



FORTH VALLEY
DISABILITY SPORT



Annual Report

February 2008 – February 2009

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Acknowledgements

Forth Valley Disability Sport wishes to thank the many agencies which have supported its activities in the last year, and wish to thank the following in particular:

Clackmannanshire Council
Falkirk Council
Stirling Council
Active Stirling
Sportscotland
The Grand Boys
Scottish Disability Sport
Scottish Football Association Central Committee
Carrongrange School
Falkirk Sports Council
Central Scotland Police
Lloyds TSB Foundation for Scotland
2 e-volve
Kerry Bio Science Menstrie
Grand Boys Stirling
Grangemouth police station
Clackmannan community chest
Co-op community fund
Alloa Rotary Club
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Stirling High School
Clubsport Stirling
Falkirk Sports Council

Forth Valley Disability Sport would also like to thank Lauren Mactaggart for collating the audit results as part of her Research Masters.

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1.0 Chairman's Foreward

The last year has been another successful year for the committee and the partners of Forth Valley Disability Sport.

The committee and co-ordinators have settled well into their roles and into the new structure of disability sport in the Central area.

In September 2008 the branch appointed a part time Branch co-ordinator to support the co-ordination of the Special Olympics Team and manage the day to day running of the branch. This post is part funded by SportCentral. Graham Harvey the co-ordinator has taken up the role and is working his way through the many challenges that come with managing the Special Olympics team.

Thanks go to the many partners who have supported Forth Valley Disability Sport in the many developments achieved this year.

This year has seen many developments including:-

- The appointment of a part time branch co-ordinator
- The creation of a new FVDS website
- A successful application to the Lloyds TSB Foundation for Scotland Capacity Building Programme
- Consultation regarding the creation of an adult programme
- The creation of a new Clubgolf Regional Junior programme (driven by the club golf manager)

I am sure that in the coming year new and existing committee members will endeavour to continue to undertake new challenges in making more opportunities available for children, young people and adults in the area.

We are looking forward to establishing new partnerships with adults and their support agencies in the Central area to develop adult physical activity and sport programmes for adults with physical sensory and learning disabilities.

Walter McAdam MBE
Chairman

2.0 Background

Forth Valley Disability Sport, formerly known as Forth Valley Sports Association for People with Disabilities, was established in 1997 as a voluntary organisation. The branch is one of 17 in Scotland, all of who acknowledge Scottish Disability Sport as their National Governing Body for sport.

The branch geographically covers Falkirk, Stirling and Clackmannanshire Councils with a combined population of 287,000 people. The make up of the population is :-

- Falkirk 149,000
- Stirling 89,000
- Clackmannanshire 49,000

A Disability Sport Officer supported the branch until December 2004 but due to the formation of SportCentral (formerly Central Sports Development Group) and the appointment of the new SportCentral Manager there was an absence of a dedicated officer until August 2006.

In August 2006 there was a newly appointed SportCentral Disability Sport Development Manager in post. This appointment was the first of its kind and the role of the manager is to support the branch committee in developing opportunities for adults and children with physical, learning and sensory difficulties in the Forth Valley area to participate in sport.

SportCentral is a partnership consisting of the following key partners Clackmannanshire, Falkirk and Stirling Councils, Active Stirling, Central Scotland Institute of Sport, The University of Stirling, and selected Scottish Governing Bodies of Sport. The partnership is also supported by and works closely with **sportscotland**.

The main aims of the manager is two fold;-

- to increase participation
- to improve performance.

In order to achieve these aims the manager will integrate the aims and strategies of the local authority partners, Forth Valley Disability Sport, SportCentral and Scottish Disability Sport.

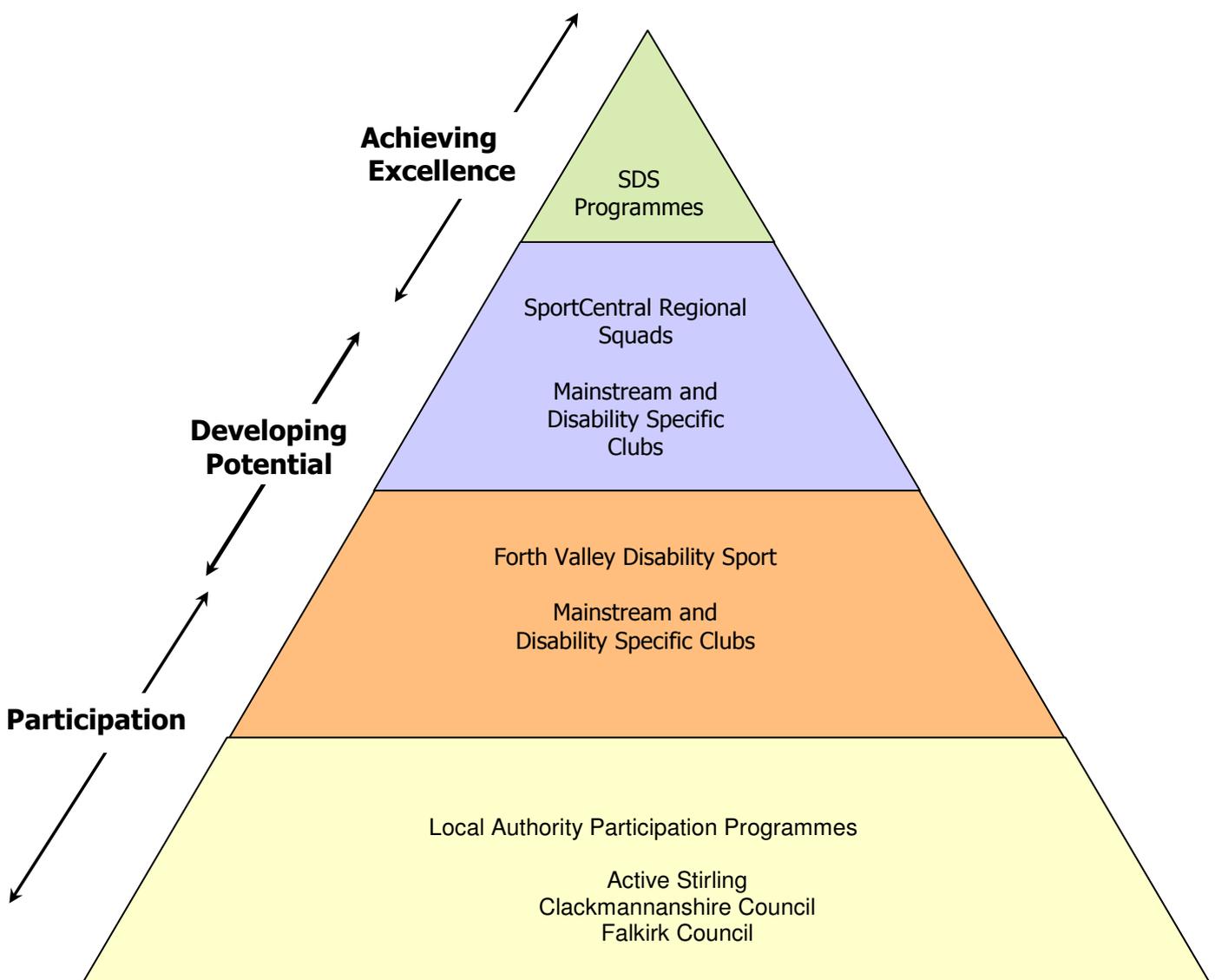
The Branch appointed a part time branch co-ordinator in September 2007. His main roles are the day to day running of the branch and managing the Special Olympics Team. With the support of all the partner agencies, Forth Valley Disability Sport will continue to promote and develop sporting opportunities for children and adults with physical, learning and sensory disabilities in the Forth Valley area.

