

Forth Valley Disability Sport,
Gannochy Sports Centre
University of Stirling
Stirling FK9 4LA
Tel: 01786 466486
Mobile: 07527 147685
Email : info@fvds.org.uk

FVDS AGM & AWARDS EVENING

The Annual General Meeting of Forth Valley Disability Sport will take place on Monday 24th February 2014 at the best Western Park Hotel in Falkirk at 6:30 pm. All Welcome! If you wish to attend or require further information please do not hesitate to contact by telephone Graham Harvey on 01786 466486 or email graham.harvey@fvds.org.uk.

Nomination forms are now out for our Awards Evening Nomination forms can be found on our website : www.fvds.org.uk. Our awards will be held after the AGM at the best Western Park Hotel from 7:30pm. The purpose of the award ceremony is to reward and acknowledge the hard work and dedication on Athletes, coaches and volunteers involved in Forth Valley Disability Sport.

Closing date for entries will be Wednesday 5th February 2014 . Late entries will not be accepted due to the FVDS nomination panel meeting being on Thursday 6th February 2014.

**The next FVDS
Newsletter will be
out in March
2014.
If you have any
information or
stories for the
next edition
email :
info@fvds.org.uk**

**Pictured to
the right:
FVDS 2012
Award winners
with their tro-
phies and
awards con-
gratulations to
all of last**



www.fvds.org.uk

www.facebook.com/ForthValleyDisabilitySport

Forth Valley Disability Sports Regional Indoor Bowling Festival

10 children from 2 schools in the Forth Valley and 35 Adults from 5 Day Centres came to the Falkirk Indoor Bowling Club in Camelon on Wednesday 27th November 2013 to compete in the FVDS Regional Indoor Bowling Festival.

The festival was split into two different sessions the junior event was held at 10:00am to 11:50am with the adult's event started at 12:00noon to 1:50pm

The children, young people and adult bowlers with physical, sensory and learning disabilities enjoyed a fun introduction to the sport of Indoor bowls. On behalf of Forth Valley Disability Sport many thanks must go to The Falkirk Indoor Bowling Club and Ron McArthur for hosting the event and for organising coaches for the day.

If you are a parent or carer of a child with disability or adult with a disability and would like more information about Indoor bowling opportunities in Falkirk, Stirling and Clackmannanshire areas please telephone Forth Valley Disability Sport.

Tel: 01786 466486 or

Email graham.harvey@fvds.org.uk

Pictured below: Participates at the Forth Valley Disability Sport Senior Bowling Festival held at the Falkirk Indoor Bowling Club on Wednesday 27th November 2013.



Scottish Disability Sport National Junior Championships for Swimmers with a Physically Disabled and Sensory Impaired

Grangemouth Sport Complex hosted the SDS National Junior swimming gala for swimmers with physical disabilities and Sensory Impaired on 6th November 2013.

Forth Valley Disability Sport took a team of 3 swimmers to the national gala who qualified for the event earlier in the year at the FVDS regional schools swimming gala on Friday 27th September 2013.

The swimmers competed against teams from throughout Scotland coming home with all three swimmers winning medals Marc Miller won three gold, Mairin Savage won one gold and Catie Hynes won one gold medal. Overall the event was a great success for Forth Valley and well done to all the swimmers. If you have a physical disability or sensory Impaired or are the parent or carer of a child with a physical disability or sensory Impaired and would like more information about swimming opportunities in Falkirk, Stirling and Clackmannanshire,

please telephone

Forth Valley Disability
Sport on 01786
466486

**Pictured on the
right:**

Marc Miller a Forth Valley Disability Sport Team member with Jim the Swim Anderson being presented with his Gold-medal.



Get Involved in FVDS

We are always looking for new volunteers to help with clubs and events . If you or anyone else you know are interested in volunteering and would like to find out more, please contact Graham Harvey, Forth Valley Disability Sport Tel: 01786 466486 or email info@fvds.org.uk

Forth Valley Pupils Compete in Boccia Championships 2013

Clackmannanshire Council was host to the Forth Valley Disability Sport Regional Boccia Competition held in the Tullibody Civic Centre on Friday 15th November 2013. Boccia is an adapted form of bowling which children and adults with physical, learning and sensory disabilities are able to compete in. It is a recognised disability sport that is played at paralympic level.

86 primary and secondary school pupils participated in the event over four hours. All competitors had a great time and really enjoyed the event. FVDS would like to take this opportunity to thank everyone that helped at the event and allowed it to run so smoothly. The helpers and carers that came with the participating school on the day referees and staff from the three local authority areas Active Stirling, Falkirk Community Trust and Clackmannanshire council. FVDS would like to say a special thank you to Jean Duncan for all her hard work and effort in organising the event.

Many of the entrants have been training for the event by practicing their skills at their schools and at the Right on Target Boccia Club with their peers. Competitors were able to compete individually and in teams of three. A very high standard of play was demonstrated throughout the event and in some games the winner not being decided until the final end of the game.

Jean Duncan Active Schools Co-ordinator who organised the event said "The standard of play on the day surpassed all expectations and some of the games had spectators holding their breath due to the intensity of the games"

Graham Harvey from FVDS said "We were delighted with the quantity and quality of the competitors. Many thanks must go to Clackmannanshire Council for hosting the event and all the people who made it possible for the competitors to enter the competition and making it a memorable occasion for them"

All competitors received a certificate and all medal winners were presented with their medals from Representatives from the three local authority areas.

