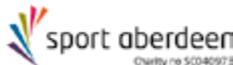




From mountain to sea

Disability Sports News

June 2017



Grampian Disability Sport (GDS) Get Out Get Active Project Launch (GOGA)

On Sunday 5th March Grampian Disability Sport held their Get Out Get Active (GOGA) project launch at Garioch Sports Centre, Inverurie. The launch was a great success with over 35 participants coming along with their families to hear about the project and get involved in the adapted cycling taster session.

The overall project aim is to have better opportunities for people with disabilities of all ages, along with their families and friends, to be included within existing mainstream walking, cycling, swimming and triathlon programmes across the rural and urban Grampian region.

The main focus of the project in Grampian is the set up of three adapted cycling hubs one in Aberdeenshire, one in Aberdeen City and one in Moray. As part of the launch Fabb Scotland travelled up from Edinburgh with their adapted bikes so people could see and try the variety of adapted cycling equipment on offer. The bikes never stopped the whole day with participants moving from one bike to another with many managing to find a bike they could use independently.

On Friday 21st April eight cycles leaders were trained who will lead the weekly group rides in the near future. The cycle leaders got to try out the inclusive cycles available so that they could understand each individual bike and how people with a disability can benefit from taking part in the sport of cycling. GDS have also been successful to secure funding from Inverurie Youth Sports Foundation to purchase a container to store the adapted bikes at Garioch Sports Centre, which is in place awaiting the delivery of our adapted cycling equipment ordered with the Spirit of 2012 GOGA money. This will allow for the first EVER adapted cycling hub to up and running in Grampian at Garioch Sports Centre, Inverurie. Everyone who attended the launch was very excited about having this hub local to them with not too long to wait until it is in full swing.

There is work also taking place with Paths for All to open up their existing health walks to anyone of any ability across the Grampian area. Scottish Swimming our swimming partner are offering training to swimming teachers to make adaptations for children with disabilities within a learn to swim environment.

The launch event would not have been the success it was without the support of Aberdeenshire Sport Council who provided funding for the launch to allow us to have a relaxed social gathering to chat with families about their needs in the area and also bring the specialised equipment up for the day for families to try.

For further information about the GOGA Project please contact Gemma Lewis on 01467 534730 or email: gemma.lewis@aberdeenshire.gov.uk.



Aberdeenshire Sports Council Awards Success

On Friday 17th March Aberdeenshire Sports Council held their annual awards evening at Garioch Sports Centre in Inverurie. The event was attended by over 300 sports men and women. This year's guest speaker Susan Eaglestaff (London 2012 Olympic Badminton Player) delivering a great question and answer session inspiring the next generation of athletes.

The following athletes with a disability were recognised at the awards Murray Eunson for the sport of swimming, Sarah Hawkin and Euan Thoirs for the sport of W/C Basketball and Grant Wilson for his work with the Grampian Flyers W/C basketball team.

The overall disability Sport Award went to Euan Thoirs. A very proud evening for him, his team and his family who were all in attendance to celebrate with him.



Disability sport nominees Murray Eunson, Euan Thoirs and Sarah Hawkin with their certificates of nomination for the Disability Sport Awards along with a representative from William Lippe Architects who sponsor the award



Winner of the Disability Sport Award Euan Thoirs with his trophy

City of Aberdeen Gymnast Retains Floor and Vault Titles at Scottish Championships

Orianne Slater, 15 years old Disability Gymnast with COAG (City of Aberdeen Gymnastics Club) is back and what a month this has been...!!! She competed at the "2017 Scottish Artistic Championships" on March 4th-5th (Bells Sport Centre in Perth) and at the "2017 Gymnastics British Championships" on March 24th-26th (Echo Arena in Liverpool).

Orianne competed in the Disability category in a Masters Style event, where Junior and Senior gymnasts of the same gender compete against each other (some of the competitors were over 20 years old).

Having suffered knee and hip pains related to her condition (Perthes' disease) for the past 2 months; she hadn't been able to practice her routines as much as usual and her performance was consequently affected. However, her performance was strong and her achievements on individual apparatus were of a good standard!

Results:

- At the Scottish Championships, Orianne retained her 2016 titles of Champion on Floor and Vault, and got Silver on Asymmetric Bars, and Bronze on Balance Beam.
- At the British Championships, Orianne again retained her 2016 title of Champion on Asymmetric Bars and added Silver on Floor, and Bronze on Vault.

Orianne's parents especially wish to thank to her coach, Lorna Presly, for being so flexible in adapting training, routines and expectations!