3.0 Introduction

This report is written by the SportCentral Regional Disability Sport Manager and will outline the key areas of work for Forth Valley Disability Sport from February 2008 – 2009. Although the main area of this report is to provide information on the developments achieved by Forth Valley Disability Sport it will also include updates from local authority partners, clubs in the area and SportCentral.

This is due to the extent of partnership working by all of the above and the integration of strategies and action plans.

As you can see from the diagram below there is a close working relationship between all partners to introduce athletes to sport and realise the potential of athletes in the Forth Valley Area by developing the pathways in disability sport. Each partner has a clear role to play in the pathway.



4.0 Local Authority Reports

The basis for each of the reports is an audit of participation that was carried out by the SportCentral Disability Sport Development Manager.

An audit questionnaire was circulated to all active school co-ordinators, sports development officers and local authority officers with a responsibility for disability sport in Clackmannanshire, Falkirk and Stirling. Most audits were completed on a cluster basis.

The audit of participation was issued for academic years :-

- 2005 – 2006
- 2006 – 2007
- 2007 - 2008

The key areas of work which were audited were :-

- playground games
- lunchtime clubs
- after school clubs
- sports development classes
- participation in Forth Valley Disability Sport Events

Each local authority area has once again provided a report to accompany their audit charts.

4.1 Active Stirling

Active Stirling – Disability Sport 2008 – 2009

One of the major developments in disability sport in Stirling in 2008 was the appointment of a full time sports development officer for disability.

Active schools

The Active Schools Co-ordinators have continued to take an integrated approach to their lunch time, after school activities and taster sessions, including children with additional support needs wherever possible. The Active School co-ordinators have supported the delivery of taster sessions to ASN schools and those schools with ASN units.

Classes

2008-2009 has been a good year for the disability sport classes. Currently Active Stirling have four classes. These consist of Football, Athletics, Multi Sport and three levels of swimming classes. Three out of four classes have increased participant numbers in January 2009 compared to January 2008.

With the new full time disability post now in place it is anticipated that these numbers will continue to increase over the next year.

It is hoped that with the opening of the sports village in April 2009 that this will allow us to expand our programme of classes to allow for increased participation and a wider range of sports. The success of our classes is clear to see with children from the Multi Sport, Swimming and the Athletics classes attending the 2009 Leicester Special Olympics.

Summer programme

Active Stirling held a 'Get Active' summer programme in 2008 in which a total of 17 children from our Active Stirling disability classes attended over the three weeks. Active Stirling worked in conjunction with PLUS to ensure the children with additional support needs had the support they required. As a result of this, five spaces per day were allocated for children attending the summer programme through PLUS. Two support staff attended with these children along with an Active Stirling disability coach. This was a highly inclusive programme with all the children joining in with the mainstream games and activities as much as possible.

Clubs

The Arion Swimming Club is back up and running and they are now affiliated to Scottish swimming and Club Sport Stirling. At the moment the club have a committee of 6 parents and have finalised a constitution.

Stirling City Football Club expanded their club in 2008 by forming a disability adult club, Stirling City All Stars. The club registered under the Stirling City club name in April 2008. The idea behind the club was driven by Sandy white, the current chairman, and was financially supported by Forth Valley Disability Sport. The club members train every Monday night with three experienced coaches and volunteers. The club has participated in some games and competitions already and are looking to set up a tournament in Stirling in the summer of 2009 where they will invite clubs from various regions to participate. It is hoped this will become an annual event for the club to host in Stirling. Stirling City All Stars are also sending a team of seven players to the Special Olympics in Leicester to compete in the five a side competition.

Events

Once again in 2008, Loch Venachar Sailing Club, in partnership with Active Stirling, hosted a Sailability event. Due to the great success of the Sailability Day in 2007, it was decided to host the event in 2008 on five different days. This meant an additional four days of the event in comparison to the previous year. Once again this event was a huge success with 24 children and their families from all over Stirling participating. The sailing club provided excellent coaches to lead each day and they provided the necessary equipment.

In December 2008 and January 2009, Active Stirling, in partnership with FVDS, hosted a Fun in Athletics event and a Football Fun day for those children with physical, sensory and learning difficulties. The children

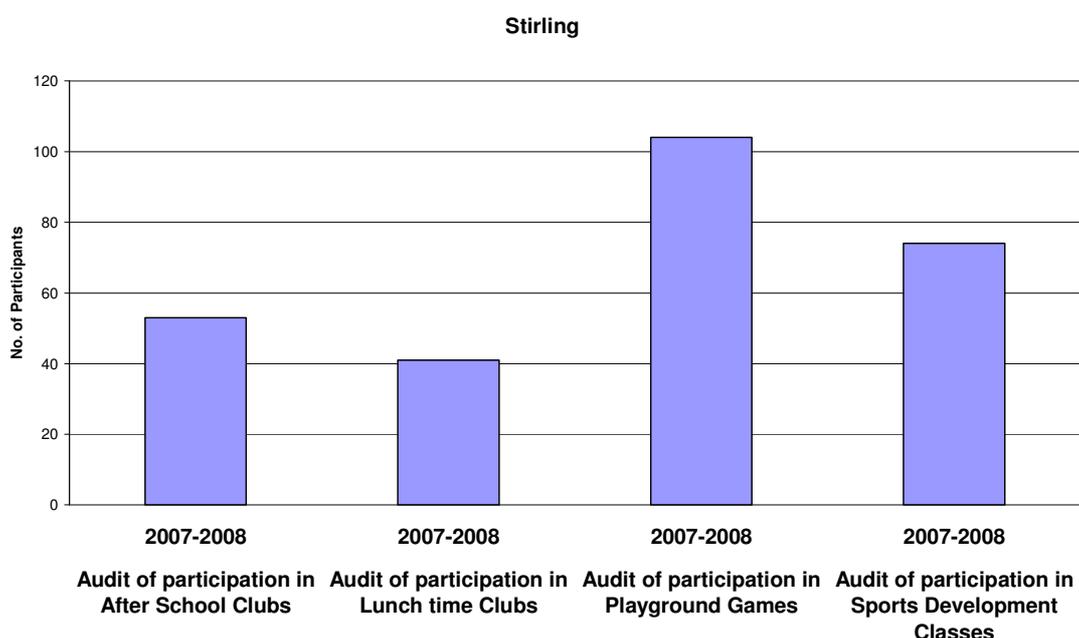
benefitted greatly from both days as the support from our experienced coaches and support teachers was excellent. The children were given as much support as required to allow them to take part in each part of the event, ensuring both days were very inclusive. The children all learned new skills in both sports and had good fun on the day.

