



FORTH VALLEY DISABILITY SPORT

Issue 6

Autumn/Winter 2011

Forth Valley Disability Sport News

Forth Valley Disability Sport
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The next FVDS
Newsletter will be
out at the end of
April 2012.
If you have any
information or sto-
ries for the next
edition email :
info@fvds.org.uk

Get Involved in FVDS

We are always looking
for new volunteers to
help with clubs and
events . If you or any-
one else you know are
interested in volun-
teering and would like
to find out more,
please contact Graham
Harvey, Forth Valley
Disability Sport Tel:
01324 590720 or email
info@fvds.org.uk

Forth Valley Flyers Inaugural Track and Field Championships 2011

Forth Valley Flyers Athletics Club hosted their inaugural Track and Field Championships on Saturday 24th September 2011 at Grangemouth Stadium. There was a great entry with teams from 11 different clubs and disability sport branches, with just under 100 athletes attending. The teams included Forth Valley Flyers, ACE Race Running Club, Angus Disability Sport, Dunbar Running Club, Edinburgh Athletics Club, Highland Disability Sport, Law and District, Perth Strathtay Harriers, Red Star, Scotstoun Race Runners and Teviot Dale Harriers.

Forth Valley Flyers had a team of 19 athletes competing, including two new Race Running athletes Harris Menshawi and Kyle McLaren competing for the first time.

Many of the entrants have been training for the event at the Forth Valley Flyers Athletics Club on Tuesday and Friday nights. Congratulations to all the Forth Valley medal winners with 11 Gold medals, 9 Silvers medals and 9 Bronze medals won on the day. The rest of the Forth Valley team consisted of Kyle McLaren, Ian Hemingway, Bruce Anderson. Overall the event was a great success for Forth Valley Flyers well done to all of our competitors and a massive thank you to all the volunteers, Scottish Athletics officials and parents that helped the running of the event and Forth Valley Flyers team on the day. If you or anyone you know of any age are interested in attending an athletic club in the Forth Valley area then contact Forth Valley Disability Sport.

Forth Valley Flyers Medal Winners			
Name	Gold	Silver	Bronze
Lorraine Keigan	2		1
Craig-Ross Wilson	1	1	1
David Harley	2		
Hendry Bell			1
Chloe McLean			1
John Kenny		1	
Mark Lumsden	1		1
Lizzy Jackson	1		1
Harris Menshawi		2	
Alana Burton		2	1
Paul Wotherspoon		1	
Liam Nolan	1	1	1
Niall Finlayson			1
Caitlyn Ross	2	1	
Steven Stone	1		
Total	11	9	9

We're on the web! www.fvds.org.uk

Forth Valley Disability Sports Second Regional Cross Country

32 children from 6 schools in the Forth Valley area came to West End Park in Alloa on 20th September 2011 to compete in the FVDS Regional Cross Country.

The young athletes with physical, sensory and learning disabilities challenged themselves competing over a 1km and 2km course. On behalf of FVDS many thanks must go to Clackmannanshire Council for hosting the event and for organising officials, setting up the course and marshalling.

If you are an adult with a disability or are the parent or carer of a child with a disability and would like more information about athletics opportunities in Falkirk, Stirling and Clackmannanshire, please telephone Forth Valley Disability Sport Tel : 01324 590720



Pictured above: Participants at the FVDS Regional Cross Country held at West End Park in Alloa

Falkirk Fun In Athletics 2011

Falkirk youngsters get a taste of Fun in Athletics. The event was held at Grangemouth stadium on 29th September 2011 in an enjoyable and fun atmosphere.

Seven Primary Schools from across Falkirk participated in the indoor decathlon style events at the Grangemouth stadium. Qualified coaches led the 55 boys and girls through 8 events in a 2 hour session which was organised by Forth Valley Disability Sport.

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 01324 590720.

Paralympics Sport Festival

On Sunday 16th October 2011, The Peak Sports Village in Stirling hosted Forth Valley Disability Sport Paralympics Sport Festival. The purpose of the event was to let school age pupils from 8 to 18 years experience Paralympics sports in a fun and safe environment.

13 children and young people with physical, sensory or learning disabilities participating in Athletics, Basketball, Boccia, Football Table Tennis and Wheelchair tennis. Everyone involved had a great experience and the opportunity to try new sports and develop new skills.

