

# GOGA Forth Valley Newsletter

## Summer 2017

GOGA Forth Valley is extremely happy to have our GOGA Lead Officer, Eva Finlayson, in post. We hope you enjoy our first newsletter which highlights our achievements so far and what is up and coming within Forth Valley!

### Walking



We were delighted to run our first Walk Leader Course, led by Eva Finlayson, in early May. We successfully trained 12 new WLs who will support us with our walking project throughout Forth Valley.

FVDS have recently partnered up with both Forth Valley Sensory Centre and The Braveheart Association to run fully accessible health walks throughout the Falkirk Community; all abilities, wheel chair friendly, disability and sight guide support. These 45 minute walks start at different areas throughout the district each month where we're encouraging adults to become more physically and socially active. Our aim is to increase the numbers of walks each month and mirror this work in both Stirling and Clackmannanshire.

Our first walk pictured below, from the Sensory Centre with 7 walkers and 6 volunteers and smiles all round!



**HOT OFF THE PRESS:** GOGA Forth valley are delighted to announce they have been successful in receiving money from the Tampon Tax Fund to go towards disability equipment to support female participation.

### Cycling



FVDS and Blazing Saddles have partnered up with the NHS to provide weekly adaptive bike sessions for adults at The Helix Park. Furthermore FVDS lead on weekly solo bike sessions from the Dawson Bike Club, which are open to everyone and also progression sessions for individuals attending the adaptive sessions.

These have been a great success so far by supporting around 12 individuals.

FVDS are holding their first adaptive & solo cycle event on Saturday 24<sup>th</sup> June, Alloa Academy 10am-2pm in partnership with Blazing Saddles, Cycling UK & Recyke-a-bike. This fun, fully assessable (including wheelchairs) event invites children, adults, families and support workers to come and try cycling. Enjoy a ride, bike maintenance, pump track and much more! Even better...free goodies on the day!



### Swimming



Coming up:

In partnership with Central Disability Swimming Forum we are currently developing GOGA for all swim sessions and new swimming opportunities for individuals of all ages with a disability.

Keep an eye out for updates!

### Girls Lunch Time Clubs

In Falkirk, Stirling & Clackmannanshire we've developed a Girls Only Lunch Time Club in various schools. These are to increase self-confidence, independence and physical activity of young girls. We are going to progress these groups to be Young Leader/volunteer led and increase opportunity to try new activities. These clubs can also be used as a transition tool from primary to secondary school.

Please contact Eva at [goga@fvds.org.uk](mailto:goga@fvds.org.uk) for more information

Also visit our website/ FB for more updates [www.fvds.org.uk](http://www.fvds.org.uk)

Next Newsletter due out  
Autumn 2017