Partnership working

In December 2008, Active Stirling held a disability training session in partnership with PLUS. The training was initially for the Active School Co-ordinators and Sport Development Officers. This was a huge success with everyone gaining more knowledge on the types of disabilities, ways of communication, legislation, inclusion and how to cope with challenging behaviour. This session was delivered in a very practical way with lots of group activities and scenarios. Due to the success we ran another course for some of the Active Stirling coaches who also benefitted greatly from the session. As a result, Active Stirling is currently working with PLUS to establish a comprehensive training package for the coaches to further their knowledge on the training they have already received.

In February 2009, through our partnership working with the Riverbank centre for adults, a block of four dance tasters were initiated to allow the service users to experience various types of dance.

Overall it has been an exciting year for disability Sport in Stirling. This is the result of the continuing hard work, effort and commitment of the Active Stirling staff, support agencies, education services and club committee members. It is hoped that the success of 2008 will develop further in 2009 where we can hope for more sport specific classes and events with maximum participation, more club developments with the hope of establishing new clubs and better trained coaches and volunteers.



4.2 Clackmannanshire Council

Active Schools ASN/Sports Development

Clackmannanshire Council continue to offer and develop classes for our pupils who have additional support needs. We continue to increase participation in all our classes including Afterschool and Lunch times with the integrated work with of Active Schools, Sports Development and the Primary PE Teams, schools and pupils continue to be involved in our programmes, local events and mainstream classes due to this close, co-ordinated and inclusive approach.

Pathways to regional and national events continue to be more accessible for the pupils of Clackmannanshire since the appointment of the regional partnership manager. Pupils who have been building skills are now being recognised in their achievements at higher levels.

In 2008 the National Junior Boccia champion hailed from Clackmannanshire and 25% of regional squad athletes are from Clackmannanshire.

Special Olympics

Eighteen pupils from have been selected to represent Forth Valley at the Special Olympics in Leicester in sports including - Boccia, Swimming, Football and Gymnastics both rhythmic and artistic.

Weekly ASN Participation Classes available :-

Mainstream Pupils - Primary School

- Multisports Club
- Swimming – beginners
- Swimming – intermediate
- Swimming – advanced
- Gymnastics
- Inclusion Group – Fun Activities
- Boccia Class x 2
- Rugby (ASD, Behavioural needs)
- Boccia School

Mainstream Pupils - Secondary School

- Multisports Club
- Swimming – intermediate & advanced
- Gymnastics
- Boccia Class
- Kwik Curling
- Boccia School

Special Educational Needs – Primary School

- Dance
- Movement
- Multi Activity
- Boccia
- Playground Games
- Gym Session - in partnership with Occupational Therapist

Special Educational Needs – Secondary School

- Dance
- Movement
- Multi Activity including Boccia
- Playground Games
- Boccia School

Struan House – Autistic Unit

- Trampoline
- Swimming
- Club Golf
- Badminton

Clackmannanshire Primary Schools Sports Association Events

The CPSSA have continued to be inclusive in their local events programme this year with the following events being inclusive to children with disabilities:-

- Swimming Gala
- Gymnastics competition
- Cross Country Event
- Tri Golf Festival

Children take part in these events the same as their non disabled peers and involves an integrated approach by Active Schools ASN, Primary P.E and the Sports Development Team.

Special Olympics

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Human Wiring – Movement, the Brain and Learning

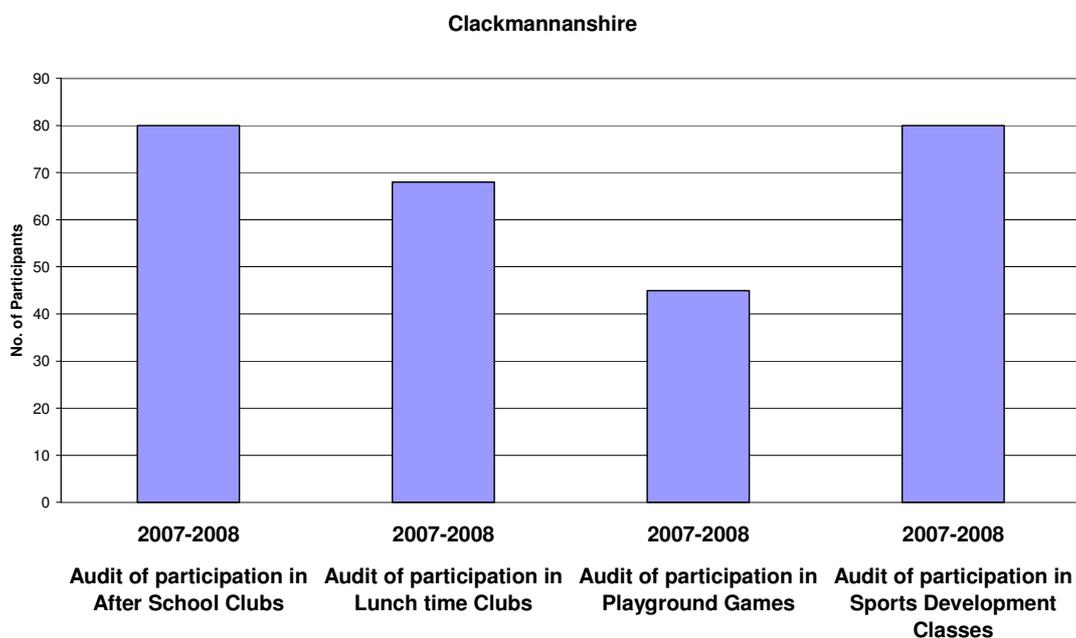
The Human Wiring programme was introduced by Clackmannanshire Councils Psychological Services some 4 years ago, with the aim of aiding and integrating development in the mind and body for individuals who show a delay in these areas.

Sports Development, Active Schools took over the programme 18 months ago with the intention of developing it in all pre schools, Primary Schools and Secondary Schools.

In the past year, training (in service) has taken place on two occasions explaining details in delayed reflexes and the activities and programmes used to aid development in these areas. We have also recently delivered our first training programme on strengthening fine motor skills and manual dexterity. All training was designed and aimed to assist nursery staff, classroom assistants, support assistants, inclusion support staff and others in recognising delayed difficulties.

To date 17 of our Primary schools are involved in the programme with 167 pupils taking part in daily activity, 8 Nurseries are also involved with 26 children taking part in daily activities.

Sports Development, Active Schools aims to continue developing the programmes in all Nurseries, Primary Schools and Secondary Schools.



4.3 Falkirk Council

As there is no dedicated officer for disability sport in Falkirk Council, a report has been submitted by the Active Schools Manager and the Principal Officer of Sports Development.

4.3.1 Active Schools

Events

P6 Athletics Championships 2008

18 children attended the P6 Athletics championship 2008, which was held at Grangemouth Stadium on the 2nd May 2008. This was a huge increase on the previous year where only 2 children had participated in the disability section of the event.

Scottish Open Boccia Championships Feb '08

From the FVDS boccia event 6 of these children were invited to attend Scottish Open Boccia Championships, 2 boys won medals at this event from the Larbert Cluster.

Falkirk Council Boccia Event March '08

36 children from 6 enhanced provision schools attended this event, 2 teams from each school were allowed to enter. This is the second year this event has taken place, with more schools in Falkirk now playing boccia.

Scottish Open Boccia Competition July '08

4 children from the Larbert Cluster attended this event with 2 children winning medals.