The group was also joined by Meggan Dawson Farrell who competes for Scotland in Wheelchair Athletics and Jaime Docherty who is a member of the GB Boccia Team. Both athletes presented the participants with their certificates and told the group how they got involved in sport.

On behalf of FVDS thank you to all the coaches, helpers and volunteers that helped on the day, local authority representative from Active Stirling, Falkirk Active Schools, Clackmannanshire Active Schools ASN, Scottish Athletics and Scottish Disability Sport.

If you require more information on sporting opportunities for children and young people with a disability in the Forth Valley area please do not hesitate to contact FVDS on Tel: 01324 590720 or Email info@fvds.org.uk



Pictured above: Participants and coaches that attended the Paralympics Sport Festival at The Peak in Stirling with our guest athletes Meggan Dawson Farrell and Jamie Docherty.

SDS National Junior swimming Gala for Swimmers with a Learning Disability

Forth Valley Disability Sport took a team of 17 swimmers from 8 schools in the Forth Valley to the National Junior Swimming Championships for Swimmers with Learning Disabilities. The event was held at Scostoun Leisure Centre in Glasgow on Wednesday 16th November 2011.

The swimmers competed against teams from throughout Scotland, coming home with an excellent medal tally. A total of 8 medals were won by 4 members of the Forth Valley team:-

- David Harley Gold 50m Freestyle Front
- Scott Morton Gold 50m Butterfly
- Claire Robertson Gold 50m Adapted Breast Stroke
- Claire Robertson Bronze 50m Freestyle Back
- Scott Morton Bronze 50m Freestyle Back
- Christopher Rooney 3 Bronze 50m Adapted Breast Stroke, 50m Butterfly and 100m Free style Front

Congratulations to the rest of the Forth Valley team which consisted of Gavin Miller, Clare Bridges, Neil Carruthers, Mathew D Ashcroft, Jack Rawdning, Michael McConnell, Zak Assuncao, Philip Colins, Christopher Rooney, Alistair Jack, Scott Morton David Harley, Caitlyn Ross and Andrew Wright

If you are an adult with a learning disability or parent/carer of a child with a learning disability and would like more information about swimming opportunities in Falkirk, Stirling and Clackmannanshire, please telephone Forth Valley Disability Sport on 01324 590720.

Congratulations to Alan Oliver

Alan Oliver from Clackmannanshire competed in the Para - Badminton World Championships in Guatemala from the 22nd to 26th November 2011. Alan narrowly missed out on gold in the standing Class 2 men's singles. The Second seed defeated joint third seed Juan Antonio Ramirez of Spain 21-13,17-21, 21-16 to book his place in the final. Before losing out to the other third seed Lang Yean Loi of Malaysia 21-17, 21-11. Forth Valley Disability Sport would like to congratulate Alan Oliver for an excellent result in the Para -Badminton World Championships and wish him all the best in his future sporting career.

Contacts for Disability Sport in the Central Area

Scottish Disability Sport

Lynne Glen - Regional Manager
Central Scotland

Tel: 01324 590720

Email:

lynne.glen@scottishdisabilitysport.com

Forth Valley Disability Sport

Graham Harvey

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Mob : 07527 147685

Email: info@fvds.org.uk

Clackmannanshire Council

Jean Duncan

Active Schools ASN Co-ordinator,

Tel: 01259 452339

Email: jduncan@clacks.gov.uk

Falkirk Council

Lisa Male,

Falkirk Active Schools,

Tel: 01324 501656

Email: lisa.male@falkirk.gov.uk

Active Stirling

Blair Cremin

Active Stirling Disability Sport
Development Officer

Email:

Creminb@activestirling.org.uk

Tel: 0300 028 0101

SDS National Junior swimming Gala for Swimmers with a Physical Disability

Grangemouth Sport Complex hosted the SDS National Swimming Gala for swimmers with physical disabilities on 2nd November 2011.

Forth Valley Disability Sport took a team of 4 swimmers to the national gala who had qualified for the event earlier in the year at the FVDS Regional Schools Swimming Galas.

The swimmers competed against teams from throughout Scotland with all four swimmers winning medals. Marc Miller won 2 gold and one silver medal, Aiden King won one gold and one silver medal, Connor Whannell won one silver and one bronze medal and Mairin Savage 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 are the parent or carer of a child with a physical disability and would like more information about swimming opportunities in Falkirk, Stirling and Clackmannanshire, please telephone Forth Valley Disability Sport on 01324 590720.