Orianne (with thanks to © PSB Photography)

World RaceRunning Championships

Grampian's very own Kerry Mathers will be jet setting to Denmark during the summer with the aim of achieving international success in RaceRunning. The CPISRA World RaceRunning Championships takes place in Frederiksberg from the 13th – 15th July and Kerry, who trains at Aberdeen Sports Village's RaceRunning Club, will not only get the chance to compete against some of the best RaceRunners in the world, but will also benefit from taking part in an international training camp in the run-up to the event. We wish Kerry the best of luck!



Kerry

Everybody Active Team's match day action at Pittodrie

Registered charity Sport Aberdeen, in partnership with AFCCT, run the Everybody Active Football Team for people with additional support needs. Everybody Active, facilitated by Sport Aberdeen is an exciting and extensive programme aimed at opening up sport and physical activity to adults with a learning disability.

The Everybody Active Football Team had an action packed night to remember on Wednesday 15th February when they were invited to attend the AFC v Motherwell match at Pittodrie.

Fourteen players were joined by their coaches, supporters and family at the match where everyone enjoyed an exciting first half, which saw the Don's go 4-0 up with a flurry of goals. The team got the chance to take to the pitch themselves at half time where they played two small sided games, led by their coaches Andy Will and Scott Duncan from AFCCCT.

For the players, many of whom are Aberdeen FC fans, the chance to play at Pittodrie in front of a 10,500 strong crowd was a once in a lifetime experience. Everyone did themselves proud with some excellent play, Adam Rooney certainly wasn't the only player to score a hat-trick in the stadium on the night!

The final score saw a 7-2 win for Aberdeen making it the highest scoring match of the 2016/ 17 domestic season. An action packed night for all.

Everybody Active Football sessions are open to male and female players aged 16 years and over with a physical, sensory or learning disability. Sessions take place at Sheddocksley Sports Centre on Fridays from 1:30 – 3pm during school term time. In addition to weekly training, the players have the opportunity to play in local and national festivals and tournaments.

For more information, please contact Andrinne on ACraig@sportaberdeen.co.uk or 01224 047926



Aberdeenshire Para Swimming Open Day

Great to see new faces at our open day for swimmers with a physical and/ or sensory impairment.

The day was held at Westhill Swimming Pool on Saturday 22nd April in partnership with Aberdeenshire Council.

The swimmers who attended had a great time showing off their swimming skills to our fabulous coaches. The swimmers will become part of the transition squad who train on a weekly basis.

The squad is designed to support the swimmers develop their technique with appropriate adaptations being made in training to suit their individual needs thus maintaining progression and long term engagement in the sport.

If you want further information about the swimming squad please don't hesitate to contact Claire McDonald on 07533056564 or email: claire.mcdonald@scottishdisabilitysport.com.

Sport Aberdeen launch virtual video story to support more people to be active in Aberdeen

Sport Aberdeen has launched an innovative virtual video tour aimed at supporting people with additional support needs to take part in physical activity.

The videos, named 'Social Stories', have been created in partnership with Me Too! as a means of familiarising customers with Sport Aberdeen venues prior to use, to break down barriers such as anxiety.

Sport Aberdeen's Linx Ice Arena and Tullos Swimming Pool are the first venues to benefit from the videos, with plans to eventually roll out the Social Stories for all venues within the city.

The video was created by Robert Gordon University placement students in partnership with Sport Aberdeen.

Sport Aberdeen today said its innovative approach is part of its commitment to creating opportunities for everyone to take part in sport and physical activity.

Commenting, Sport Aberdeen Business Development Director Jill Franks said:

"We understand that new and unfamiliar environments can often be a barrier to participation in sport and physical activity.

"The Social Stories videos are designed to be useful in allowing visitors to familiarise themselves with Sport Aberdeen venues prior to entering them. The short walk-through video introduces the facility creating a comfortable and welcoming environment from the offset.

Phionna McInnes, MeToo! Chief Executive also added:

"It is encouraging to see Sport Aberdeen's ongoing commitment to making sport accessible to everyone, both in the city and further afield.

"Anxiety can be a common denominator in many people affected with additional support needs and being able to see a visual tour before coming to the premises can be hugely beneficial to helping reduce anxiety driven behaviours".

Linx Ice Arena offers Relaxed Staking sessions during term time and school holidays on Mondays from 11:30am -1pm. For details of other quite public sessions, please contact 01224 507762

<http://www.sportaberdeen.co.uk/news/sport-aberdeen-launch-virtual-video-story-to-help-more-people-get-active-in-aberdeen/>

Alford Gold Duke of Edinburgh Pupils Fundraising for GDS

Four S6 pupils from Alford Academy who are completing their Gold Duke of Edinburgh Award have raised over £1200 over the last year for Grampian Disability Sport. Natalya Brentnall, Kate Wilson, Sian Allerton and Kirsty Birnie chose to help raise awareness and money for GDS by organising events such as a ceilidh; a coffee and cake morning; a quiz night; and even completed some bag packing at a local store in Alford. The money raised will help Grampian Disability Sport continue to develop sport and physical activity opportunities for people with a physical, sensory or learning disability. Thank you from everyone at GDS!