From this event 2 boys that attend Larbert High School have now been invited to attend the Special Olympics in July 2009

FVDS Boccia Competition November '08

This event was held at Tullibody Civic Centre in Alloa, 14th November 2008. This year saw an increase of entries from Falkirk Schools. Stenhousemuir PS, Carronshore PS, Ladeside PS, Slamannan PS, Nethermain PS and Larbert High School all attended the event, with a number of medals being won by schools in Falkirk. All the children gaining medals were then invited to this years Scottish Open Boccia event in Glasgow.

Scottish Open CP Boccia Championships

This event was held in Easterhouse in Glasgow on 31 January 2009. 5 Children from the Larbert Cluster schools attended the event, with 1 child from Larbert High winning the Gold medal and another boy winning bronze in the plate competition. All attendance at the Scottish events are supported by Lynne Glen from Sports Central and Jean Duncan, Clackmannanshire Active Schools.

Coaching Classes

In the Larbert Cluster there are 5 schools which have enhanced provision sections. Of those 5 the Active Schools Co-ordinator has worked with 4 schools to deliver boccia. All schools are offered the chance to have sessions prior to the Falkirk and FVDS Boccia Championships.

The Larbert Cluster co-ordinator has visited a school in the braes cluster to introduce boccia to them, she has also visited Larbert High School to give training to staff in order to help train 3 boys at the high school. This is now an ongoing club.

One child from Larbert High School has also been invited to attend Scottish Boccia training sessions.

Development Sessions

Feb '08 Lynne Glen (Sport Central Disabilities Development Manager) along with Lisa Kilgannon delivered Boccia/Working with children with a disability session to all primary PE staff at in Falkirk at Camelon Education Centre.

In March 2008 Lynne Glen delivered working with children with a disability sessions to CSLA (Community Sports Leaders Awards) students from Larbert High School and local community coaches.

Future Developments

In the Larbert Cluster there are now plans to run a permanent Boccia club at Larbert High School for primary and secondary age children.

Boccia Leaders Award

March 2009 there will be a Boccia Leaders award course held in Falkirk for potential coaches from the whole of Forth Valley.

Special Olympics

Lisa Kilgannon the Active Schools Co-ordinator from the Larbert Cluster has been asked to attend the Special Olympics in July 2009, she will be responsible for the Swimming team.

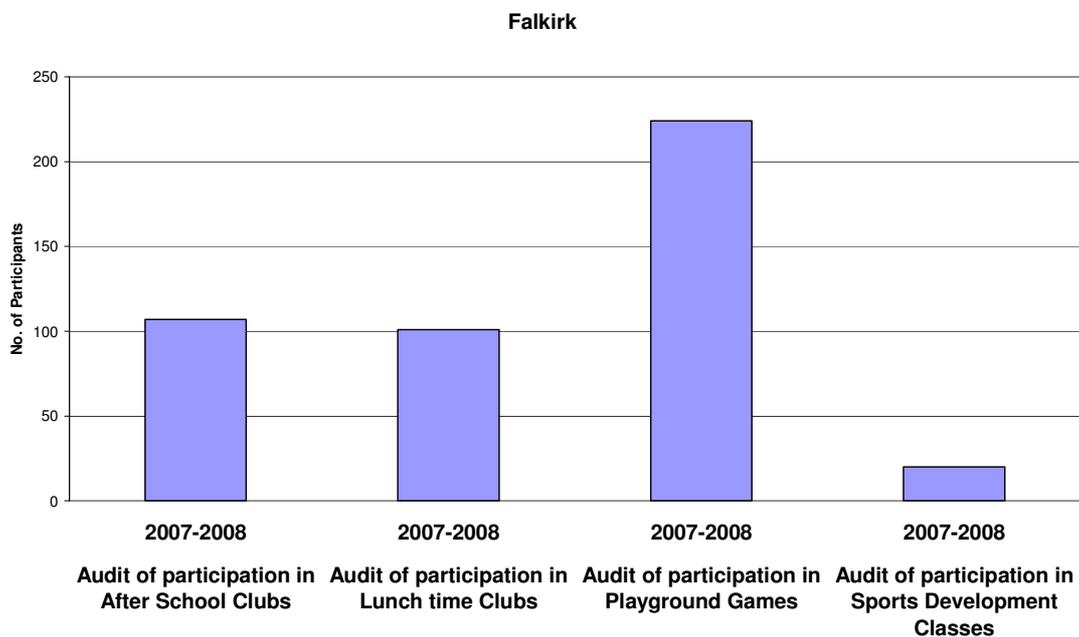
4.3.2 Sports Development

Sports Development are continuing to offer sports development classes in football and swimming there are also opportunities to take part in athletics at Grangemouth Stadium.

Swimming instructional classes are currently offered at Braes High School and the class runs to full capacity. The swimming development officer now has plans to offer provide more swimming lessons in the Grangemouth and Denny areas with an expected introduction of these classes in Autumn 2009 .

Bo'ness Class which operates on alternate Saturdays from the Dolphin Club has on average an attendance of twenty two swimmers with physical, sensory and learning disabilities. Ages vary from nine years of age to fifty plus. The coach Ian Stewart advertises the club regularly and encourages other family members to come along. The new hoist at the pool has made the club accessible to more wheelchair users.

Following a change of night, for the Football classes at Grangemouth Sports Complex, numbers are currently lower than expected. Sports Development is set to review the situation and improve the targeting of potential participants.



4.4 Development Manager's Overview of Events Academic Years 2005 – 2006/ 2006 – 2007/2007 – 2008

Overall Statistics Table

Activity	05 –06	06 –07	% Growth Increase	07 -08	% Growth Increase
Playground Games	255	342	34.17	373	+9
Lunchtime Clubs	202	314	55.14	210	-33
After School Clubs	176	337	91.5	240	-28.7
Sports Development Classes	134	175	30.6	174	-0.5
FVDS Events	150	440	193.3	524	+19
Number of schools participating in events	15	36	140	37	+2.8
Number of Events Offered	2	15	650	15	0

As you will see from the table above there were significant increases in the 2006 – 2007 audit in playground games, lunch time, after school clubs and sports development classes.

This academic year's audit has seen a decline in numbers in playground games, (except Falkirk), a decrease in numbers in lunchtime and after school clubs and an increase in sports development classes (except Falkirk). Although the decrease is significant there is still an increase from the baseline measurements from academic year 2005 – 2006.

There are too many variables to pin point exact reasons for reduced numbers in programmes, but listed below are some factors which are possible causes –

- Changes in personnel i.e. headteachers
- Changes in active school and sports development personnel
- Changes in programming
- Changes in pricing policies

Events continue to be on the increase for the third consecutive academic year and it was evident that the information on events and the benefits were beginning to get to the right people and being marketed in a productive way. However the evaluation of events in the calendar year tells a very different story. (see 5.4 Forth Valley Disability Sport Events Table)

The local development groups remain key to the development of disability sport in each of the areas and they continue to be the focus for discussion to identify opportunities to increase the profile of disability sport. It is also an excellent vehicle for each area to try and ensure an integrated approach throughout each local authority area to keep disability sport high on the agenda. More frequent meetings need to be held to keep it high in the agenda of everyone.

