



Scottish Disability Sport

Leading inclusive sport in Scotland for participants and athletes with physical, sensory or learning disabilities.



Annual Report

2019-2020

www.scottishdisabilitysport.com

Welcome Message 2020

On behalf of everyone involved with Scottish Disability Sport (SDS), we take this opportunity to celebrate with you the Association's 57th Annual General Meeting. 2020 has been a unique year, as we all can appreciate, and for the first time in our history, the Annual General Meeting (AGM) will be held online.

As we enter the final year of the current strategic plan, "Inspiring Through Inclusion: 2017-2021", we focus on the progress and success of the last twelve months. This provides the opportunity to acknowledge the achievements and hard work of all those athletes, participants, coaches and volunteers who have contributed to the development of disability sport in Scotland during 2019/2020.

Meanwhile, with so many of you involved, substantial work has been undertaken towards the development of a new strategic plan that will drive the work of SDS from 2021-2029. We have consulted extensively with you as Branches, athletes, coaches and volunteers as well as with a wide variety of partners. The feedback as well from the online consultation which provided valuable contributions to shape and determine our future focus will be presented at this AGM.

The last year has been a particularly difficult one for us all. COVID-19 has had a particularly significant impact on our athletes and participants many of whom have had to shield for such a long time.

COVID-19 led to the postponing of the Tokyo Summer Paralympic Games and Scottish high-performance athletes must now reset their sights for a rescheduled Games in 2021.

Despite the postponement of the Tokyo Summer Paralympic Games, Scottish athletes with a disability have competed with distinction on the Scottish, UK and International stage and a selection of these achievements can be found within this Annual Report. We take this opportunity to congratulate all those who have succeeded within their chosen sport this year and we wish them all every success for the coming year. We must also recognise the contribution and commitment of the staff, coaches, parents, carers and volunteers who have given freely of their time to support these athletes with their training and competition programmes.

To support athletes, participants, coaches and volunteers during this lockdown period, SDS reacted swiftly and positively. A suite of online resources, communications and learning opportunities were established including the Young Start Programme, Boccia Bonanza Lockdown League, Challenge a Paralympian, Online Coach Workshops, Tuesday Night Live, Be Active Be Well, virtual parasport days, virtual pentathlon, virtual classrooms and Regional Athlete Support. Our member Branches have also established programmes and opportunities to motivate us all during COVID-19 lockdown and a comprehensive regular update was distributed to all member Branches to share information and provide guidance in an ever-changing environment.

SDS member Branches continue to be the entry point into sport and physical activity locally and the primary local support for many participants with a disability. We take this opportunity to thank the volunteers and paid staff who lead the development of grassroots opportunities through SDS Branches across Scotland. Branches working at a local level impact so positively on so many individuals.

We also recognise the vital support provided by our Scottish local authority and Leisure Trust partners in terms of our positive relationships with staff members and resources at a local level.

Working in close partnership with 37 Scottish Governing Bodies of Sport at strategic and operational levels, we all within SDS aim to ensure the seamless inclusion of athletes and participants across sports. We thank all those within Scottish sport who continue to work tirelessly to consider and meet the needs of athletes and participants.



Welcome Message cont

SDS also recognises and fully supports **sportscotland's** commitment to inclusion across all areas of their work. Our sincere thanks go to all **sportscotland** Board and staff members who have actively supported our work in the last year.

The SDS Board continue to work to provide leadership and support across all areas of our work. We take this opportunity to thank Board Directors Claire Morrison, Dave Rhoney, Paul Queen, Colette Martin, Oliver Barsby, Jay Runga, Bryan Winning, Rob Wilson and Theresa Campbell for their continued hard work and commitment.

Our sincere thanks go to the outgoing members of the Young Persons Sport Panel for their significant contribution and we welcome the new panel members and look forward to working with them in the future.