Easter Holiday Programme

The regional Holiday Sports Programme recently returned over the Easter break, and was thoroughly enjoyed by people with disabilities from across the region and their families. Over the 2-week break, participants were able to experience a range of exciting sports including Ten Pin Bowling and Boccia, and a half-day camp was available at Aberdeen Sports Village, offering Wacky Races, Field Games & the ever-popular Trampolining. Keep an eye out for the Summer Holiday Programme, which will be available to book soon!



ASV_trampoline_159

School Events

We have had a busy year with more festivals than ever available to schools across Aberdeen and Aberdeenshire.

Football

We had three football festivals this year, our first one being held at Dyce Academy for the first time on their new astro pitch. Both the primary and secondary festivals were held at the same time, with AFCCT taking the primary pupils for some fun skill stations then some matches. The second football festival of the calendar took place on the 12th January at Aberdeen Sports village. Around 40 children attended the primary festival. With Anna Ritchie School and Inch primary attending from Aberdeenshire and Hazlewood School, Mile-end primary and Walker road primary attending from Aberdeen city.

The primary festival was run and sponsored by Aberdeen FC Community Trust. The children took part in multiple stations which included dribbling around defenders, taking penalties and fun matches. After a tiring couple of hours a running around, having fun, the participants still had enough energy to cheer after a special appearance from Donny the sheep! Many thanks to the amazing AFCCT coaches for running an excellent event.

The second football league event also took place alongside the primary festival with 5 schools entered in the support for learners or special schools leagues. With Banff Academy making the long trip down to represent Aberdeenshire and Bucksburn Academy, Dyce academy, Harlaw academy and Hazlewood academy attending from Aberdeen City. All teams showed excellent sportsmanship.

The final of the Cove Rangers football festival was played between Bucksburn Academy and Harlaw Academy, with Harlaw Academy winning 2-1 to win the Cove Rangers Support for Learners shield for a second year in a row. The Cove Rangers special schools shield was won by Hazlewood to make this their third year in a row to win this festival.

A special thanks to Dave Dunn, for attending the event to represent Cove Rangers and providing medals for the winners of the two shields.

Another thanks to the Moray College students for organising the fixtures and officiating the matches on the day.

Football Continued

Our third and final instalment of the football festivals took place at Garioch sports Centre, Inverurie. Six teams were entered into our last football league meet of the school year. Hazlewood and Bucksburn battled it out for the Special schools shield, with Hazlewood winning in the end. Bucksburn's second team were also in the final for the support for learners' league against Harlaw which saw Harlaw win the Inverurie Loco's shield and ultimately the league.

Our winners have been invited down to compete in the national schools finals in Edinburgh at the end of May, good luck to the team!



Donny

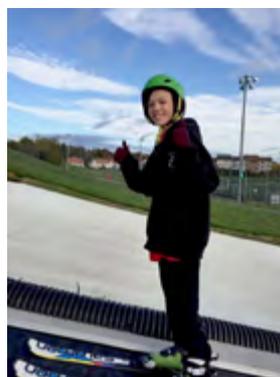


Harlaw

Spectacular Snowsport for children with Additional Support Needs

Wednesday the 26th of October, saw the first ever ASN snowsport festival take place at the Aberdeen Snowsport centre. There was mixture of primary, secondary and special schools in attendance, with over 30 kids taking part. Each school had a mixture of skiing and tubing under the watchful eyes of the snowsport staff. The children learned a lot about balance, stability and trying new things.

Morag Taylor from Dyce Academy said, *"It was an excellent event with very supportive staff. We love participating in the events from the calendar that allow our children to have opportunities that they don't normally have."*



The event was part of the ASN school sport calendar, in partnership with different organisations, to provide a range of sporting opportunities for ASN children across Grampian. A massive thank you to Aberdeen Snowsport centre for their role in creating this very exciting opportunity.

Boccia



Our first boccia meeting saw our busiest festival to date with over 70 pupils from across Aberdeen and Aberdeenshire attending in November. This year our boccia events have become more competitive with fixtures organised for the event alongside the fun skills stations for the pupils to practice their boccia. Perry, the ASN city mascot even attended our first

boccia festival of the school year.

Gemma Lewis said *"It's great to see how this festival has developed over the last year. Awareness for the sport has grown immensely, not just in schools but out with in the community. I am looking forward to next year already!"*

Many thanks to the Active Schools coordinators from both Aberdeenshire and city who attended these events to help referee the matches.

Other festivals

The other festivals available this year were curling, basketball and tennis/table tennis. Schools from across Aberdeen and Aberdeenshire travelled to try out these sports, which were taken by our specific sport coaches on the day.

