



# **Annual Report**

**February 2010 – February 2011**

**Graham Harvey**  
**FVDS Branch Co-ordinator**

## 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**  
Scottish Disability Sport  
Scottish Football Association Central Committee  
Carrongrange School  
Falkirk Sports Council  
Lloyds TSB Foundation for Scotland  
2 e-volve  
Kerry Bio Science Menstrie  
Grand Boys Stirling  
Stirling University Student Union  
Cisco's Café Stirling  
Pat Aerobics  
RBS Community Fund  
Larbert Rotary Club

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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, Events and manage the day to day running of the branch. This post is part funded by Central Sporting Partnership. Graham Harvey the co-ordinator has taken up the role and is working his way through the many challenges that come with managing FVDS. Grahams hours have increased from 17.5 hours to 25 hours per week from November 2009.

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:-

- Adults sport programme developed in partnership with the Positive Sport Forum
- First regional cross country event in the Junior sport programme
- Two Forth Valley Athletes selected to represent GB at the World Special Olympic Games
- Improved governance and an new constitution which is OSCR approved

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.

Central Sporting Partnership 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, Central Sporting Partnership and Scottish Disability Sport.

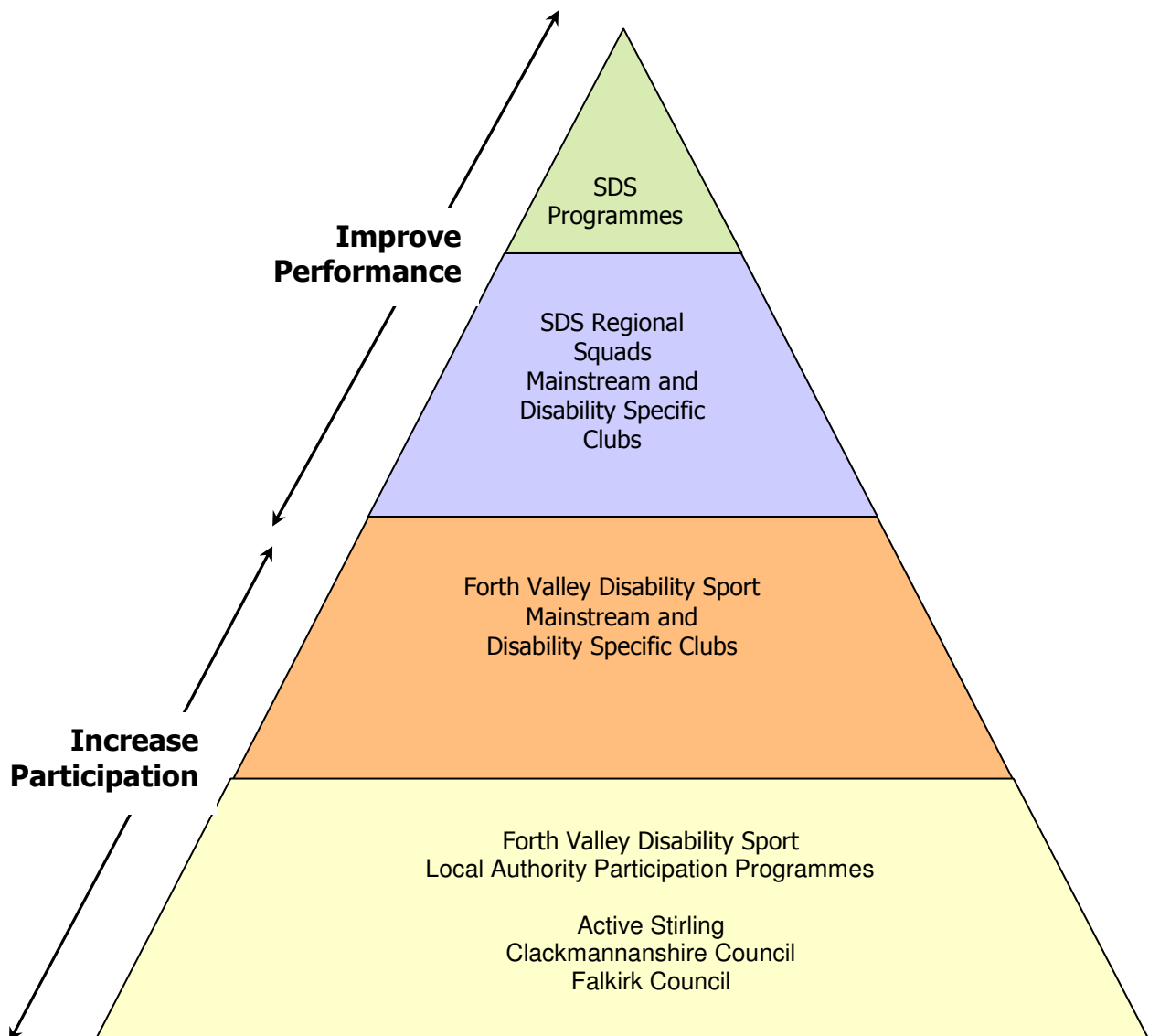
The Branch appointed a part time branch co-ordinator in September 2008. His main roles are the day to day running of the branch. Organising, planning and developing the adults and junior events programme. Manage Special Olympics correspondence and FVDS finances to promote and develop sporting opportunities for children and adults with physical, learning and sensory disabilities in the Forth Valley area.

### 3.0 Introduction

This report is written by the Forth Valley Disability Sport Branch Co-ordinator and will outline the key areas of work for Forth Valley Disability Sport from February 2010 – 2011. 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 Central Sporting Partnership.

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**

Each local authority area has once again provided a report.

### **4.1 Active Stirling**

2010-2011 has been a very busy year for disability sport in Stirling with lots of developments.

#### Classes

Once again Active Stirling has increased the number of disability specific sports classes running in the Stirling Council area. Currently there are 9 classes including: Football, Basketball, Wheelchair Curling, Swimming and three Multi Sport classes including a new 18-25 year old specific class.