Stirling Football Fun Day

STIRLING'S Peak sports centre recently played host to a football festival for local disabled school-children. The event, held on Friday, 7 October 2011, involved youngsters from St. Modan's High, Wallace High, Fallin Primary and Castlevie Primary and formed part of the Forth Valley Events programme that runs each academic year. The programme culminates with a regional festival every June.

The 'footy fest' is run to promote the disability sport evening classes that Active Stirling have in the area. These classes can build confidence and skills in a variety of different sports and they allow the opportunity for socialising with other children.

The activities on the day were based around different skill centres that allowed the children to practice and improve their football skills - passing, dribbling and shooting. Each station consisted of fun games to allow the children to enjoy learning the different aspects of the game.

Jennifer Livingstone from Active Stirling "It was great to see so many young people from the Stirling area enjoying the football skills and activities. The coaches did a great job adapting all activities to suit the individual needs of the young people who clearly had a great time on the day".

"From this the children learned lots of new skills and had a great time interacting with other schools and the coaches that were leading the stations"

Active Stirling run numerous disability sport classes throughout the week in the Stirling area. For More information on these classes contact Active Stirling Tel: 03000 280101.

Olympic Torch

Congratulations to Connor Gordon who has been selected to carry the Olympic Torch as it travels around Britain.

Connor is one of the leading disability Table Tennis players in Scotland and a UK School Games Finalist on two occasions and has once again been selected for the UK School Games in London in May of this year. **Well Done Connor!**



FVDS Regional Boccia Event 2011

Clackmannanshire Council hosted the Forth Valley Disability Sport Annual Schools Boccia Championships at Tullibody Civic Centre on Friday 11th November 2011.

92 pupils from both Primary and Secondary schools from Stirling, Falkirk and Clackmannanshire competed against each other for Gold, Silver and Bronze medals, as well as a place in the National Championships in February 2012.

There was a high standard of play in both primary and secondary categories.

Medal presentations were made by Councillor Bobby McGill, Clackmannanshire Council and Claire Morrison, Scottish Disability Sport Pathways Manager.

Councillor McGill commented on the day of how impressed he was with the standard of play and that every year this more apparent, he also mentioned how delighted he was to see so many youngsters taking part in the sport. Medal winners were as follows .

All of the medallists below have qualified for the National Schools Boccia Championships to take place in The Peak, Stirling in February 2012.

Primary School - Individuals

1st	Cameron Duncan	St Johns PS
2nd	Arrin McCallum	Fallin PS
3rd =	Brandon Stirling	Moray PS
	= Corrie Paterson	Ladeside PS

Secondary School - Individuals

1st	Hazel Giffen	Larbert HS
2nd	Ben McLuckie	Alloa Academy
3rd	Declan Connell	Larbert HS

Primary School - Team

1st	Courtney Robertson, Ryan Clark, Amy McLaren	Moray PS
2nd	Owen, Brandon, Michelle	Grange PS
3rd	Sean Reid, Euan Mortimer, Liam McGeaghie	St Bernadettes PS

Secondary School - Team

1st	Tommy Rutherford, Tommy Buller, Lewis Kellet	Larbert HS
2nd	Michael Colquhoun, Daniel McLean, Patrick McLean	St Modans HS
3rd =	David Wilson, Elle Thomson, Lee Duncan	Alloa Academy
=	Savannah Gordon, Olivia Southcott, Connor Couper	StModans HS

If you require further information on Boccia in the Forth Valley please do not hesitate to contact Forth Valley Disability Sport on Tel:01324 590720

Quick Guide to Boccia

- Boccia (pronounced 'Bot-cha') is a Paralympic sport introduced in 1984
- It has no Olympic counterpart
- The game is similar to bowls, petanque or French Boules
- Athletes throw, kick or use a ramp to propel a leather ball onto the court with the aim of getting closest to a 'jack' ball
- It is designed specifically for athletes with a disability affecting locomotor function
- It is played indoors on a court similar in size to a badminton court
- The aim of the game is to get closer to the jack than your opponent

Stirling City All stars National success at the SDS National 7asides Championships in Toryglen

The National SDS 7 a-side football Championships were held on Wednesday 28th September 2011 at Toryglen in Glasgow. Stirling City All Stars had 2 teams competing in Band B and D.