And of course, we must recognise the dedication and tireless commitment of the entire SDS team of staff. This has been a particularly challenging year and yet, SDS staff have maintained the momentum and motivation, while innovating at all times to ensure there are continued opportunities for all participants, players, volunteers, coaches and partners.

We said goodbye to SDS's longest serving staff member Norma Buchanan earlier this year. Norma had worked as Administrator based in the Fife office for almost 20 years and we thank her most sincerely for her hard work and friendship throughout that time. She remains with Disability Sport Fife, which means we still have her continued support.

We were delighted to welcome Phillippa MacDonald to SDS in the post of GOGA Tayside Project Manager who joined during this unprecedented time. We also welcomed Louise Gillespie as maternity cover for our Regional Manager – Central post. Our thanks are also extended to Claire McDonald and Shaun Powell who provided maternity cover for our Regional Manager post in Grampian during 2019/2020. Madison Garland moved to pastures new with Fife Active Schools leaving her post as SDS Boccia Development Officer and we wish her well.

More than ever, SDS is grateful to those organisations who continue to support and invest so greatly in disability sport across Scotland. Our thanks go to **sportscotland**, Spirit of 2012, The London Marathon Charitable Trust, the Celtic FC Foundation, Sainsbury's, Toyota GB, Better Breaks, Sports Aid Scotland, Co-op Funeralcare, Allan McDougall Solicitors, NorDan, Scottish Government Wellbeing Fund and The National Lottery Community Fund along with all those who fundraised themselves and have made personal donations to support our work.

Finally, we would like to take this opportunity to recognise the on-going enthusiasm, hard work and support of all who contribute to the Scottish Disability Sport family.

Once again, thank you all for your involvement with this year's AGM.



Catherine Goodfellow
Chair



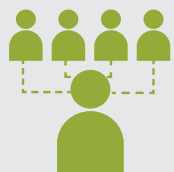
Gavin Macleod
Chief Executive Officer



SDS COVID-19 Support Programmes

During the lockdown period SDS developed a number of online projects and programmes to meet the identified needs of volunteers, coaches, participants and athletes to maintain engagement and support wellbeing.

Branch Communications



A comprehensive regular update during lockdown has been distributed to all 13 member Branches to share information and provide guidance in an ever-changing environment.

Virtual Pentathlon



A return to inter-area competition with participants competing in five athletic events and scoring points for their branch.

#GiveltAGo

Established to encourage individuals and their families to get active and have fun by taking part in an inclusive activity card challenge programme.



Young Start Programme



A comprehensive and varied programme of daily activity was developed from adapted yoga to leadership workshops and from making videos to sign language and everything in between. Mentoring sessions also continued online rather than face to face.

Tuesday Night Live – Athlete Journeys

45-minute

opportunities to hear about the personal journeys of Paralympians and international athletes across a variety of sports.



UKDIT went online

with a 90 min Virtual Classroom UKDIT and an E-Learning Module UKDIT is under development



Regional Athlete Support

SDS Regional Managers have reached out to athletes involved at a regional level to encourage engagement in group discussions and quizzes.

Boccia Bonanza Lockdown League

Created to provide the Scottish Boccia squad, and the wider community, with an opportunity to stay active within the sport during the lockdown period. **The six station Boccia Bonanza resource was adapted for home use and engagement through social media.**

6
station
Boccia
Bonanza

Refreshed Website

The SDS website was refreshed to make it more user friendly to access COVID-19 updates, resources and guidance over the period of lockdown.



Challenge a Paralympian



Scottish Paralympians provided short videos containing advice and inspirational messages.

Online Coach Workshops

A varied programme of coach development workshops including classification, courageous conversations, self-reflection, coaching philosophy and much more.

Virtual Parasport Day

Designed to engage children, young people, adults and their families in a series of activities including warm ups, physical activity, support for mental wellbeing and a **Paralympic Quiz** to round up the day.