#### Tasters

The school taster programme has continued to grow this year with the ASN specific school and a number of schools with ASN provision participating. The children take part in 3 weeks of taster sessions leading up to the FVDS festival. Again this year the taster programme has led to an increase in the numbers attending the local festivals in Stirling and the Regional events.

#### Festivals

Active Stirling hosted four disability sport festivals last year.

In May 2010 Active Stirling hosted the first Kwik Curling and Bowls festival. The day was a huge success with forty five young people from all over the region participating. As well as this event there was a Fun in Athletics and Football festival, both with 34 young people taking part. At each festival the children participated in sport specific games, skills, activities and drills.

In October we held a Commonwealth Games disability event. Ten children throughout the afternoon took part in a range of commonwealth sports including, Table Tennis, Bowls, Boccia, Football and Athletics.

Once again Active Stirling teamed up with Loch Venachar Sailing Club to run Sailability taster days throughout the summer. During the six sessions, 67 young people and their families participated.

#### Summer programme

Active Stirling held a six week summer programme with lots of fun games, sports and activities for all ages and abilities. The programme was fully inclusive and in partnership with PLUS, young people with disabilities attended the summer programme each week.

In 2011 Active Stirling will be running a fully inclusive summer programme once again in partnership with PLUS.

### Clubs

2010 was a very successful year for the disability clubs in Stirling.

The Arion Swimming club have continued to increase their membership this year and have a recreational section running at the same time as the club training at the Peak. The club are hoping to establish a junior section to the club over the next year. The club have held various fundraising events this year and are helping support their fellow swimmer with his fundraising to attend the Special Olympics in Athens this summer.

Stirling City All Stars have once again had a successful year. The club has increased player membership and their number of volunteer coaches once again and continue to train every Monday evening. The club has attended many tournaments this year as well as hosting their annual event in July 2010 with eight teams from all over Scotland attending. The club has continued to do various fundraising events including a sponsored walk up Dumyat and bag packing in local supermarkets. The next year looks just as promising for the All Stars with their new action plan in place.

### Training

2010 seen ten Active Stirling coaches complete the Disability Development Programme. This programme consisted of four workshops throughout the year: Adapting Games, Alternative Communication, Challenging Behaviour and Disability Journeys. The workshops consisted of both theory and practical elements where children with additional support needs attending the practical sessions. We are currently half way through the second year of the programme with twelve coaches taking part. This programme is in partnership with PLUS and together we are working with the coaching team to develop a level three training programme.

### Active Schools/Sport Development

The Active School Co-ordinators and Sport Development Officers have once again taken an integrated approach to their lunch time clubs, after school classes and taster sessions. The team have also fully supported the disability specific taster sessions and festivals throughout the year.

Similar to last year, the SLA in-service training delivered by the primary ASC's was fully inclusive with a disability training session lead by the disability development officer. The secondary ASC's included a disability element into their CSLA programme which is aimed at secondary pupils who want to become sports leaders.

Once again, 2010/11 has been a great year for disability sport in Stirling with lots of new developments. This is down to the hard work and commitment of

the Active Stirling staff, support agencies, education and club committee members. With the continued hard work we hope that 2010/11 will be even more successful.

## **4.2 Clackmannanshire Council**

### **Active Schools Additional Support Needs and Sports Development**

Clackmannanshire Council is fully committed to the development of sport for all young people with additional support needs by funding two specific officers. Jean Duncan, Active Schools Additional Support Needs, co-ordinates the after school activities and links to the pathways created by Forth Valley Disability Sport. Jackie Perez, Physical Activity Co-ordinator, ASN, works alongside Jean and co-ordinates and delivers the after school classes as well as the priority sports in curricular programmes within the special needs primary school and secondary school extended ASN department, these programmes run in conjunction with the Curriculum for Excellence. Both officers support and promote the events organised by FVDS.

The Active Schools co-ordinator, ASN, also delivers ongoing CPD for nursery staff, PE teachers, and school staff and sports coaches. She also delivers inclusion training and sport specific Makaton to our Young Leaders, Sports Leaders, Young Ambassadors and senior pupils doing a Health and Fitness Module, coaches and sports development staff.

Clackmannanshire Council takes an integrated approach and works hard to co-ordinate the work 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, and inclusive approach.

Pathways to regional and national events continue to be 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, more athletes have progressed to regional squads including athletics and swimming. The Active Schools ASN Co-ordinator also works in partnership with the Scottish Disability Sport Regional Manager to support transition to local and regional clubs. Links have been made to local clubs including Alloa Swim Club, Alloa East End Bowling Club and Alloa Golf Club.

Athletes have also progressed to regional clubs in athletics, football, swimming and wheelchair curling as well as and the newly founded regional Boccia Club which takes place in Alloa Academy.

### **Weekly classes available for children with additional support needs in mainstream primary and secondary school;-**

- Swimming – beginners
- Swimming – intermediate
- Swimming – advanced

- Gymnastics
- Rugby (Autism Spectrum Disorder)
- Top Activity
- Football
- Boccia
- Kwik Curling

**Weekly classes available for children with additional support needs in special needs primary and secondary school (departments);-**

- Movement
- Multi Activity
- Boccia
- Playground Games
- Gymnastics
- Top Activity
- Basketball
- Football
- Rackets
- Club Golf
- Social Dance

**Struan House – Scottish Society for Autism**

- Swimming
- Club Golf
- Badminton
- Boccia
- Table Top Activities
- Gymnastics
- Trampoline
- Football
- Basketball
- Top Activities

Nearly all of our after school activities take place in our new Academies.

**Human Wiring – Movement, the Brain and Learning**

The Active Schools Co-ordinator ASN continues to lead the The Human Wiring programme within Primary and Secondary School settings and works in partnership with the Active Start Manger in developing the programme within pre-school and nursery. The aim of the programme is to aid and integrate development in the mind and body for individuals who show a delay in these areas.

It involves individual screening and movement programmes for pupils who display delayed development particularly in the reflexes (primitive reflexes). In service training takes place at least once a year with in house training also available if required, the training explains details in delayed reflexes and the

activities and programmes used to aid development in these areas. We also have training programmes 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.

