Shochi Bronze Medallist Aileen Neilson reveals her personal motto

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The only female skip at an international level visited Star Refrigeration to tell staff about how she led her team to victory and won the Bronze medal for Britain.

British champion and local hero Aileen Neilson received a hero's welcome at Star Refrigeration from over a hundred staff at her arrival at a branch in her native Glasgow.

Citing words from a keyring on the handbag she says she always carries with her, the Paralympic Wheelchair Curling champion encouraged people to follow her life philosophy: "Wish it, Dream about it, Do it!. I wished to represent my country, I dreamt about it and I have done it!"

Aileen inspired a standing ovation and loud cheers amongst company employees when she was congratulated by director Alan Walkinshaw with flowers and champagne.

Staff at Star had the chance to admire the Bronze medal and be motivated by her general approach to life and winning attitude "if anyone set himself a goal and wants to do something really badly, if you put in the time and the dedication and have the right people around you, anything is possible", she said.

"Particularly for people who find themselves with a disability and sometimes think that that's their life over, I can truly say that being in a wheelchair has actually given me so many more opportunities and a chance to travel all over the world through sport and meet loads of fantastic people".

She thanked everyone for their continuous support and encouraged them to take on the sport by offering a curling training session for members of staff if they were up for the challenge.

Heather Bell, junior admin at Star Refrigeration said "I felt inspired to try out curling by her strength and courageous message to dare fight for what you want– and let's face it, it is not every day that an Olympic champion invites you for a game".

Commenting on her journey to Sochi, she said: "The Paralympics Games in Sochi 2014 was a roller coaster ride - highs, lows and finally triumph - A Bronze Medal. I have been overwhelmed by the support before, during and after the Games from family, friends and complete strangers. It is only through the belief and support from many organisations and companies such as Star Refrigeration, that have enabled us to realise our dream."

Aileen thanked the company for supporting wheelchair curling by sponsoring the Scottish Wheelchair Pairs Curling Championships at Braehead, for almost a decade. The games take place at Braehead's eight sheet curling rink every year and Aileen has competed several times, taking home the top prize with partner Jim Taylor at the 2008 championships.

Alan Walkinshaw, who regularly attends the championships, has expressed his pride for Aileen and Team GB's triumph: "As you can expect, we were all rooting for Team GB in the Paralympics curling, and I couldn't be happier to see them return to Scotland with bronze medals. Aileen possesses an immense talent for her chosen sport and it's no surprise that she has led the team to victory!"

"We are privilege to have her visit Star. Everyone was very excited and inspired. She has demonstrated that she is a superb athlete and a courageous person with a can-do spirit."

Pictures available at https://www.flickr.com/photos/122102864@N07/|

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Notes to editors

The Star Refrigeration group of companies has expanded from an industrial refrigeration company to a multi-faceted engineering group through the acquisition and development of a range of businesses including design, manufacturing, contracting, aftercare, consultancy, renewable energy and training.

Star Refrigeration have pioneered natural cooling and heating technology since 1970. Founded in

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Glasgow by mechanical engineers, Dr Forbes Pearson and Anthony Brown, the company has grown to become the largest independent industrial cooling and heating engineering group in the UK with offices in Aberdeen, Glasgow, London, Manchester, Newcastle, Oxford, Bristol, Leeds and Derby.

Star has an unrivalled track record of award winning products and services for its ground-breaking technological developments. Its achievements in the field of technical innovation in the cooling and heating industry includes over 100 patents including the development of non-ozone-depleting refrigerants used to retrofit ACR systems around the world today.

Star Refrigeration have been responsible for numerous advances in refrigeration technology through the delivery of high efficiency systems, automatic oil systems, the pioneering use of natural working fluids and the early adoption of core component advances. The company have over 100, patents including the most commonly used refrigerants in the world today.

Star Refrigeration promotes youth employment through its apprenticeship scheme and has been recognised as one of the top "100 Best Companies to work for" by The Sunday Times

Company Contact:

Star Refrigeration

T. 0141 6387916
E. aprado@star-ref.co.uk
W. https://www.star-ref.co.uk

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