Be Active Be Well

Supporting the development and online activity for volunteers, coaches, participants and athletes in response to feedback from individuals requesting additional support.



Key Achievements 2019/2020

Engage and Participate

Identify, engage and sustain participant involvement through quality sporting opportunities.

Branches



All 13 branches continue to achieve the Minimum Operating Requirements and are now engaged in a review process to ensure continued good governance

466 Branch sessions delivered in 2019/2020 which is a **45%** increase from 2018/19

245 Branch events took place in 2019/2020 an increase of **17%** from 2018/19

39 participants from 9 branches attended a Virtual Networking Day in 2020



SDS held a branch conference with 56 attendees from 9 branches

A new SDS Branch Steering Group was created in 2019 to represent branch views in key SDS projects



Pathways

110 individuals have been supported to transition into weekly sessions and clubs



15 new mainstream clubs across 12 sports supported to ensure the effective inclusion of athletes with a disability

25 new athletes have progressed to regional squads or individual support programme in athletics, boccia and swimming



9 swimmers, 5 boccia players and 9 athletes have progressed from Regional to National Programmes

Working in partnership with all 32 Scottish Local Authorities

Events

Over **2000** people engaged in the SDS National Events Calendar across 8 sports



SDS held a residential Summer camp at Badaguish, Aviemore for 36 participants with a physical and sensory disability



4 regional para sport festivals and 1 engagement day have taken place with 271 individuals from 107 mainstream schools in 21 local authorities

A national virtual para sport festival was offered as part of the online programme with **13 participants**.

46% of these were new participants



Key Achievements 2019/2020 continued

Progress and Perform

Supporting athletes to achieve their potential in performance sport.

World Championships



4 Scots won 2 gold, 4 silver and 3 bronze medals at the 2019 World Para Swimming Championships in London.



5 Scots won 4 gold, 1 silver and 1 bronze medals at the 2019 World Para Athletics Championships in Dubai.



3 Scots competed for Great Britain at the 2019 INAS Global Games in Brisbane returning home with 1 silver and 6 gold medals.



Neil Fachie MBE won gold in the B Tandem 1000m Time Trial and silver in the Sprint at the 2020 UCI Para Cycling Track World Championships in Canada.



Wheelchair tennis player, **Gordon Reid MBE**, won the US Open Men's Doubles and the Australian Open Men's Doubles. He was also runner up in the Australia Open Men's Singles.



44 Scots

funded through **UK Sport World Class Programmes**, across 12 sports.



European Championships



George Bates was part of the Great Britain Wheelchair Basketball team that won gold at the 2019 IWBF Wheelchair Basketball European Championships in Poland.



Martin Perry won gold in the para table tennis Team event at the ITTF European Championships 2019 in Sweden.

International



Micky Yule won the Heavy Weight silver medal at the 2019 World Para Powerlifting World Cup in Tokyo. He also won the up to 72kg gold at the World Para Powerlifting World Cup in Manchester.



Neil and Andrew Simpson won Alpine Skiing bronze in the men's visually impaired Giant Slalom at the World Para Alpine World Cup in Slovenia.