Over the past year the Human Wiring programme and the Forth Valley NHS Health Get, Set, Go programme, (NHS Joint Paediatric Physiotherapy and Occupational Therapy Services) is now established and operational in all primary Schools within Clackmannanshire, this will enable quick access to pupils who require further input in their development.

### **4.3 Falkirk Council**

#### **4.3.1 Active Schools**

##### Events

P6 Athletics Championships May 2009

9 children attended the P6 Athletics championship 2009, which was held at Grangemouth Stadium in May '10

##### FVDS Boccia Competition Nov '09

This event was held at Tullibody Civic Centre in Alloa, where a number of schools from Falkirk council attended. In the primary school pairs competition Halglen PS won a gold medal and Nethermaines PS won a silver medal. In the teams category Stenhousemuir PS won Gold and Silver medals followed by Carronshore PS.

In the secondary individual section Larbert HS pupils won bronze silver and gold medals.

##### Falkirk Secondary Schools Swimming Gala 2009

1 pupil attended the swimming gala from Falkirk HS

##### Scottish Open Boccia Championships 2010

There were 10 children from primary and secondary schools attending this event. Jamie Docherty won a bronze medal in the BC 4 category, Ben Crowe won a silver medal in the LD junior category and Tommy Buller won a bronze in the LD junior category.

##### Falkirk Council Boccia Event March '10

60 children from 8 enhanced provision schools attended this event, This is the third year this event has taken place, with even more schools in Falkirk now playing boccia.

##### Larbert Cluster

All enhanced provision schools received training prior to the boccia events. The Larbert High School Boccia club is now well established with pupils welcome from all over Falkirk. There are approximately 10 children attending.

### Training

A Boccia Leaders course was held in Falkirk Council, 2009 in Ladeaside PS

Lynne Glen delivered sessions to pupils at Larbert High school regarding disability inclusion Jan '10.

A boccia/curling in-service was held at Larbert high school Nov '09, 9 people were booked onto the course however, only 3 attended

### Grangemouth Cluster

Enhanced Provision Unit Support

2010/2011

I have promoted Boccia in the following schools as they have EP units and have proposed to run a small Boccia afternoon once all schools had signed up with me to get some training and the set of Boccia balls that I have purchased for them. At this point (Jan 2011) I am still waiting on two schools to sign up.

#### Moray Primary School

After Boccia Training had been delivered last year in the Ep unit, staff were invited to attend the Active Schools Boccia training course, one signed up to attend but then at the last minute pulled out.

Moray EP Unit have been offered further support and a set of Boccia balls but they are yet to take me up on the offer.

### Bo'ness cluster

#### Deanburn Primary

Deanburn have been offered training, support and a set of Boccia balls but they are yet to take me up on the offer. I am now in talks with the HT to see if she can persuade the EP unit to promote Boccia.

#### Grange Primary

A member of staff from the EP unit attended out Boccia Training course and then I delivered two sessions with the pupils and gave the EP unit a set of Boccia balls to use throughout the year. They are interested in attending any events held this year.

### St Mungo's Cluster

I have had one child who uses a wheelchair/walking frame who attended a 6 week Multi-Activity Club he is a P4 pupil and I had 6 P6/7 EP children that I did 3 sessions of Boccia with, that then attended the Boccia competition last year.

### Graeme Cluster

During the academic year, 09/10 the following was offered to schools for disability inclusion.

Hallglen PS

Lunchtime Boccia club run in conjunction with the EP teacher.  
Attended Football festival and Boccia Festival.  
Curriculum support sessions x 2

Laurieston PS The one relevant child is given information directly.

St Margaret's PS

The relevant children are given information directly regarding the opportunities.

Victoria PS

Boccia offered and a training session for staff finally happened one lunchtime. I think they attended a football event.

Westquarter PS The one relevant child is given information directly.

Graeme HS

Last year there was no disability clubs running and there were no pupils with physical disabilities attending clubs. An average of 5 pupils attended clubs last session with learning difficulties.

Windsor Park School for the Deaf

- four Boccia taster sessions and competition (4 girls and 8 boys)
- all participated in Bantaskin Commonwealth Games - full day of sport for P1-7 (4 girls and 8 boys)

Langlees PS

- P1-3 four Boccia taster sessions (3 girls and 9 boys)
- P1-3 four Multi Sport taster sessions (same as above)
- P4-7 four Boccia taster sessions (4 girls and 5 boys)
- all participated in Langlees Beat the Star Event (7 girls and 14 boys)

#### **4.3.2 Sports Development**

The Disability Learn to Swim lessons have seen 100% increase in pupils attending since last year with 8 pupils now attending the Braes High School session. Parents and carers have been very supportive in assisting with the delivery of the lessons.

To expand the provision a teacher has been out to visit the disability session and there are plans for her to coach a new session at Denny High School. The start date is planned for Saturday 12<sup>th</sup> March 2011.

The competitions FVDS Regional Swimming Gala and Regional Club and School Swimming Gala have been well attended by Falkirk area schools and supported where possible by members of the Falkirk Swimming development team.

For the last 2 years Falkirk Council has been pleased to host the 'Introduction to Pool Work' course and will do so once again this year.

In terms of football disappointingly the football programme at Grangemouth sports centre has seen numbers fall from 10 to 5 over the last year.

The disability football festival planned for January 2011 was cancelled when there was a fire at Grangemouth Sports Complex the night before the event. However following this the recent regional disability fun festival helped to increase numbers - as did the central inter area sports centre festival which followed a few days later. It is further hoped that, in May, the rescheduled January festival will further boost numbers.

In addition, through the Bank of Scotland Soccer 1 programme, a 6 week block is currently running at Larbert High School. This may also assist in increasing numbers for the coaching sessions and further on will provide an opportunity to identify potential players for the Regional Squad Programme"

## **5.0 Forth Valley Disability Sport Review**

This section of the report will cover the period from February 2010 – February 2011 and will provide an update of the work developed by the branch.