7 Stirling City Allstars' D team had a very bright start to their group stages in the national tournament taking a 7-2 victory with 4 goals from Simon Gerrard and outstanding performances from the entire team. This fantastic score line came despite an early tactical switch due to an injury at the start of the match. The team stormed on with a 3-0 victory against Lothian followed by a close 1-0 victory taking them to 3 wins out of three thanks to terrific passing from Dave Lenton and Steven Hoggan, allowing goalkeeper John Shanks to grab a couple of clean-sheets in the process. The group stages finished with a very tight 1-1 draw, with a tough call on a couple of disallowed goals for the Allstars.

The team knew they faced very tough opposition against Highland in the final of the D band competition and a close battle saw the team from North go home victorious with a 1-0 win. However, the match was not without Stirling pushing them all the way with very tired legs from a small squad of players in the basking sunlight at Toryglen.

Stirling City Allstars B's began their big day with a 2-1 win in an end to end thriller against Lothian Hibernian. Both goalkeepers making a string of superb saves to keep the scores down in a match played at high tempo in the Glasgow sun. The second game saw Firhill score against the Allstars in only 17 seconds, but the B's woke up to play flowing football after a couple of minutes of uncertainty, with Chris scoring a screamer to equalise.

The third match saw the Allstars up against Lothian Hibs, with the game living up to expectations, at 2-2 the teams looked evenly matched until a tactical switch helped the B's power ahead to win 6-2, despite missing an open goal from a yard out! With the All Stars guaranteed a place in the final, the last group game saw a more relaxed performance from some as the lads trailed 1-0 to Firhill until an equaliser with the last kick of the game.

The final itself was against Firhill. Twice their goalkeeper's long ball caught out the All Stars who looked out of sorts and too tired from a long day in the sunshine with no substitutes. However, when the B's pulled one back, heads were lifted as the guys started playing with confidence to fully merit the equaliser, which meant the tournament would be decided on penalty kicks. With both teams scoring 6 of their 7 penalties (including both goalies scoring) sudden death saw Garrie save a penalty and Jamie score his causing hysteria and a pile up that was surprisingly not fatal to the hero, Jamie. Stirling City Allstars became Scottish Champions!

If you are an adult with a disability or are the parent or carer of a child with a disability and would like more information about sporting opportunities in Falkirk, Stirling and Clackmannanshire, contact :-



**FORTH VALLEY
DISABILITY SPORT**

Graham Harvey — FVDS Coordinator

Tel: 01324 590720 Mobile: 07527147685

Email : info@fvds.org.uk

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Positive Sport Adults Regional Bowling Event

The Forth Valley Disability Sport Adults Bowling Festival was held at the Falkirk Indoor Bowling Club in Camelon on Wednesday, 30th November 2011. 18 adults with Physical and Learning disabilities participated in a introductory bowling session led by qualified Bowling coaches. All participants had a enjoyable sporting experience with many showing interest to participate in regular bowling sessions. FVDS hopes to increase Bowling participation in the Forth Valley for adults and young people with disabilities. On behalf of Forth Valley Disability Sport many thanks must go to Ron McArthur and the Falkirk Indoor bowling club for there continued support. .



Pictured Above: Participants and coaches at the Positive Sports Adults Bowling Festival held at the Falkirk Indoor bowling Club in Camelon on 30th November 2011

FVDS Presentation in appreciation of Sheila's hard work

On Wednesday, 14th December 2011 Forth Valley Disability Sport presented one of their longest serving committee members Sheila Menmuir with a gift to show their appreciation. Sheila Menmuir has been involved with Forth Valley Disability Sport and Disability Sport for over twenty years. Sadly due to other commitments she has had to take a step back from her role within the charity. Her interest in working with children who have a disability started through her own professional work as a Physical Education Teacher at Carrongrange School - a special needs school in Falkirk for children of secondary school age with disabilities. Davie Lawrie Forth Valley Disability Sport Honorary member presented Sheila with an engraved quach in appreciation of her service to the charity. Davie Lawrie said "Sheila has been one of Forth Valley Disability Sport greatest assets over the years by using her own experience as a Physical Education Teacher at Carrongrange School."