Our last festival of the ASN Schools Sports Calendar 2016/17 is the Parasport day on 7th June, where sports such as athletics, football, boccia, basketball/wheelchair basketball and table tennis will be available.

Other News

Sailing for people with disabilities and restricted mobility with Aberdeenshire Sailing Trust

Aberdeenshire Sailing Trust is keen to offer more opportunities for people with disabilities or people with restricted mobility to go sailing.

Sailing is a really exciting sport for people with disabilities. You can have an amazing sense of freedom, but it is also a sport where people keen to compete can compete in local clubs regardless of ability or disability. There are many different types of boats available to enable this to happen.

We have a Disability club planned for Thursday evenings running at Loch of Skene from 25th May-22nd June, and thereafter at Peterhead until the end of August. We're currently trying to source some grant funding to reduce the cost of the club. However, if you would like to know more about it, or be on a group mailing list about it, please drop me an email & I will update you with more info nearer the time. angie@aberdeenshiresailing.org

We can also arrange one on one sessions for anyone who would prefer this. This can vary from being a sailing experience to a lesson in how to learn to sail.

And new this year, we have a challenger trimaran for Loch of Skene. These are great boats for people restricted in mobility. They are fast racing boats so tend to be a really good choice for people who have done a bit of sailing and find it hard to move about inside a boat. We'll be offering boat hire with this for practice & fun or to take part in any of our events such as novice racing or race training. We'll also be able to offer one on one sessions for anyone wanting to improve their skills in it. Here's a picture of a challenger sailing elsewhere in Scotland.

And lastly, we can also offer sailing for school groups that have people with disabilities. If you think your school would be interested, please don't hesitate to get in touch.

Sensory Play Available at ASV

Sensory Play sessions will take place on Saturdays from 14:00 – 15:00 in the Aquatics Studio at Aberdeen Sports Village. The sessions feature a host of structured and unstructured activities using colourful, tactile and noisy equipment, and are designed for people of all ages with any type of

disability (and their families), particularly those with multiple and profound disabilities, ASD and sensory processing disorders. Spaces are limited so book early to avoid disappointment by calling 01224 438 900.

My Karate Class in Pitmedden by Fiona Jones

I have always wanted to try karate. When I was younger I wanted to be part of a local cub's class but this has not been possible before. I have faced many barriers and this had made it difficult to try out new sports. Before I would have been placed in a class with very small children as I am in the beginner stage and I feel I would have struggled with this as it was mostly about competing and not the learning side of things.

Then Last year I went along to a free taster session run as part the disability sports summer programme. It was held in Inch hall and we were helped by some of the more mature young people who were black belts in the sport. They did some simple exercises and they let us try some of the contact pads. I quickly decided that I wanted to become part of a club. I was put with the adults in the back of the class and they went through each step calmly and slowly and they also helped out by making sure I was in the correct position. After that I officially joined his club and I got my uniform. I was able to slowly progress to learning about the basics of the karate, such as the fighting positions.

I have a little target booklet which I have written my goals in and it give a rough estimate time of when I would like to complete it. The reason why I like being involved in this class is that it is keeping me active and it helps to get rid of any negative energy in a safe place. I have met some nice people who have made me feel comfortable, included and they have accepted me for who I am. It has quickly become one of my favourite hobbies and I would recommend that others have a try.

Tubing at Alford Ski Centre

A Reminder that Inclusive Public Tubing Sessions are available at Alford Ski Centre. The sessions take place the first Saturday of the month and are open to participants with a physical, sensory or learning disability along with their family or carers. These sessions are also suitable for wheelchair users. For further information on the sessions or to book your place, call the Ski Centre on: 019755 63024 or alternatively e-mail us at: alford.skicentre@aberdeenshire.gov.uk

For Further information on Disability Sport please contact:

Gemma Lewis, Disability and Inclusion Sports Officer, Aberdeenshire Council

07768 051479, 01467 534730 or gemma.lewis@aberdeenshire.gov.uk

<http://www.aberdeenshire.gov.uk/recreation/disabilitysport/index.asp>

Andrinne Craig, Development Officer, Active Lifestyles, 01224 047926 or

ACraig@sportaberdeen.co.uk

Grant Wilson, Lead Active Schools Coordinator ASN Provision, Sport Aberdeen

01224 710720 or GrWilson@sportaberdeen.co.uk

Or keep up to date with all our latest news and club opportunities on our new website or Facebook page –

www.grampiandisabilitysport.org.uk

www.scottishdisabilitysport.com

<https://www.facebook.com/grampiandisabilitysport>

Do you have any good news stories or club details that you would like shared
in the next newsletter or on our Facebook page?

Please get in touch with Gemma Lewis if you do!