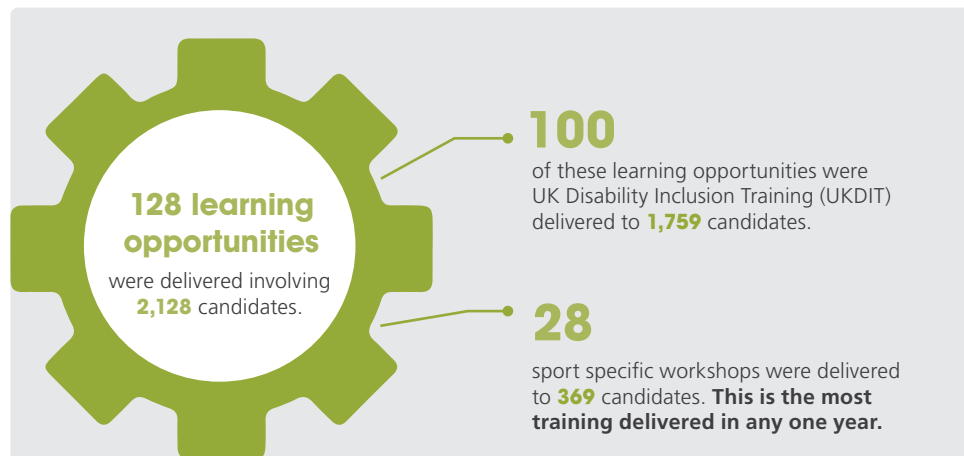


Brett Wild guided **Millie Knight** to gold in the visually impaired Giant Slalom and bronze in the Slalom at the same event.

Key Achievements 2019/2020 continued

Coaching, Education & Learning

Supporting quality assured training, development and learning opportunities.



The Activity Inclusion Model and the STEP framework are now part of the HNC and HND in Sport Coaching.



8 coach bursaries awarded to support developing coaches.

UKDIT, in recent months, has been delivered online as part of a blended learning approach and a UKDIT e-learning module is under development.



INSIGHT

The Observatory for Sport in Scotland is to produce a Disability Sport Research Review which will focus on community level sport in Scotland and a review of boccia in Scotland has been produced in conjunction with sportscotland to provide direction for the future.

SDS delivered 7 coaching seminars involving 103 participants across various topics, latterly the seminars were delivered virtually.



SDS is part of a Coaching Quality Design Team comprising SQA, sportscotland and Scottish Governing Bodies to design and develop new coaching qualifications with inclusion for participants with a disability.

SDS worked with the Chartered Institute of Management for Sport and Physical Activity (CIMSPA) and sister organisations in the Home Countries to develop a population-specific standard for inclusion for participants with a disability.



The Young Start Programme funded by The National Lottery Community Fund has supported 15 young people to transition into coaching through gaining qualifications and building skills, knowledge and confidence.



SDS is working in partnership with Scottish Student Sport on a 6-point plan and with 15 universities and colleges on embedding inclusion across tertiary education.

Key Achievements 2019/2020 continued

Governance

Building a robust and accountable organisation with sound planning, policy and procedures.

COVID-19 Response

A comprehensive programme of online projects and programmes established to meet the identified needs of volunteers, coaches, participants, athletes and partners to maintain engagement and support wellbeing.



£979,475

income generated with key funders including sportscotland, The Celtic FC Foundation, Spirit of 2012, The London Marathon Charitable Trust, Big Lottery Fund, Sainsbury's, Toyota GB and NorDan.



Comprehensive consultation undertaken with 130 partner organisations and groups relating to the production of a new SDS strategic plan.

Safeguarding

SDS have maintained 100% compliance

in the Children 1st Standards for Child Wellbeing and Protection in Sport



Equality

SDS continue to progress towards the Advanced level in the Equality Standard for Sport Framework

Communication

Targeted, effective communication to all partners and individuals.

Online daily programme set up and implemented for Young Persons Sport Panel and the Young Start Programme during COVID-19.

Neil Fachie MBE and Matt Rotherham won the Para-Sport Athlete of the Year and Dundee Dragons Wheelchair Sports Club won the Community Hub, Club or School of the Year at the Team Scotland Scottish Sports Awards.

The SDS Young Start Programme won the sportscotland award in the Transforming Coaching category, Janice Eaglesham MBE was awarded the Lifetime Achievement in Volunteering Award, Jack Calder won the Lifetime Achievement in Coaching Award, Sheila Swan won the High Performance Coach of the Year and Majella Kerr won the Janice Eaglesham Disability Coach of the Year Award at the sportscotland Coaching, Officiating and Volunteering Awards.