Key achievements this year are:-

- Positive Sport: Adults sport programme developed in partnership with the Positive Sport Forum
- Regional Events Table: First regional cross country event in the Junior sport programme
- Special Olympics Two Forth Valley Athletes selected to represent GB at the World Special Olympic Games
- Branch MOR / Subgroup: Improved governance OSCR approved new constitution and other new policies to improve Branch governance

## **5.1 FVDS Branch Co-ordinator**

In November 2009 Graham Harvey's FVDS branch co-ordinator working hours went up to 25 hours per week. The main role of the co-ordinator over the past year was to carry on the day to day running of the branch and administration for events programme, 2012 Club, Special Olympics, Golf and Positive Sports Forum.

## **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. FVDS has been working closely with Jo Clifton over the past year to develop the governance of the branch. With the help of Jo FVDS governance is in line with OSCR standards. FVDS is now working with Andy Gib to develop a business and fundraising strategy.

## **5.3 Forth Valley Disability Sport Events**

Events held in the 2010 – 2011 academic year have had a significant increase in several events. The main reasons for this are:-

- Changes in personnel in local authority areas
- FVDS partnership with local authorities, Scottish Disability Sport, Day centres and parent agencies working with people with disabilities.
- More information out to schools through Local Authorities active schools



FVDS will review the existing events programme and consult with schools to identify further ways of increasing participation in the event programme over the coming year. This will take place before next years events are planned. In the FVDS events programme for 2010-2011 there have been a few new events added to the programme.

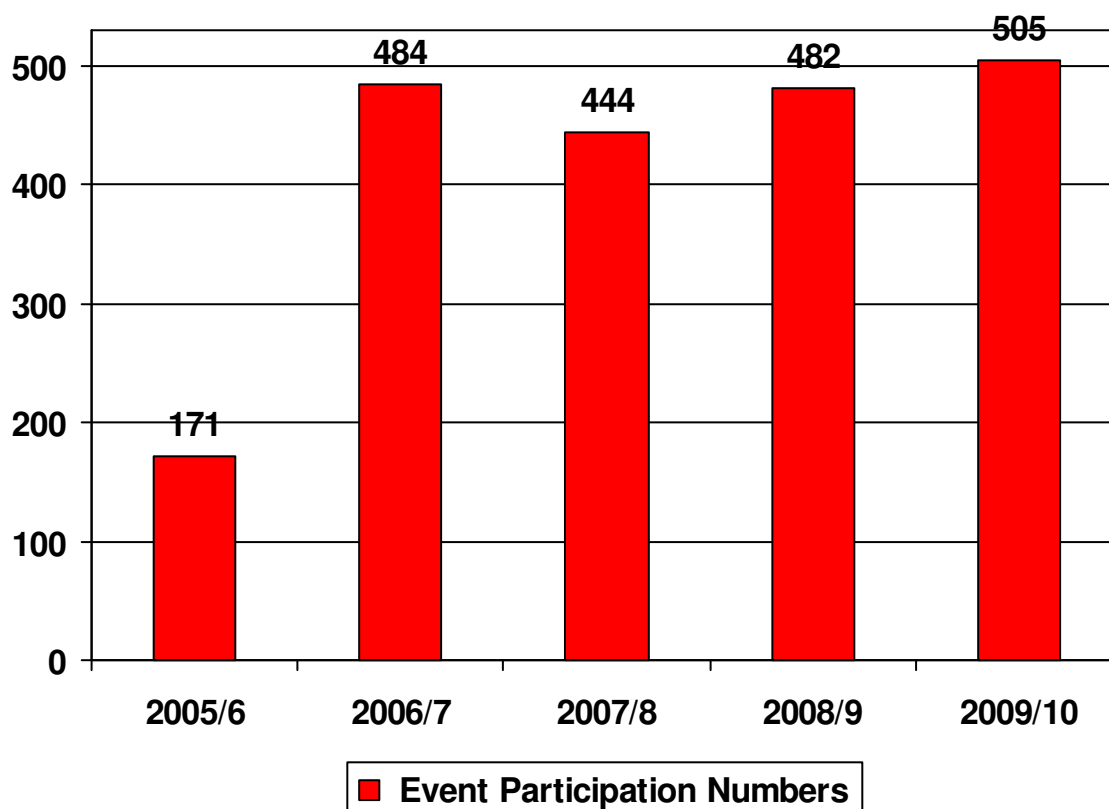
Each local authority delivered their own Football fun day and Fun in Athletics Festival to promote their own local programmes.

Many thanks go to Clackmannanshire Council and Stirling Council for hosting the Boccia Championships, Falkirk Council for hosting the Golf Festival and Stirling for hosting the Kwik curling and New Age Bowling respectively.

#### **5.4 FVDS Regional Events Table February 2010 – February 2011**

<b>Event</b>	<b>2009 - 2010</b>	<b>2010 – 2011</b>
Regional School and Club Swimming Gala	56	91
Athletics track and field	102	107
FV Golf Festival	24	65
Regional Schools swimming championships	59	40
FVDS Junior New Age Bowls& Kwik Curling	45	25 <sup>TH</sup> MARCH 2011
Fun In Athletics (Stirling)	25	33
Fun In Athletics (Falkirk)	26	39
Fun In Athletics (Clackmannanshire)	27	Date TBC
Inter Area Soccer Festival	4	--
Regional Junior Boccia Competition	117	63
Inter area decathlon	14	
Football Fun Day (Falkirk)	39	3 <sup>rd</sup> May 2011
Football Fun Day (Stirling)	31	28
Football Fun Day (Clackmannanshire)	47	21
FVDS Regional Cross Country	--	18
<b>Total</b>	<b>482</b>	<b>505</b>

Please see the below table to see increase in participation in the FVDS Junior Sports Programme from 2005/2006 to 2010/2011



## 5.5 Club Reports

### 5.5.1 The Dolphin Club, Grangemouth

The club has had another successful year with our fortnightly attendance around 35 / 40 swimmers. We played an active part in the Forth Valley team which participated in the National Gala in Glasgow for swimmers with a disability. Also during last year we had a sponsored swim which enabled us to make a donation to The Sick Kids Hospital in Edinburgh of £2,000.

The only black spot in our calendar occurred over December / January when as a consequence of the weather we had to cancel our Christmas Party and presentation of the Awards won during the year.