Falkirk, Stirling and Clackmannanshire are all at different stages in the development of their programmes but the statistics are evidence that disability sport is being driven more in the areas that have a dedicated officer. i.e. Clackmannanshire and Stirling.

The recent appointment of a full time disability development officer in Active Stirling is a major step forward in terms of the development of disability sport in the Stirling Council area. The potential of this post is huge and already the new appointment has made progress in taking disability sport forward.

Clackmannanshire Council have the equivalent of 1.5 full time staff dedicated to opportunities for children with additional support needs. They continue to provide a wide range of participation opportunities for children in mainstream and enhanced provision settings.

In Falkirk the main person driving forward the disability sport agenda is Lisa Kilgannon who is the active school co-ordinator for the Larbert Cluster. Her passion for disability sport is relentless and her colleagues know Lisa is never far away when it is mentioned.

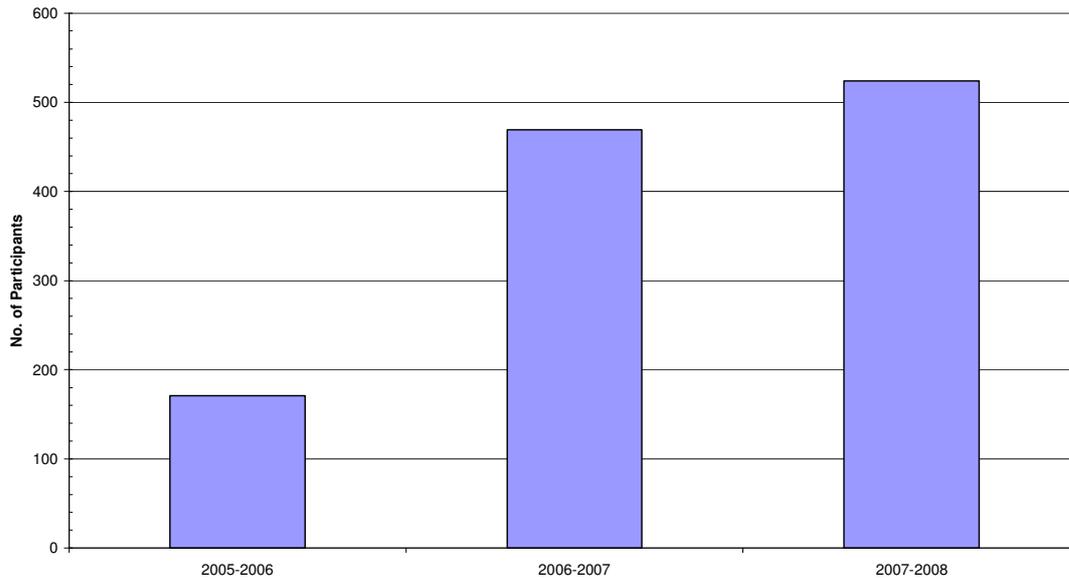
Falkirk programmes are continuing to be developed through the sport specific officers who are fully committed to providing opportunities but the services and children would benefit more if a dedicated post was created.

A Central Professional Officers Group was recently re-established and the officers that attend the meetings are :-

- Lynne Glen SportCentral Regional Disability Sport Development Manager
- Graham Harvey Forth Valley Disability Sport, Part Time Co-ordinator
- Lisa Kilgannon Falkirk Council, Active Schools Co-ordinator
- Jean Duncan Clackmannanshire Council, Active Schools Co-ordinator, Additional Support Needs
- Jen Livingstone Active Stirling, Disability Sport Development Officer

The group will meet bi monthly to share information, review, identify and plan next year's coach education programme and events calendar.

FVDS Total Event Participants



5.0 Forth Valley Disability Sport Review

This section of the report will cover the period from February 2008 – February 2009 and will provide an update of the work developed by the branch.

Key achievements this year are:-

5.1 FVDS Branch Co-ordinator

In September 2008 Graham Harvey was appointed to be the branch co-ordinator for FVDS. This 17.5 hour post is a two year post and is jointly managed by the committee and the SportCentral Disability Sport Development Manager. The main role of the co-ordinator for this year is to take over the day to day running of the branch and administer the Forth Valley Special Olympics Team.

Later in the year the co-ordinator will develop a multi sports programme for people with physical disabilities and sensory impairments. He will also develop an adult participation programme/s in the Central area.

5.2 Lloyds TSB Foundation for Scotland Capacity Building Programme

A funding application was submitted to Lloyds TSB Foundation for Scotland to part fund the branch co-ordinator. The application was refused on the basis of the association's existing funds. However the Foundation did advise the branch to apply for Lloyds TSB Capacity Building Programme.

An application to the Capacity Building Programme was successful. An award of £6,249 was made to be used as consultant's fees to develop the governance of the branch by creating a development plan and fundraising strategy.

5.3 Forth Valley Disability Sport Events

Events held in the 2007 – 2008 academic year were well attended and have a significant increase on the previous year. However the events held in the 2008 - 2009 academic year are not so well attended. The main reasons for this are:-

- Changes in personnel in local authority areas
- Changes in the Additional Support for Learning Provision i.e. more children in mainstream education
- More on offer to schools



A review of the existing events programme and consultation with schools to identify further reasons for the reduced attendance latterly is due to take place before next years events are planned.

5.4 FVDS Regional Events Table February 2007 – February 2009

Event	2007 - 2008	2008 – 2009
Regional School and Club Swimming Gala	21	45
Athletics track and field	109	133
Regional Squad Trials	40	44
Regional Schools swimming championships	64	52
FVDS Bowls Come and Try	-	27
Fun In Athletics (Stirling)	31	11
Fun In Athletics (Falkirk)	27	35
Fun In Athletics (Clackmannanshire)	46	-
Adult Boccia and Kwik Curling Festival	12	12
Regional Junior Boccia Competition	93	56
Regional Senior Boccia Competition	-	18
Inter area decathlon	23	15
Football Fun Day (Falkirk)	62	14
Football Fun Day (Stirling)	12	12
Football Fun Day (Clackmannanshire)	72	20
Total	630	494

As well as having the regional events programme this year FVDS also hosted the SDS National 7 a-side competition for the second year. Twenty three teams from all over Scotland came to Littlekerse playing fields to play in the six divisions.

Forth Valley entered four teams and although there was no medals won they all enjoyed the event. Once again the event was a great success.

Results from each event are analysed by the relevant SportCentral Sport Specific Manager, the relevant National Development Officer for disabilities and I to determine if there are any athletes with potential who may benefit from being part of the regional squads and the generic support that comes with being a member of that squad.

5.5 Club Reports

It has been a mixed year for the clubs in the Forth Valley area. It has been a difficult year for some and an exciting year for others. Stirling City has All Stars have become part of the local "mainstream club" Stirling City's Structure. This is the first club in the area to be included and benefit from a mainstream set up.

For the Arion Club it has been a difficult year which has seen volunteers from the club unable to continue with the club due to unforeseen circumstances. To add to the uncertainty of the future of the club the facility in which the club were based for the last 25 years closed due to the pool being in a state of disrepair.

However, the club has turned a corner, they have a whole new committee of twelve members, a new coach and are swimming in the new Stirling High School until the new pool opens at The Peak in Stirling Sports Village.

