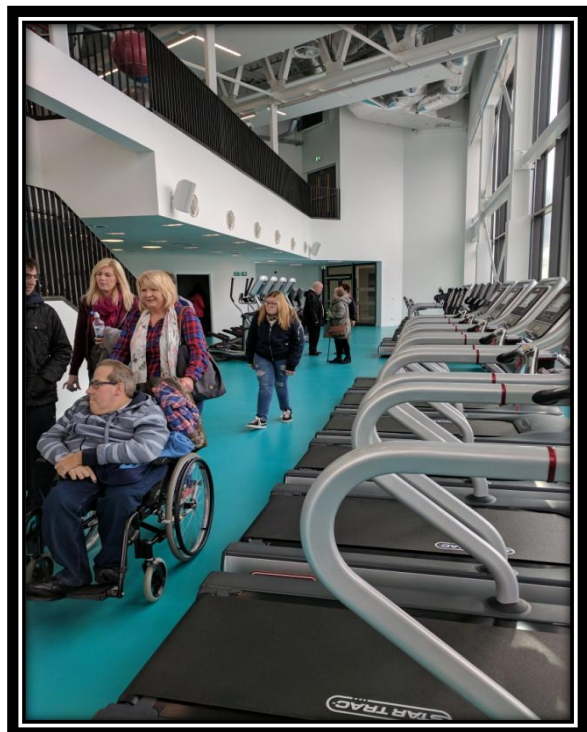
TAGs first look at the new leisure centre

As a result of the partnership TAG has with West Dunbartonshire Leisure Trust, we were invited to an exclusive behind the scenes tour of the new leisure centre before it was officially opened to the public.

We wanted to share this excellent opportunity with as many people as possible so invited along

some VIP guests to join us on the day of the tour. Everyone that came along had a fantastic time seeing all the new facilities and are now looking forward to using them in the very near future.

Find the new leisure centre at ***Queens Quay, Clydebank, G81 1BF***



TAG's Easter Extravaganza

The Advisory Group is celebrating the Easter holidays with 6 free sports taster sessions over 2 weeks at the Meadow Leisure Centre in Dumbarton and the new Clydebank Leisure Centre. Please see below for all details!

Meadow Leisure Centre

Meadow Road,
Dumbarton, G82 2AA

**Tuesday 4th of April-
Football 14:00-15:00**

**Wednesday 5th of April-
Boccia 14:00-15:00**

**Thursday 6th of April -
Dance 14:00-15:00**

Clydebank Leisure Centre

Queens Quay, Clydebank,
G81 1BF

**Tuesday 11th of April-
Football 14:00-15:00**

**Wednesday 12th of April-
Boccia 14:00-15:00**

**Thursday 13th of April-
Dance 14:00-15:00**

For more information and to book your place please contact Neil on neil.connelly@theadvisorygroup.org.uk or 07795120523



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Pictures from taster sessions





Yogability 

yoga for everyone

The Carman Centre 175 Main St,
Renton G82 4PF
Free to attend
Every Wednesday at 14:30-15:30

Contact Neil on neil.connelly@theadvisorygroup.org.uk
or 07795120523 for more information



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Alistair's Yoga Interview

Me- *“Hi Alistair, so you’ve been here since the yoga class started, what made you come along in the first place?”*

Alistair- *“I really wanted to try something new and had never tried yoga so came along for a shot”.*

Me- *“That’s great and what makes you keep coming every week?”*

Alistair- *“ I feel that it is really helping me plus Gill (Yoga Teacher) is really nice and helpful .”*



Yoga is every
Wednesday @
Carman Centre,
Renton
14:30-15:30



Me- *“And finally, what would you say to someone who has never been?”*

Alistair- *“Just come along and try it, what have you got to lose?”*

Tennis Aces Grand Slam

Since the Aces started 2 years ago, it has went from strength to strength. The aim of the group is to reach out to adults (16+) with a learning disability living in East Dunbartonshire to participate in a sport, access local community facilities, and develop a healthier lifestyle by taking part in a fun, social activity

The project is based at Kirkintilloch Leisure Centre and runs in 6 week blocks. Even though the main focus of the group is tennis they have had the chance to try out a number of different sports such as: basketball; yoga and rugby.

Recently the project won “Disability Programme” of the year at the Tennis Scotland . This is a fantastic achievement for a group that is still growing more with every passing week. For more information on the Aces and when the sessions are taking place, please just get in touch with myself using the contact details on the front page.