Fortunately we were able to present these Awards during our A.G.M at the end of January 2011 when we also held our annual Fun Night.

### 5.5.2 Stirling City All Stars Football Club

2010 was yet another positive calendar year for Stirling City All Stars F.C since the clubs formation 4 years ago. 2010 saw the club make considerable strides off the park as well as an increase in coach and player membership (currently 30 players and 7 coaches).

At the beginning of the year the club agreed sponsorship with local nightclub Fubar who purchased new strips for the forthcoming summer of football. As you can imagine this caused great excitement amongst the players as the picture reached the local press. Later in the year the club supported by sponsors ITC Scotland funded 30 new tracksuits for the playing squad.

The club have created links with several new teams which has led to more and more fixtures each year. As well as this the club hosted a national tournament for the 2nd year in a row. 8 teams competed this year and hopefully year on year the number will increase and the tournament will develop into one of the biggest in Scotland.

The Player of Year night was another success story with Stirling Albion again helping make the night extra special with players coming down to hand out awards. The players recognised for their efforts are also to receive their awards on the pitch at an upcoming Stirling Albion F.C game to top off the achievement.

On the park there was notable success at the Annan Football Tournament. In the SDS National 5 a side tournament the B band team narrowly lost out 3-2 in the final to go home with silver medals. Several bronze medals were awarded to the All Stars at tournaments throughout Scotland and England.

Plans for 2011 are already well underway with the club entered into a 2 day tournament in Belfast in June. The club aim to increase number of entrants into our national tournament as well as increasing player and coach membership numbers.

If you are interested in getting involved with the club in any way, please do not hesitate to contact Sandy on 07815117883, all helpers are warmly welcomed into the club. Currently the club are training at Wallace High School Astro Turf on Monday nights from 6.30pm til 7.30pm. Training will move to Kings Park in April.

### **5.5.3 Arion Swimming Club**

The Arion Club trains every Thursday evening at the peak in Stirling and the club continues to go from strength to strength with a steady increase in our membership.

The club has attend several galas over the year and has been quite successful. Peter Copeland from the Arion club has been selected to represent the GB Team in Athens at the World Special Olympics Games in July 2011 and we wish him all the very best

#### **5.5.4 Forth Valley Flyers Athletics Club**

Forth Valley Flyers athletics club finally officially started in November 2010. The club is open to anyone with physical, sensory and learning disabilities over the age of 12 and meets every Friday from 17.30 until 18.45 at Grangemouth Sports stadium and cost £2.00 per session.

The club was set up to offer health and social benefits through athletics to its members who can come along either every week or on an ad hoc basis to participate in a safe and friendly environment and to offer training and competition opportunities for athletes who wish to realise their potential. The club is open to athletes with all disabilities, although we are unable to give one to one support, if this is required this must be organised by the member or parent/carer.

We have around 15 members and 6 volunteer coaches at present and like all other clubs are always on the lookout for more.

We have applied for and been successful in getting lottery funding and a grant from FVDS to start up the club, buy equipment and pay volunteer expenses.

The official Club launch will be in Grangemouth Stadium Friday 11.03.11  
Contact email details for the club:- [ann.finlayson@btinternet.com](mailto:ann.finlayson@btinternet.com).

#### **5.5.5 Right on Target Boccia Club**

Right on Target Boccia Club has been running weekly in Alloa Academy every Thursday night between 6.00 pm and 7.30 pm.

The new club members are enjoying competing under the club banner.

In June, members of the club competed as individuals in the Scottish Disability Sport National Open Boccia Championships at the Peak in Stirling.

Three players returned with medals (as below) with Steven

Donaldson being awarded the most improved player shield, Steven Donaldson Gold Medal, Darren Rooney Silver Medal, Marc Miller Bronze Medal.

The club entered their first Discovery Games in September of this year where a further three members returned to Forth Valley with medals. Jamie Docherty Gold Medal, Ben Crowe Silver Medal, Neil Carruthers Silver Medal (Plate Competition).

The club are looking for new members, so if you are interested in going along to the club for recreational or competitive purposes you will be made very welcome.

If you want further information on the club please the Club Secretary on 01259 769241

#### **5.5.6 Stirling Swimming Disability Squad**

The last 12 months has been an exciting time for Stirling Swimming Disability squad. All members have been showing a huge commitment towards their training and it is certainly paying off. All of the swimmers are part of the Forth Valley Regional squad, two of which are also members of the Scottish National squad.

Later this month one swimmer is heading to Sheffield as part of the Scottish squad for the second year running, to compete at the DSE National Junior Championships. The swimmers are all showing huge potential and as long as they keep the hard work up, we are hopeful that more swimmers will be selected next year.

The squad currently trains on a Wednesday 6pm – 7.30pm and Friday 6.30pm – 8pm, and the focus of the sessions depends on the individual needs of the swimmer, in order for them to reach their full potential.

### **5.5.7 Stirling wheelchair curling club**

In 2010 Stirling Wheel Chair Curling Club appointed a new secretary Neil Hogg it is his first year as a curler and Secretary, but he thoroughly enjoys both. He started at the end of January 2010 and was introduced to Wheel Chair Curling by Logan Gray.

Club training days are on a Wednesday now, from 2pm-4pm the numbers are slow increasing we are now up 12, hoping to aim for 15 by end of season, which may be a bit ambitious but better that way I think. We held a come and try day on 22nd September, which attracted a fair few, and was run by our own Logan Gray, Curling Development Officer. We have been invited to Lockerbie ice rink On the 17th February for a friendly, which will be returned next year at The Peak. The Peak is host to The Friendship Trophy which will be held between 3rd and 4th March. This event is open to all W.C.C.C's one team from each club. So as a very young club we are gradually making progress. The club would like to invite more Chairs to Stirling because it is the easiest accessible rink for Chairs. Many thanks go to Logan Gray and Judy MacKenzie for coaching and encouraging everyone, it could not have been done without our volunteers Sylvia Barclay and Fiona Glass and many more including our own Ice Men.