Sheila has helped the charity to grow from strength to strength with thousands of children benefiting from the sports offered. Many children with disabilities have built up their confidence, social skills and self esteem through sport to allow them to be employed in many different careers.

Sheila volunteered at many events such as the Millennium Games and Special Olympics National Games. Sheila has also helped Forth Valley Disability Sport to raise thousands of pounds to carry on providing vital sporting opportunities for children and adults with disabilities throughout the Forth Valley. The FVDS committee would like to thank Sheila Menmuir once again for all her hard work over the past twenty years.

Pictured Right: Davie Lawrie presenting Sheila Menmuir with a thank you gift for her long term service to FVDS



An Introduction to Running Bikes & RaceRunning



A running bike is a 3 wheeled bike with no pedals which support the user as they walk or run. This allows most users to propel themselves by their own efforts. The bike can be used for children through to adulthood and it is suitable for those with Muscular Dystrophy, Parkinsons disease and other disabilities that affect mobility and balance.

The running bikes roll so freely that even children and adults who have been restricted to power wheelchairs have now found a way of propelling themselves by their own efforts

Racerunning is an international disability sport in which children and adults compete with running bikes on an athletics track. Events range from 40m to 3000m.

FVDS COMMITTEE PRESENTATION

Walter McAdam was presented with an inscribed pocket watch by FVDS honorary member David Lawrie and FVDS Co-ordinator Graham Harvey on Wednesday, 7th December 2011 at the Greenfields council buildings in Alloa.

Councillor Walter McAdam was rewarded for his 13 years as chair of Forth Valley Disability Sport. The charitable organisation works with to provide sporting opportunities for children, young people and adults with physical, sensory and learning disabilities.

During his time as Chairman the organisation has helped many athletes compete at local, regional, national and international levels. He said, "It's the best committee I've been on. Those youngsters are brilliant and really support each other. It is one of the most worthwhile things I've done"



Pictured above: Walter McAdam was presented with a inscribed pocket watch by FVDS honorary member David Lawrie and FVDS Co-ordinator Graham Harvey. FVDS would like to thank Alloa Advertiser for providing

Right on Target Boccia Club

We have been running the regional boccia club at Alloa Academy since March 2010 and numbers have steadily grown with 14 members to date.

The club offers its members social benefits and also access to the health and well being benefits from being socially active.

The club is run by volunteers, primarily a parent committee and offers the youngsters training in a fun, safe environment led by an experienced international boccia coach.

The club has been successful winning medals in local and regional competitions. In 2011 the members have entered events in Wishaw - Wishaw Games, Dundee - Discovery Games, Linlithgow - No Limits competition, Clackmannanshire - FVDS Regional Championships & the Scottish Open Boccia Championship held at Stirling, some members playing at a competitive level for the first time. Winning medals include -

Wishaw - Wishaw Games, 1 Gold, 2 Silver 1 Bronze
Dundee - Discovery Games, 1 Silver
Linlithgow - No Limits competition, 1 Silver
FVDS Regional Championships-1 Gold, 1 Silver 6 Bronze

Scottish Open Championships - 1 Gold 1 Bronze

2012 brings exciting prospects for the 'Right on Target' boccia club with the committee, volunteers and members keen on setting up a 'come & try' fun day in September and also hosting our own competition in May which we hope will become an annual event.

If anyone is interested in joining or would like to come and try out at the club, contact Jean on 01259 452339. Everyone will be made welcome.

Clubs in the Central Area

Stirling City All Stars

Football Club at Wallace High School Stirling - Mondays from 7:30pm - 8:30pm For further information email Alban Dickson Tel: 07766984228 or email:

Alban_dickson@gmail.com

Right On Target Boccia Club

Every Thursdays, 6- 7.30 pm at Alloa Academy. 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

Wildcats Wheelchair Rugby

The club train at Woodlands Games hall, Falkirk from 7:30pm to 9:30pm on Monday nights. For further information telephone Richard Priestley on 07748 968 517 or 0131 4497399.

Wheel-Chair Curling Club

Thursdays, 2-4 pm at the Peak Sports Village in Stirling. For further information contact Logan at Active Stirling on Tel: 01786 432323

Arion Swimming Club

Swimming Club train on Thursday night at the Peak Sports Village in Stirling 7pm -8pm. For further information contact: Moira 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.



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