The Scottish Wheelchair Curling Team won the Disability Sport Award at the Sunday Mail sportscotland Scottish Sports Awards.



SDS will recruit a new Young Persons Sport Panel in 2020.

SDS presented to the sportscotland Board.

SDS presented to the Scottish Parliament Cross Party Groups on Deafness, Disability, and Sport in the last year.

SDS produced a briefing paper and distributed to all MSPs to support a parliamentary debate on disability sport.

Key Achievements 2019/2020 continued

Boccia

Research into boccia in Scotland is being carried out with support from sportscotland.

12 new UKCC level 1 boccia coaches and **18** level 1 officials were qualified.



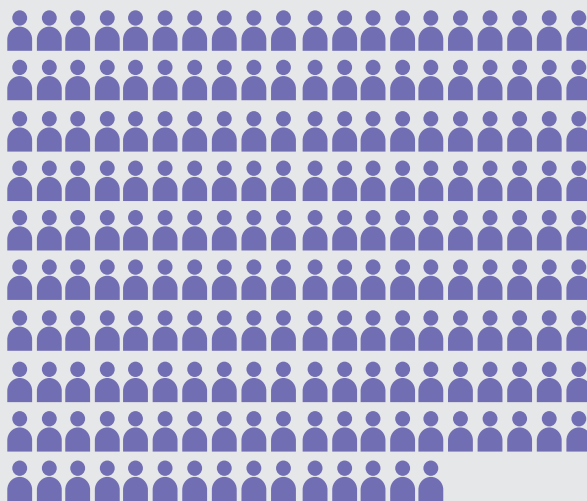
4 Scottish coaches participated in the inaugural UK Coach Advanced Award.

9 new weekly opportunities to participate in boccia have been established in **5** regions and **7** opportunities have been sustained.



New boccia resources have been produced for schools, ready for roll out in autumn 2020.

12 boccia leaders courses



were delivered involving **195** candidates from Shetland to Dumfries and Galloway.

Boccia Conference

SDS ran an inaugural Boccia Conference at the National Sports Training Centre Inverclyde which attracted 40 delegates.

National Boccia Squad Workshops

The National Boccia Squad, coaches and volunteers were supported with a series of workshops some of which have been delivered in conjunction with Boccia UK.



Stephen McGuire won BC4 individual bronze at the 2019 BISFed World Open in Portugal.



4 Scots won 5 bronze medals at the 2019 BISFed European Boccia Championships in Spain.



Scottish Disability Sport Awards 2019



Special Recognition Award
Tracey McCillen



Glasgow Trophy –
Service to Sport Award
Bob Dick



Findlay Calder Trophy –
Athlete of the Year Award
Derek Rae



Dedication to
Para-Football Award
Craig Milne



Elsbeth Watson Trophy –
(Individual outwith SDS who
has contributed significantly
to disability sport)
Jack Calder



Brian Dolan Memorial
Trophy – Swimmer of
the Year Award
Scott Quin



Special Olympics Trophy
2019 World Games Team



Russell Hogg Trophy –
(Development Coach
of the Year)
Pamela Robson



Angus Trophy – Sports
person of the Year Award
(Excluding athletics
and swimming)
**Scottish Wheelchair
Curling Team**



John de Courcy Trophy –
Most Promising Newcomer
Fin Graham



Fife Trophy –
Coach of the Year Award
Sheila Swan



Gordon Brown Trophy –
Athletes' Athlete of
the Year Award
Derek Rae

Summarised Accounts

SCOTTISH DISABILITY SPORT (SDS) – (Company Limited by Guarantee)
SUMMARISED STATEMENT OF FINANCIAL ACTIVITIES – for the year ended 31 March 2020