Regards Neil Hogg Secretary/Treasurer

Stirling Wheelchair Curling Club

### **5.5.8 Wild Cats Wheelchair Rugby Club**

The club continues to meet for training every Monday from 7.30-9pm at Woodlands Games Hall, Falkirk. The club has about 4-5 people that attend training on any given Monday and about 7 or 8 people have attended training in the past year. At the moment, the club does not play any competitive matches but the long term hope is for that to eventually change. The club has been chosen by the Edinburgh Rugby supporters club to receive funding from them for the next year and the club has also been asked to perform a demo at Murrayfield during half time of an Edinburgh match. It is expected that this will take place towards the end of March.

### **5.5.9 Bo'ness Swimming Club**

The club meets every second Saturday at Bo'ness Recreation Centre. Ian has

said that numbers have been fluctuating but he usually expects to see around 6 or 7 people at a session. The club is always looking for new people to come along and anyone who is interested should contact the centre. Phone number: 01506 778510.

## **5.6 Future Developments**

The part-time co-ordinator will continue to support club golf's regional golf session. Over the next year FVDS is looking into developing one regional racket sport session in the Forth Valley area and support FVDS partners to develop bowls in the Forth Valley area. FVDS will carry on the development, planning and organisation of a junior sports programme and positive sports forum adult's event programme in 2011-2012.

## **5.7 FVDS Website**

Our website address is still [www.fvds.org.uk](http://www.fvds.org.uk). With the help of Fraser Mathieson FVDS is looking into up dating the FVDS website.

The website was developed two years ago by one of our committee members Fraser Mathieson. Please feel free to view the website and find out more about FVDS and how our athletes have done in Local, Regional and National events.

The website is still updated regularly with new press releases from events and there are many other topics available such as athlete profiles, club information and sports news.

## **5.8 2012 club**

Sadly due to decreased participation the 2012 club had to stop in 2010. FVDS will be looking to re-advertise the club and try to start the club up and running again in 2011 if possible. The 2012 club was set up in 2009 to allow people aged between 8 and 18 with physical and sensory disabilities to have the opportunity to participate in sport. The club is a multi-sport club and offers Athletics, Boccia, Bowling, Football, Basketball, Archery and Fun Games. If you would like more information please do not hesitate to contact FVDS. Tel: 01324 590720

## **5.9 Golf**

FVDS working in partnership with clubgolf has developed golf participation centres for people with learning, physical and sensory disabilities. Three separate sessions are delivered on Saturdays at Brucefields golf club in six week blocks. 24 golfers regularly attend the sessions with the success of the golf sessions FVDS working with clubgolf is to look into continuing the Golf sessions into 2011.

## **6.0 Special Olympics**

FVDS had one representative at the European Special Olympics in Warsaw Poland in September 2010. Cara Macrae a member of Forth Valley Flyers athletics club competed in the 100m Sprint and Shot put events. Cara Macrae returning from the European Special Olympic games with a Gold medal in the shot put and a silver medal in the 100m Sprint.

FVDS also has two athletes selected to compete at the World Special Olympics games in Athens Greece, Peter Copland a swimmer from Enable Arion Swimming Club and Owen Keeble an Equestrian rider from the RDA in Bannockburn. Both are training hard and have met their head coaches and teams at team training weekends. FVDS wishes both athletes all the very best for their events in Athens and keep up the work in training.

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](mailto:harveyg@sportcentral.org.uk) or [info@fvds.org.uk](mailto:info@fvds.org.uk).

## **6.1 Branch MOR/ Sub-Group**

Forth Valley Disability Sport sub-group committee as developed a new constitution, code of conduct, "what is a trustee" leaflet and a trustee declaration with Jo Clifton a consultant from Lloyds TSB Capacity Building Programme.

FVDS have successfully achieved Scottish Disability Sport MOR with Flying Colours and was awarded a certificate at the Scottish Disability Sport AGM in 2010.

## **6.2 Positive Sports Forum**

The Positive Sports Forum was set up in 2009/2010 to develop a provision to give adults an opportunity to participate in sport in the Forth Valley Area. FVDS delivered three Multi-sport events over the next year. One event was held in each local authority area. Each event was well attended with participants enjoying Football, Basketball, Boccia, Bowling, Kwik Curling and Board Games. Forum meetings are held every six to eight weeks to discuss sport for adults with disabilities in the Forth Valley Area. The meetings give adults with disabilities from day centres and individuals the opportunity to have their say on what sports Forth Valley Disability Sports will deliver. From the success of last year's multi-sports events Forth Valley Disability Sports in partnership with the Positive sports forum has developed an adult's sports programme containing five events in 2010/2011.

## **7.0 Scottish Disability Sport Regional Manager's Report**

As well as supporting the branch and the local authorities to increase participation, the Scottish Disability Sport Manager also has a responsibility to improve the performance and develop the pathway for athletes. As the SportCentral pilot came to an end on 31<sup>st</sup> March 2010, the regional manager for disability sport in Central transferred employment to Scottish Disability Sport.

As the 2006 – 2010 plans also came to an end it was important to keep the momentum in development going by working with partners to create new plans for 2010 – 2012, which would coincide with the Scottish Disability Sport National Strategy "Towards London and Beyond" 2006 – 2012.

A planning day was held in May with key personnel from partners to review the previous plan and identify the way forward for disability sport. This included planning programmes, events, coach education and training as well as club development needs.

The key areas of work for the manager this year were:

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

### **7.1 Scottish Disability Sport/ Central Sporting Partnership Regional Development Squads**

The Regional squads continue to train in athletics and swimming however due to the focus in club development in the last year the swimmers in the swimming squad progressed to Alloa Swimming Club and Stirling Swimming Club. The regional development squad now takes place once a month in the Peak in Stirling.

The new Forth Valley Flyers Athletics club is in the process of fully incorporating the regional athletics squad on a weekly basis. The squad/club continues to train at Grangemouth Stadium on a weekly basis.

Both squads continue to be on an invitational basis only and are selected through consultation with the Scottish Swimming and Scottish Athletics National Development Officers (Disabilities).

Efforts are still in process to re-establish an area development squad for football.