They have recently reformed their committee and adopted a new constitution which is a Scottish Swimming model and are looking ahead to developing their club in the new Stirling Sports Village.

It has also been a difficult year for the Wildcats who have seen their membership reduce significantly and are actively looking for new members to join their club. The wildcats are the only wheelchair rugby club in Scotland.

5.5.1 The Dolphin Club, Grangemouth

Our club had another successful year in 2008 with average attendances in the region of forty.

Our own club gala took place in April and was sponsored by David Morton (Larbert) Ltd. Several of the most successful swimmers were selected to form part of the Forth Valley Team which took part in the National Gala held in Tollcross Baths for swimmers with a learning difficulty. A few of our swimmers were successful in winning medals. It was a great day out.

In October a grand Ceiled was held to celebrate the club's 30th Anniversary. Eighty members, past members and friends attended to make it an unforgettable evening.

In December we had our annual Presentation of Awards followed by our Christmas Party. Parents, carers and friends were all invited and had a most enjoyable time, especially as Santa found time to arrive and present a Gift Box to every member.

During the party Larbert Round Table presented the club with a very generous cheque.

We all look forward to another successful year in 2009.

5.5.2 Stirling City All Stars Football Club

2008 was officially the beginning of the adventure for the Stirling City All Stars Football Club, in April an AGM was held where a committee and constitution were formed.

On the pitch over the fairer weathered months of 2008 a few tournaments were entered and a few friendlies were played. Fuller reports can be found on www.stirlingcityfootballclub.co.uk (player profiles can also be found here). Some highlights include:

In April the All Stars brought two teams to the SDS 5-a-sides, one team entered into Band C were unbeaten and only received a silver medal thanks to the lottery of penalty kicks. The other team was in Band D and suffered from the patchwork make up at the last minute but battled away in every game.

At the 7-a-side tournament the All Stars again entered two teams into the competition. Due to the mysterious absence of a Band D, both sides were entered up a level to Band C and B. Neither team got near the honours but again full commitment was shown and a good day was had.

The All Stars won the Umbro Cup at the Alloa Football Festival however only had one opponent. Two friendlies were arranged against West Of Scotland Special Olympics which were good competitive matches. Other games were hosted against Livingston and a Edinburgh team.

Off the pitch a middle spread press release in the Stirling Observer published the beginnings of the club. After negotiations the club merged with Stirling City F.C, a local amateur club with a youth section who were seeking to expand. The club has achieved a standard quality mark award from the SFA and came highly recommended. The All Stars also received substantial funding from ClubSport Stirling towards coach development and training equipment.

Plans/Aims for 2009 include;

- Continue to increase membership levels of players and volunteers
- Continue to provide healthy representation at national competitions
- Host a disability football tournament in June
- 7 All Stars are representing Forth Valley at the Special Olympics at Leicester in July this year.

5.5.3 Arion Swimming Club

As stated before it has been a difficult year for the club but despite this the swimmers have continued to train weekly at the club. The swimmers have represented their club at the FVDS Regional Club and Schools Gala and some have went on to represent Forth Valley Disability Sport in the Scottish Disability Sport National Championships.

They have very recently reformed their committee and adopted a new constitution which is a Scottish Swimming model and are looking ahead to developing their club in the new Stirling Sports Village. The club are looking forward to becoming affiliated to Scottish Swimming and have already affiliated to Clubsport Stirling.

5.5.4 Falkirk Wildcats

The Scottish Wildcats train every Monday night from 19:30-21:30 at Woodlands Games Hall, Falkirk. Our numbers change from week to week but we currently only have a maximum of four players. We are desperately in need of new players, as wheelchair rugby requires four players on the court per team. In the past, we have been to several tournaments, including ones in Liverpool, Bath, Middlesbrough and Glasgow. The team is currently preparing for a tournament in Stoke Mandeville, at the beginning of March.

5.6 FVDS Website

FVDS have been extremely fortunate to be approached by a local IT support company. 2 e-volve are based in Stirling and their Chief Executive has been involved with Special Olympic Games before.

The chief executive offered his company's support in developing the existing website and making it more commercial.

Our own committee member Fraser Mathieson is employed by 2 e-volve and is designing the website for free as part of hi training.

We are looking to launch the website in the very near future.

Well Done Fraser and thank you once again for your expertise and commitment.!!

5.7 FVDS Sport Specific Volunteer Co-ordinators

The contribution of volunteer co-ordinators has been crucial to the delivery of Forth Valley Disability Sport Events and the supporting of athletes to attend clubs. FVDS has sport specific volunteer co-ordinators in the 5 strand 1

target sports set by Scottish Disability Sport in their National Strategy "Towards London and Beyond."

The co-ordinators for each sport are:

<u>Sport</u>	<u>Volunteer Co-ordinator</u>
Athletics	Shona Malcolm
Boccia	Jean Duncan
Bowls	Fraser Mathieson
Football	Davie Lawrie
Swimming	Vacant

The co-ordinators promote their sport throughout the Forth Valley area, assist in the organisation in the Regional Events Programme and act as team managers at National Events.

5.8 National Medal Success

Forth Valley Disability Sport have once again had teams represented at all National Competition held in athletics, boccia, bowls, football and swimming. There have been many medal winners. Too many to name individually but see table below for numbers:



2007 – 2008 Medal Table

Sport	Gold	Silver	Bronze
Athletics	26	9	9
Boccia	2	3	2
Bowls	13	3	-
Football	-	-	-
Swimming	15	8	10
Total	56	23	21

Total 100

2008 – 2009 Medal Table

Sport	Gold	Silver	Bronze
Athletics	26	15	6
Boccia	4	2	3
Bowls	8	5	-
Football	-	7	7
Swimming	11	7	10
Total	49	36	26

Total 111

5.9 Future Developments

The part time co-ordinator will continue to support the clubgolf programme that was set up by the previous clubgolf Manager Katie Oman. Twenty four children attended three sessions at Brucefields Golf Club on a Saturday morning for two six week blocks. The new clubgolf Manager Mandy Martin with the support of the Branch Co-ordinator will develop the programme further with a new block of coaching is due to start at the end of February.

It is also planned for a regional multi sports club for people with physical disabilities and sensory impairments to be set up by April. The club will take place at the new Sports Village in Stirling and will provide attendees with a variety of experiences in paralympic sports.

6.0 Special Olympics

Forth Valley Disability Sport will be sending a team of approximately sixty athletes, twenty coaches and ten volunteers from Stirling, Falkirk and Clackmannanshire to Leicester from the 24th July to the 1st August.

The team will be participating in eight different sports which include Football, Boccia, Bowls, Swimming, Athletics, Equestrian, Swimming Gymnastics and Golf events at the Special Olympics Games.

All three local authorities are providing members of staff to accompany the Forth Valley Disability Sport Team and be a local link for parents before, during and after the Summer Games

Listed below are the sports and the number of athletes competing in that sport.

Sport	Athletes in team
Golf	2
Gymnastics	10
Football	15
Bowls	2
Boccia	6
Equestrian	3
Swimming	14
Athletics	6

At the moment we are have a on going fundraising appeal to raise £50,000 to help fund the trip. It would like to thank everyone that has helped in our fundraising appeal so far.