If you or anyone you know of any age are interested in attending Boccia Sessions then telephone Forth Valley Disability Sport on 01786 466486 or email on info@fvds.org.uk.

We're on Facebook !

www.facebook.com/ForthValleyDisabilitySport

Youngsters Get a Taste of Fun in Athletics

Five Schools from the Stirling area came together to get a taste of indoor decathlon style events at The Peak Sports Village. Qualified coaches led the 43 boys and girls through 8 events in a 2 hour session which was organised by Active Stirling.

The sessions were specially designed for children with physical, sensory and learning difficulties and gave a brief insight into the many events that you can participate in, in the sport of athletics.

If you would like further information on disability sport classes which take place in your area please telephone Forth Valley Disability Sport on 01786 466486

FVDS FUNDRAISING

Thank you to everyone that has helped FVDS to fundraise over the past few months. All our funding for our sport events comes from fundraising events and donations.

If you would like to make a donation to FVDS or help with fundraising, please do not hesitate to contact us on Tel: 01786 466486 or email info@fvds.org.uk.

WE ARE ON FACEBOOK

**[www.facebook.com/
ForthValleyDisabilitySport](http://www.facebook.com/ForthValleyDisabilitySport)**

Contacts for Disability Sport in the Central Area

Scottish Disability Sport

Cheryl Willet - Regional Manager Central Scotland

Tel: 07577830360

Email: Cheryl.willet@scottishdisabilitysport.com

Forth Valley Disability Sport

Graham Harvey

Tel: 01786 466486

Mob : 07527 147685

Email: Graham.harvey@fvds.org.uk

Mitchell Graham

Mob: text only: 07912858412

Email: Mitchel.graham@fvds.org.uk

Clackmannanshire Council

Jean Duncan

Active Schools ASN Co-ordinator,

Tel: 01259 452339

Email: jduncan@clacks.gov.uk

Falkirk Community Trust

Fiona Hamilton

Falkirk Sports Development

Tel: 01324 590964

Email: Fiona.hamilton@falkirkcommunitytrust.org

Active Stirling : Claire Scott

Active Schools Co-ordinator

Email: scottc@activestirling.org.uk

Tel: 0300 028 0101

Clubs in the Central Area

Stirling City All Stars

Football Club at Raploch Campus Stirling - Mondays from 6:00pm - 7:00pm For further information email Alban Dickson Tel: 07766984228 or email:

Alban_dickson@gmail.com

Right On Target Boccia Club

Every Wednesday, 6- 7.30 pm at the Bowmar Centre . For further information contact Jean Duncan Tel: 01259 452339 or email: jduncan@clacks.gov.uk

Alloa Swimming Club

Alloa ASC train on Monday nights at the Leisure bowl 6-7pm. Please contact Lynne Hasten-Duggen on 07788 866277

Forth Valley Flyers

The Forth Valley Flyers take place every Friday at Grangemouth Stadium from 5:30 to 6:45pm. For further information contact ann.finlayson@btinternet.com or contact FVDS Tel:01324 590720

Stirling Swimming Club

Stirling ASC train on Wednesday and Friday evenings at Stirling University between 6.30pm and 8.30pm contact secretary@stirlingswimming.co.uk

Stenny Stars football class

Every Tuesday Carrongrange school 4:30pm to 5:30pm email mar-tyn.buckie@stenhoumairfc.com or tel: 01324 562992 ext: 4 for more information

Tullibody Community Football Club

Every Tuesday 5:30pm to 7pm Tullibody Civic Centre. Contact Davy.Reynolds@tullibodycommunityfc.com or Tel 07930200282 for more information.

Alloa East End Bowling Club

For further information contact Colin Blake on Tel: 01 259 219013 , Email: colandele3@live.co.uk

Stirling Wheel-Chair Curling Club

Wednesday 12:30 pm at the Peak Sports Village in Stirling. For further information contact Fiona Glass on figlass@btinternet.com

Arion Swimming Club

Swimming Club train on Thursday night at the Peak Sports Village in Stirling 7pm -8pm. For further information contact: Moria Williamson Tel: 07523 132144

Dolphin Swimming Club

The club has been meeting at Grangemouth Sports Complex, 5-6 pm on alternative Saturdays to the Bo'ness Swimming club.

Contact Ian Jenkins Tel: 01324 626305

Boness Swimming Club

This club meets on the alternate Saturday from the Dolphin Club and has all ages and abilities attending. The club has been meeting at Bo'ness Recreation Centre for the last eight years with the expertise of Mr Ian Stewart. For further information telephone 01506 824430.

Wheelchair Tennis Class

Wheelchair Tennis Class for Beginners. All players welcome.

Classes run every Wednesday evening 7pm -9pm at the Gannochy National Tennis Centre University of Stirling, Stirling FK9 4LA. Expert coaching , all equipment and sport chairs are provided. First session free, thereafter normal cost of £5 per class. For more information please contact Andrew Raitt on andrew.raitt@tennisscotland.org or Tel: 07908 091820.