Squad athletes are identified once they have competed in a regional disability event organised by FVDS. They are selected through their time or distance achieved. Once selected they are invited along to club and squad sessions

## **7.2 Summer Athlete Development Camp**

The third annual summer camp was held at Stirling University in July. The three day camp offered 19 athletes from swimming and athletics 6 training sessions which focussed on sports specific training. The athletes also benefitted from workshops delivered by experts in diet and nutrition and core stability.

Michael Kerr, GB Wheelchair Rugby Player presented his experiences to the youngsters to explain the importance of commitment to training hard, setting goals to achieve and of having a good lifestyle.

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.



## **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. This was done through the planning day held in May.

The planning and delivery of the coach education and training programme has been enhanced by the appointment of the Coach Education and Development Manager for Scottish Disability Sport.

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.

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

As you will see from the table below there have been many courses offered.

#### **7.4 Coach Education and Training Table**

Coach Education & Training	No of Candidates Attended
Introduction to Pool Work	18
Running Sport Funding For Clubs	12
Sports Coach UK How to Coach Disabled People in Sport	19
Sports Specific Makaton Training	14
Sports Specific Makaton Course P.E Teachers Falkirk	16
CSLA Inclusion Awareness Training Falkirk Council Area	57
SDS Disability Inclusion Training (Alloa Coaches)	6
SDS Disability Inclusion Training ( Stirling Primary P.E. Team)	8
Unravelling the Mysteries of Classification	9

#### **7.5 Coach Mentoring Programme**

Six mentees continue to benefit from the mentoring programme in athletics and swimming. Three athletics coaches and three swimming coaches

Mentors work with the mentees on a one to one basis to plan, implement and evaluate their development. In the last year two swimming coaches have achieved level 2 coaching qualifications and one swimming coach has achieved level three and work towards becoming Level 2 Licensed Coaches. The three mentees coach in the regional development squad and in local swimming clubs. They are supported by swimming mentors Kerry Wood and Sue Littlejohns.

Ian Mirfin, SDS Lead Coach for Wheelchair Racing continues to mentor three coaches that work with both the squad and the club at Grangemouth Stadium. Mentees also attend the national development squad training monthly and have the opportunity to coach national level athletes and get feedback from Ian on the delivery of their sessions.

There have been many benefits for all mentors and mentees in both the coach mentoring programmes. All have engaged fully and we are fortunate

to have expertise in the area which will not only up skill and provide support for mentees but improve the quality of coaching for athletes.

## **7.6 Club Development**

As you will see from the club report section there has been a significant increase in the number of club level opportunities offered to people with a disability. There are now ten clubs in Forth Valley offering sporting opportunities to people with disabilities.

In the last year there has been a significant focus in Club development and alot of support has been given and will continue to be given to Forth Valley Flyers Athletics Club, Stirling City Football Club, Enable Arion Swimming Club and Right On Target Boccia Club to ensure they have the correct policies and procedures in place to be safe, user friendly clubs. Each club has an action plan and meet regularly to monitor progress and work through the plans.

All clubs are at different stages of development and it will be an ongoing process. It is exciting to see many plans for clubs coming to fruition with the support of the many volunteers without whom these plans could not be realised.

A new wheelchair curling club has also been developed by the Ice Development Officer within Active Stirling.

In order to improve accessibility for people wishing to attend the Dolphin Club in Grangemouth, a partnership has been created to investigate costs and submit a funding application to sportscotland small facilities lottery fund. The partnership between The Dolphin Club, Forth Valley Disability Sport, Grangemouth Sports Complex and Scottish Disability Sport if successful will enable the Dolphin Club to increase it's membership by purchasing two pool hoists and a sky tracking system, hence making the pool more accessible.

Membership of clubs continue to grow steadily in the clubs but promotion is needed to encourage more people with physical, sensory and learning disabilities to participate in sport as well as recruit more coaches and volunteers to support clubs.

In the last year club membership has risen from 137 to 169, 11 new coaches, 5 new volunteers and 23 new committee members have been recruited in clubs supporting athletes with a disability.

As well as disability specific clubs there are 10 mainstream athletics, football and swimming clubs in the area that support 11 athletes training sessions to improve their performance.

It has been a great achievement by the many partners in the Forth Valley area to have regional club opportunities in 6 of the 6 Scottish Disability Sport Strand 1 sports.

In order to continue to support the development of athletes, the development of clubs in the Central area should remain a key focus.

## **8.0 SDS National Programmes**

This year has seen 12 local athletes included in National Programmes. Athletes have been selected to represent Scotland in their sport as listed below.

### **National Squad Athletes**

Athletics	Meggan Dawson Farrell James McCarroll
Swimming	Sam Agnew
Football Cerebral Palsy Squad	Connor Hay Declan Docherty Keiran Martin
Under 19 Football Squad Learning Disabilities	Connor Fenn
Boccia Badminton Table Tennis Bowls	Jamie Docherty Alan Oliver Connor Gordon Fraser Mathieson Kevin Wallace

### **Scottish Disability Sport Academy Programme**

Two athletes have been successful in becoming the first athletes in Central to be included in the Scottish Disability Sport Academy Programme. The athletes gain funding from SDS to support their development needs. The academy athletes are:-

Meggan Dawson Farrell	Athletics, wheelchair racing
Jamie Docherty	Boccia

### **GB Squad Athlete**

Just two years after being introduced to the sport of Boccia by an Active Schools Co-ordinator, 16 year old Jamie Docherty from Stenhousemuir has been named in the GB Boccia 2012 squad of fourteen players.

Nine of the fourteen players will be selected to represent Great Britain in the 2012 Paralympics in London.

Jamie was one of four players who competed against forty four others in the GB Boccia Fast Track 2012 programme to make the final cut. Jamie is at present also receiving support from the Institute of Sport.

Joint working with the National Development Officers in assisting with the identification of athletes with potential, providing technical input to determine athlete development needs and their progression to National Programmes is vitally important for athletes to progress to and beyond National Programmes.