Every athlete going to the Special Olympics has weekly training sessions with head coaches and has the opportunity to compete in Local, Regional and National events.

The team will be staying at Leicester University for seven days and competing in sporting venues in and around the city. Transport will be provided by Leicester City Council to take athletes to and from the competition arenas.

If you require more information on the Special Olympics please do not hesitate to contact Graham Harvey, FVDS Branch Co-ordinator on 07717545195 or email him on harveyg@sportcentral.org.uk or info@fvds.org.uk.

7.0 SportCentral

As well as supporting the branch and the local authorities to increase participation the SportCentral Disability Sport Manager also has a responsibility to improve the performance and develop the pathway for athletes.

The key areas of work for this year were:

- Regional development squads
- Regional and National Events
- Coach Education and Training
- Coach Mentoring
- Club Development

Again the structure of disability sport aids these key areas of work as joint working with local, regional and national officers is imperative as outlined below.

7.1 SportCentral Regional Development Squads

Regional Development Squads in Athletics, Football and Swimming still take place on a weekly basis. There are 33 athletes training on a weekly basis. All squads take place in the Falkirk area :-

Squad	Venue	Day
Athletics	Grangemouth Stadium	Tuesday
Football	Graeme H.S.	Monday
Swimming	Bo'ness Recreation Centre	Sunday

The SportCentral Disability Sport Manager drives the development of the squads, however the new structure for Disability Sport in Forth Valley facilitates close communication with volunteer co-ordinators, sport specific managers within SportCentral and the National Development Officers for Disabilities. This integrated approach is intrinsic to:-

- squads being supported technically
- improving the quality of squad athletes
- the development of events for athletes
- the creation of selection criteria for athletes with potential
- identifying athletes with potential
- developing individual plans for squad athletes
- the long term development of the athletes
- the progression of athletes to mainstream clubs
- increasing training and competition opportunities for athletes
- integrating governing body initiatives, strategies and action plans
- developing coaches
- sharing of resources
- maximising the use of facilities
- improved communication to access mainstream clubs for athletes with a disability



Squad athletes are identified once they have competed in a disability event organised by FVDS. They are selected through their time or distance achieved. They are then invited along to the squad sessions. Parents evenings have been held for each of the squads so that parents are given information and have the opportunity to ask questions. Athletes and parents are also informed of the level of commitment expected from them. Where possible the selection process is undertaken by the disability manager, the Sports Specific Manager and the National Development Officer for disabilities for that sport.

Regional Manager

Vacant Post , Swimming
Alan Morgan, Football
Liz Francis

National D.O. for Disabilities

Paul Wilson, Scottish Swimming,
Stuart Sharp, Scottish Football Association,
Shona Malcolm, Scottish Athletics Limited

7.2 Summer Athlete Development Camp

For the first time this year an athlete development camp was organised for athletes with disabilities. The camp took place in the excellent facilities within Stirling University. All squad swimmers, athletes and footballers were encouraged to attend the three day camp in July.

Twenty four athletes attended the sessions which over the three days included 6 coaching sessions, two basic injury prevention workshops and a diet and nutrition workshop.

Athletes were put into one of three groups and attended the seminar in groups of intellectual ability rather than sports specific working groups.

Coaches also benefited from working with more experienced and qualified coaches over the three day period.

Feedback from coaches and athletes alike has been excellent and all are looking forward to this year's camp.



A follow up session took place at the beginning of January to work with the athletes to discuss their understanding from the summer camp and refresh their knowledge on injury prevention.

7.3 Coach Education and Training

The coach education and training courses are planned in conjunction with the professional officers of each local authority with direct responsibility for disability sport and the sport specific managers. The coach education programme runs in line with the events and participation programmes, i.e. athletics, football, swimming and boccia as well as disability awareness courses.

Listed in the table below are the courses that have taken place since February last year.

FVDS and SportCentral have invested considerably in the education of coaches this year by funding courses to facilitate local and regional programmes.

7.4 Coach Education and Training Table

Coach Education & Training	No of Candidates Attended
Coaching Footballers with Disabilities	4
Coaching Athletes with a disability	4
Sports Coach UK How to Coach Disabled People in Sport	18
Unravelling the Mysteries of Classification	17
Introduction to Pool Work	15
CSLA Training Falkirk	16

7.5 Coach Mentoring Programme

A new and exciting coach mentoring programme for swimmers with disabilities is about to begin. The coach mentoring programme has been designed specifically to work with key personnel involved with disability swimming in the Central area.

Mentors will work with coaches on a one to one basis to plan, implement and evaluate their development and work towards becoming Level 2 Licenced Coaches.

The squad football coach has also been selected to be a mentee in the Football Coach Mentoring Programme. He will be mentored in the content of the SFA Level 4 Youth Coaching Award with a view to attaining the award.

Two of the athletics squad coaches have also been part of the mainstream athletics coach mentoring programme and have been deselected from the programme on the basis that they're coaching is of a quality standard.

However it is planned that they alongside the two new club coaches access a new disability coach mentoring programme to enhance their coaching of athletes with physical disabilities and wheelchair users.



7.6 Club Development

The last three months has seen a shift towards club development for the regional manager.

Prior to this year four of the five swimming clubs have across Central had opened their door to swimmers with disabilities and this year we have seen both athletics clubs in the Central area being fully inclusive in training and competition.

This has been achieved by having a joint approach with the SportCentral Athletics Manager and the Scottish Athletics National Development Officer

By March of this year there will be opportunities for all athletes who wish to attend disability specific clubs to access club level athletics, football and swimming. A new athletics club is in the process of being set up. This will allow athletes to train in their chosen sport and compete up to National Level in Scottish Disability Sport Championships.

Nine squad athletes have progressed to mainstream clubs as a direct result of the structure. Again the integrated approach by the SportCentral disability manager and the sport specific managers means that there is a supportive joint approach to develop the capacity of mainstream clubs to facilitate the needs of athletes with a disability.

Efforts are being made to support squad athletes to increase their training by attending mainstream clubs and train up to four times a week.

7.6.1 Swimming

Significant effort has been made in re-establishing the Arion Club, reforming their committee and re-aligning their constitution to be based on the Scottish Swimming Model. This therefore allows them to become affiliated to Scottish Swimming and therefore receive the subsequent benefits of being affiliated.

They have also affiliated to Clubsport Stirling which then entitles them to support from an Active Stirling Officer. The next step for the Arion Club is to create a club development plan in conjunction with the Active Stirling Disability Development Officer and the SportCentral Regional Manager.

Meetings have also been held with the Dolphin Club who are also looking to progress down the club development route.

7.6.2 Football

Stirling City has All Stars have become part of the local "mainstream club" Stirling City's Structure. This is the first football club in the area to be included and benefit from a mainstream set up. Stirling City have achieved the SFA Quality Mark and are delighted at having Stirling City All Stars as part of their club. A launch was held in November to mark the occasion.

7.6.3 Athletics

A new athletics club is in the process of being set up. Parents of the athletics squad are happy to form a committee to set up a disability club for the athletes. Coaches have been identified and the club will be operational by mid March. This new club will become a member of the Forth Valley Athletics Partnership and attend regular meetings alongside the mainstream clubs.