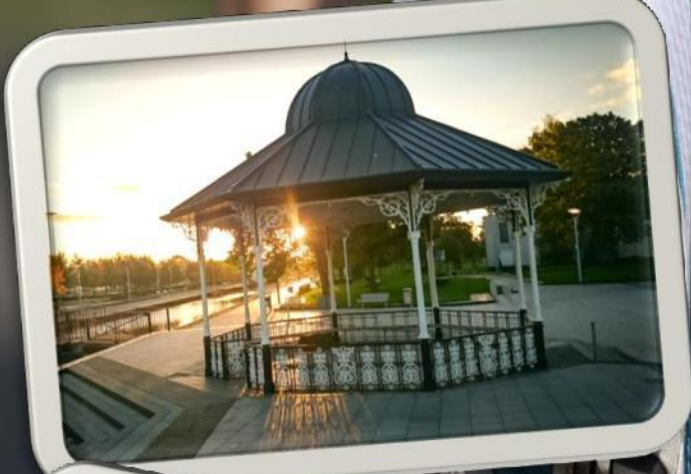


Walking for Everyone

Starting Wednesday
5th of April

14:30 meet @ Three
Queen Square,
Clydebank Shopping
Centre

For more
information contact
Neil on
07795 120523



Bankies Boccia Brilliance

On Sunday 22nd of January, TAG hosted its first ever Boccia tournament at Dumbarton Riverside Parish Church. We invited along established boccia teams from Helensburgh; Inverclyde & Clydebank to compete on the day.

All of the games were contested in good spirit and all the players had a fantastic day. In the end there was two winners with a team from Clydebank and Helensburgh getting medals for their achievements.

The next tournament is scheduled for early summer time with a confirmed date to be announced soon.

One final note on boccia, as a result of TAGs work with Cornerstone in West Dunbartonshire there is now another team looking to participate in the next tournament which shows the growing interest in the sport! For more information on any of the teams, please just get in touch.



Walking Football

TAG is continuing its partnership with West Dunbartonshire Leisure Trust to provide walking football in the area. The sessions are for adults with disabilities in West Dunbartonshire and are all free to attend.

For more information on the sessions contact either Neil Connelly at TAG on 07795120523 or Audrey MacDonald at West Dunbartonshire Leisure Trust on 01389753075



•Alexandria Community Centre, every Tues from
15:00-16:00



Something's Cooking

Stuffed French Toast

Tweet us @NTAGtweets
to show how you got
on!



Ingredients

- 3 bananas , peeled and thinly sliced
- 2 tablespoons runny honey
- 100 g pecan nuts , roughly chopped
- 4 slices good-quality sliced white bread
- 4 free-range eggs
- 1 teacup milk
- 1 knob butter
- 1 sprinkle icing sugar
- 1 small tub Greek-style natural yoghurt



Method

1. Mix the bananas together with the honey and the pecan nuts. Divide the mixture equally between 2 slices of the bread, leaving a slight space along the edges of the bread. Top with the other 2 slices to make 2 sandwiches.
2. Heat a frying pan over a moderate heat. Crack the eggs into a bowl and beat in the milk. Dip both sides of the banana sandwiches in the egg mixture. Melt the butter in the frying pan. Fry each sandwich gently for 3 to 4 minutes, turning halfway through cooking, until nicely coloured and warmed through.
3. Dust with the icing sugar, cut in half and serve with the Greek-style natural yoghurt.

What's your story?

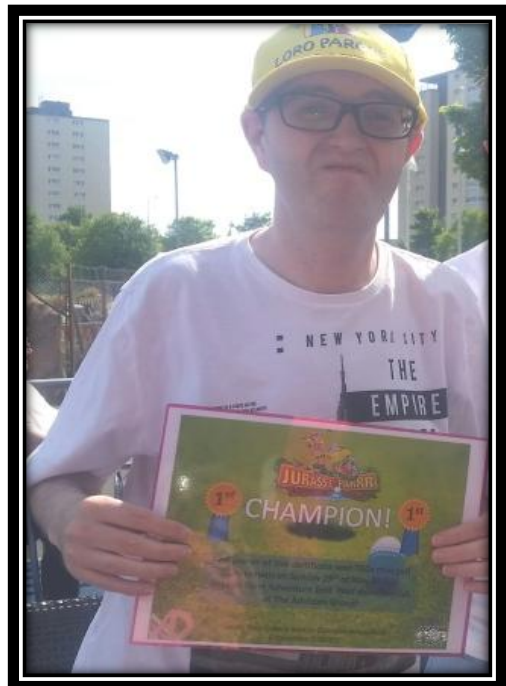
Robert Anderson, 57

“I enjoy going to bocchia TAG Group. I am also a member of sporting memories group. I enjoy adventure golf, walks round loch lomond and cycling on a 4 wheel bike. I am keeping healthy and would like to go to more sporting groups. I am good at reading and writing along with Arts & Crafts. I also go swimming once a week.”



David Clark, 40

“I stay in Lennoxton. I won golf contest with TAG, I am the champion. I've just joined walking group. I go to the gym with my personal assistant. I want to try out tennis with TAG and the tennis aces in Kirkintilloch. I am also a DJ at the miners club. I will be trying out new activities with my personal assistant in Kirkintilloch.”



Easter Egg Hunt

There was 6 hidden
Easter Eggs, did you
manage to spot
them all?

What's Your Story?

Send in your stories, if you know of anyone that would love to see their story published in TAGs newsletter then please get in touch with myself. We hope to show what activities people are doing across Dunbartonshire and the surrounding areas to stay fit and active!

Email-

neil.connelly@theadvisorygroup.org.uk

Mobile- 07795120523

Twitter- @NTAGtweets or TAGNeil

Facebook-

[facebook.com/theadvisorygroup](https://www.facebook.com/theadvisorygroup)

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