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £	Total Funds 2019 £
Income from:				
Donations and legacies	11,891	32,469	44,360	50,479
Charitable activities	713,602	227,191	940,793	945,491
Investments	35	–	35	–
Total income	725,528	259,660	985,188	995,970
Expenditure on:				
Charitable activities	691,385	288,229	979,614	969,709
Net income and movement in funds	34,143	(28,569)	5,574	26,261
Reconciliation of funds:				
Total funds brought forward	432,919	108,055	540,974	514,713
Total funds carried forward	467,062	79,486	546,548	540,974
SUMMARISED BALANCE SHEET at 31 March 2020			2020 £	2019 £
Tangible fixed assets			10,948	13,901
Current assets				
Stocks			454	2,838
Debtors			82,420	62,097
Cash at bank and in hand			527,444	540,042
			610,318	604,977
Creditors: Amounts falling due within one year			(74,718)	(77,904)
Net current assets			535,600	527,073
Net assets			546,548	540,974
Funds				
Unrestricted funds			467,062	432,919
Restricted funds			79,486	108,055
			546,548	540,974

The summarised accounts are a summary of information extracted from the full annual accounts and therefore may not contain sufficient information to allow a full understanding of the financial affairs of the Charity. For further information the full annual accounts and the auditor's report on those accounts should be consulted; copies of these can be obtained from the Company Secretary.

C Goodfellow

Chair

27 September 2020

Auditor's Statement

In our opinion the summarised accounts are consistent with the full annual accounts from which they are extracted. Our audit report on the full annual accounts was unqualified.

Paul Marshall (Senior Statutory Auditor)

For and on behalf of Geoghegans, Statutory Auditors

27 September 2020

Acknowledgements

Scottish Disability Sport acknowledges the many agencies that have supported its activities during the past year and wishes to thank the following in particular:

sportscotland

Spirit of 2012

The London Marathon Charitable Trust

The National Lottery Community Fund

Sainsbury's

Toyota GB

Celtic FC Foundation

Sports Aid Scotland

Better Breaks

Co-op Funeralcare

NorDan

Allan McDougall Solicitors

Scottish Disabled Sports Trust

Scotland's Local Authorities and

Scotland's Governing Bodies of Sport

Scottish Government Wellbeing Fund

and in particular

Scottish Athletics and British Athletics

Boccia UK

Scottish Curling & Scottish Wheelchair

Curling Association

Scottish Football Association

Table Tennis Scotland

Scottish Cycling

BADMINTONscotland

Basketballscotland

Scottish Swimming

Tennis Scotland

Scottish Canoe Association

JudoScotland

Bowls Scotland

Triathlon Scotland

Scottish Rowing

Scottish Target Shooting

Paths for All

SAMH

RNIB

British Blind Sports

Guide Dogs Scotland

CIMPSA

Sported

Observatory for Sport In Scotland

Scottish Sports Association

Scottish Student Sport

Fife Sports and Leisure Trust and

Michael Woods Sport and Leisure Centre

Glasgow City Council

Scotland's Local Sports Councils

Special Olympics Scotland

Commonwealth Games Scotland

British Paralympic Association

Disability Sport Northern Ireland

Disability Sport Wales

Activity Alliance

Boccia England

United Kingdom Sports Association

UK Coaching

Plan4Sport

Active Advantage

Children 1st

mortonward

Photographs taken by:

SDS, Laurence Bissett, Scottish FA & LTA

sportscotland
the national agency for sport



Sainsbury's



Scottish Disabled Sports Trust



SPORT FOR LIFE

Our vision is an active Scotland where everyone benefits from sport.

In an active Scotland we will all find ways to be physically active every day. Keeping moving at home and at work. Taking an active approach to getting around. Choosing to be active in our leisure time.

An active Scotland is one where people are encouraged to take part in sport at all levels, meeting fewer barriers and feeling more included.

sportforlife.org.uk

#SportForLife





Scottish Disability Sport

Leading inclusive sport in Scotland for participants and athletes with physical, sensory or learning disabilities.

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Scottish Disability Sport is a registered Scottish Charity and Company Limited by Guarantee
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