## **9.0 Highlights and Successes**

### **Athletics – Cara McRae**

Excellent performances from Cara Macrae Forth Valley's only representative in the European Special Olympics Games in Warsaw Poland from 14th to 24th September 2010. Cara competed in the 100m and shot put at the University of Physical Education in Warsaw, winning Gold in the shot put and silver in the 100m.

### **Athletics – Meggan Dawson Farrell**

Meggan travelled to London to compete in the Virgin Min Marathon Wheelchair race. This is a 3 mile race over the last part of the main marathon route. The weather was not very favourable for the wheelchair racers with heavy rain before the start and continued to drizzle throughout the race. Meggan competing at London for the first time, was a very good first race and pushing for a medal with a kilometre to go had an unfortunate crash. Luckily nothing was broken. Meggan also competed in the Women's 10km race in Glasgow and in the Manchester 10km. In 2010 Meggan destroyed her old 10km PB BY recording a new 10km PB in 33 minutes taking a impressive 8 minutes off her time. At the SDS National Track and Field event Meggan recorded a Scottish record in the 1500m Female wheelchair race.

### **Badminton - Alan Oliver**

Congratulations to Alan Oliver in his badminton success in Toulouse France. Earlier this year Alan participated in his first ever French Badminton International in Toulouse as a member of a small Scottish Contingent. Not surprisingly he produced outstanding performances. Alan was seeded one and lived up to his seeding by winning his very first International singles title in a closely fought 45 minute final against Hong Kong China's Peter Lo. He won in three set 21-23, 22-20 and 21-9. A high Level of fitness, concentration and determination were all aspects of the Oliver character that came into play during the second and third games of a closely contested tie.

### **Boccia – Jamie Docherty**

Just two years after being introduced to the sport of Boccia by an Active Schools Co-ordinator, 16 year old Jamie Docherty from Stenhousemuir has

been named in the GB Boccia 2012 squad of 14 players.

Eventually nine players from this squad will be selected for the GB Team competing in the 2012 Paralympic Games.  
FVDS wishes Jaime all the best for the 2012 Paralympics Games Selection

### **Bowling- Fraser Mathieson & Kevin Wallace**

Fraser Mathieson from Stirling's Spittal-Myre Bowling Club and Kevin Wallace from Clackmannan Bowling Club Recently competed for Scotland in Nottingham at the Home Nations International Match against England and Wales. Both bowlers are in the national bowling squad and helped Scotland to record their first ever victory on English soil. Kevin Wallace from Forth Valley was the only undefeated player of the tournament giving the Scottish team a brilliant platform to build on. Kevin, Fraser and George Gourlay have also been involved in Squad trials to be selected for the IBD World Championships in South Africa in May.

### **Football – Connor Fenn**

Connor has been selected again to represent Scotland in the under 19 Scotland Squad in the Forthcoming Home Nations Championships in Leicester in April

### **Football – Connor Hay/ Keiran Martin**

Connor and Keiran were both part of the Cerebral Palsy 7aside Scotland Squad that compared against 11 other countries including Russia and USA. The Squad beat England to finish in 5<sup>th</sup> Place. The tournament took place in Toryglen Regional Football Centre between the 17<sup>th</sup> and 28<sup>th</sup> August 2010.

### **Golf- Andrew Stewart**

Well done to Andrew Stewart who won the section two 9 hole golf competition at the Highland Disability Sport Golf Open in Inverness on 11th May 2010. This was an excellent performance from Andrew who is only 10 years of age and competed against adults. FVDS wishes Andrew all the best in his future competitions as well.

### **Swimming - Sam Agnew**

2010 has been another exciting year for Sam he has been selected to swim for Scotland at the DSE. Sam continues to swim regularly with Stirling Amateur swimming club. Sam also won Gold in the 50m freestyle back at the SDS National Swimming Championships for swimmers with a Physical Disability on the 3<sup>rd</sup> November at Grangemouth Sports Complex.

### **Table Tennis – Connor Gordon**

Connor Gordon from St Mungo's High School in Falkirk represented Scotland

in table tennis at the UK School Games in Newcastle. Connor Gordon from Forth Valley returned home with a silver medal position respectively, a superb achievement.

This was also the first time any Scottish table tennis player had won an individual medal at this level. Subsequently Connor has been selected for the National Table Tennis Development Squad. FVDS wishes Connor all the best in his future competitions and training.

### **Tennis – Jonathon Fisher**

Congratulations to Jonathon Fisher who competed in the National Wheelchair Tennis Championships in Gloucester on 29th to 31st May 2010. In his first competitive wheelchair tennis event he won the final of the singles novice category. He also finished runner up in the doubles partnered by Harriet Dingell. FVDS wishes Jonathon all the best in his future competitions.

## **10.0 Summary**

2010 – 2011 has been another good year for Forth Valley Disability Sport. This year has seen the committee grow from strength to strength and many new partnerships and relationships have been established.

The new structure is now in its 5<sup>th</sup> 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 Part -Time Branch co-ordinator post continues into 2011 to carry out the day to day running of the branch and manage the new adults sport programme and junior sports programme. This has allowed the Scottish Disability Sport Regional 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 a consultation process and offer regional golf sessions.

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 outside 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 hard work and commitment needed to work towards sustainable pathways for our athletes in the Forth Valley.

Key areas of work for the branch in 2011 – 2012 are:-

- Continue to improve branch governance
- Reviewing existing events programme and change accordingly
- Fundraise and access funding to continue existing level of provision, Special Olympics and new projects
- New racket club in the Forth Valley Area.
- Continue to have at least quarterly FVDS committee.

## **Appendix 1**

### **Forth Valley Disability Sport Charity Information**

#### **Patron**

Jamie Erskine, Earl of Mar and Kellie

#### **Trustees**

Councillor Walter McAdam	Chairperson
Vacancy	Vice Chairperson
Sheila Menmuir	Treasurer
Fraser Mathieson	Athlete representative
Jonathon Fisher	Athlete representative
Colin Fisher	Parent representative

#### **Bankers**

Bank of Scotland  
Regent Centre  
Blackness Road  
Linlithgow  
EH49 7HU

#### **Registered Office**

Forth Valley Disability Sport  
2<sup>nd</sup> 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 14 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.