This new club will be open to all disabilities and will offer an extra training night to wheelchair racers, Special Olympic athletes and squad athletes.

8.0 SDS National Development Squads

This year has seen 8 local athletes included in National Development Programmes. Athletes have been selected for their performance at National Competitions.

The following athletes have been or are members of the National Development Squads :-

Athletics	Jamie McDonald
	Jade Wilson
	James McCarroll

A further three members of the Regional Development Squad are nearing the qualification criteria for the National Development Squad and are being invited to train with the squad.

Swimming	Sam Agnew
Football	Connor Hay Declan Docherty Keiran Martin
Boccia	Jamie Docherty

Joint working with the National D.O's is assisting with the identification of athletes with potential and their progression to National Programmes.

8.1 Highlights and Successes

There have been many success stories to report this year and some athletes have progressed beyond National programmes despite the system and not because of it. However, more athletes should achieve success in the future because of the new structures in place.

Bowls – Harry Harris

Harry has achieved the following achievements in the last year:-

February 08 –	Won Scottish Indoor Rinks Champs, Livingston Harry skipped the team of four
April 08 –	Won UK Triples, Glasgow. (Harry skipped the team of three)
July 08 -	Won Scottish Pairs Edinburgh, (Harry Skipped) Runner up, Scottish Singles, Edinburgh
August 08 -	Won UK Singles, Ayr
November 08 -	Runner up International Championships in Blackpool. Beat over 50 teams to make the final. Beaten by Israel in the Final. (Harry skipped the team over the three day event)

As you can see Harry has represented Scotland at many International Championships this year but last year Harry skipped a Scottish team in the World Championships in Australia. They won the silver medal in the triples and missed a medal by 1 point in the pairs. Harry has also been selected to skip the team at next years World Championships in Australia.

Bowls – Fraser Mathieson

Fraser has also had a good year in the world of bowls. His achievements this year have been winning Silver Medals in the [British CP National Singles in Nottingham](#) in June and at the [Scottish Outdoor Lawn Bowls Championships in Aberdeen](#) in September.

He and Pairs partner David Walker from Leeds went on to take the Gold Medals in the [British CP National Pairs](#) also in September 08.

Football – Keiran Martin

Keiran has had a fantastic year and has achieved the ultimate accolade in his sport if football. In the last year Keiran has played for Scotland in the Home Nations Championships in Dublin in June. The team won this tournament and Keiran's performance was so consistent last year that he was selected to go to Beijing and represent Great Britain in the Cerebral Palsy 7a-side Football Team.

Since his return from Beijing, Keiran has also been selected to represent Scotland in a friendly tournament in Finland in which he was a key player in the team winning all three of their games.



Keiran pictured above 2nd row, left, recently competed in an International Challenge Match with the England CP Team and scored the equalising goal.

Football – Connor Hay

Connor Hay also from Falkirk was also selected for friendly games against the Finland and England. These selections were based on his performance as the

highest goal scorer in the Home Nations Competition in Dublin in June of last year.

The next games for the Falkirk Duo are the Copenhagen International Invitational in May of this year.

Swimming - Sam Agnew

Sam has been an excellent role model for swimmers with disabilities. He has shown great commitment to his sport in the last year. He has competed in every competition made available to him and is training four times a week.

This year has seen Sam's times for backstroke and breaststroke reduce significantly as he benefits from the level of training he is doing.

He has consistently hit the qualifying time to keep him in the National Development Squad and is bordering on being selected for the Scottish Squad.

Badminton - Alan Oliver

Alan has had another successful year in badminton beginning with medalling at the Home Nations Competition in Largs in April of last year. He won Gold in the Standing Mens Singles – Class 2 and in doubles he and partner Connor McFarlane took the bronze medal.

In the European Championships in Dortmund in June of last year he won bronze in the Singles and silver in the doubles event with partner Ryan McDonald. He is a sure shot to be selected for the Scottish Team in the World Championships next year.

9.0 Summary

2007 – 2008 has been another good year for Forth Valley Disability Sport. This year has seen the new committee grow from strength to strength and many new partnerships and relationships have been established.

FVDS has achieved its main aims from last year with appointing a part time branch co-ordinator. It is also developing regional sports programmes for juniors and widening the net in the near future to include adult provision.

The new structure is now in its 3rd year and all partners in the pathway have adhered to their identified roles and worked together to produce excellent results through all levels of the pathway. Athletes are beginning to make their way through the pathway because of the system and not despite it.

The appointment of a Part -Time Branch co-ordinator to carry out the day to day running of the branch and manage the Special Olympics Team in September has allowed the SportCentral manager to focus more on improving performance through athlete development programmes, coach mentoring and club development.

It has also allowed FVDS to widen the net of participation further to include adult programmes through an imminent consultation process and offer regional golf sessions and a multi sports club for physical disabilities.

These were key areas for development identified in last years report.

The appointment of a dedicated officer in the Falkirk Council area would greatly assist with development as there are many children in the Falkirk area who are not accessing sporting opportunities outwith school.

More local development group meetings need to be held with each of the local areas to establish local targets and ensure integrated practice to achieve a consistent increase in audit results.

The structure is in place for athletes to progress as far as they wish in the priority sports. The committee are looking forward to another successful year however there is still a lot of hardwork and commitment needed to work towards sustainable pathways for our athletes in the Forth Valley.

Key areas of work for the branch in 2009 – 2010 are:-

- Achieve Branch Minimum Operating Standards
- Reviewing existing events programme and change accordingly
- Work with Lloyds TSB Foundation for Scotland to develop governance and fundraising strategies through the creation of a branch development plan
- Continue to maintain existing partnerships and create new ones to facilitate the development of new initiatives
- Develop regional multi sports programme for people with physical disabilities and sensory impairments
- Develop regional adult physical activity and sports programmes
- Fundraise and access funding to continue existing level of provision

Appendix 1

Forth Valley Disability Sport Charity Information

Patron

Jamie Erskine, Earl of Mar and Kellie

Trustees

Councillor Walter McAdam	Chairperson
David Lawrie	Vice Chairperson
Sheila Menmuir	Treasurer
Lynne Glen	SportCentral Disability Sport Development Manager
Fraser Mathieson	Athlete representative

Bankers

Bank of Scotland
Regent Centre
Blackness Road
Linlithgow
EH49 7HU

Registered Office

Forth Valley Disability Sport
2nd Floor, Suite 2A,
The Falkirk Stadium
Westfield
Falkirk
FK2 9DX

Registered Charity Number

SCO 24362

Appendix 2

Forth Valley Disability Sport Trustees Report

Principal Activities

Forth Valley Disability Sport is a voluntary managed community association. This group was formed 12 years ago and is a registered charity whose principal activity during the year was to promote active participation of disabled people in sporting activities within the Forth Valley area.

Trustees' Responsibility

The Trustees are required under the Law Reform (Miscellaneous Provisions) (Scotland) Act 1990 and the Charities Accounts (Scotland) Regulations 1992 to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and of its financial position at the end of the year. In preparing the financial statements giving a true and fair view, the trustees should follow best practice and

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements and ;
- Prepare the accounts on the going concern basis unless it is inappropriate to presume that the group will continue its activities.

The Trustees are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the accounts comply with the applicable laws and regulations. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and the detection of fraud and other irregularities.