

Scottish Disability Sport Regional Round Up

Tayside – Autumn 2020



SDS Online Activities

We have had lots of online activity programmes to get involved in over the summer months as we supported people with a disability. Our **Be Active Be Well** programme captivated a large audience including 39 new people. There was something for everyone and our team has created this video to give you a flavour of what we did and the impact of the programme - <https://www.youtube.com/watch?v=iQFyKGKhL0s>

The **Be Active Be Well** virtual physical activity sessions are restarting with Friday HIIT sessions and Monday morning Yoga sessions as of Friday 16 October until March 2021 with a break at Christmas. If you would like to participate, contact admin@scottishdisabilitysport.com

SDS Virtual Parasport Day



Following the success of our first virtual **Parasport** day in July, we are doing it all over again on Saturday 3rd October.

To support pupils from P1 – S6 with a physical, learning or sensory disability, the event will be a mixture of live coaching sessions including Dance, Football and Tennis, a SAMH workshop, chomp & chat and other meaningful activities.

Click [here](#) for more information and to register.

SDS Virtual Pentathlon

In partnership with Scottish Athletics, our Virtual Inter-Branch **Pentathlon** started in September to deliver a series of five athletic challenges to their members and participants over a five-week period including 75m Shuttle run, Target Throw, Standing Long Jump, 400m and Speedbounce. Almost 150 people of all ages and abilities have signed up from across our three Tayside disability sport branches showing there remains real demand in our region for events that bring so many people together whether that's virtually or in person.

SDS Tuesday Night Live with Paralympians

Every second **Tuesday Night** we have been delivering 30-45 minute webinars with Paralympic athletes on their careers to date. Here we gain an insight into how they got involved, what motivates them, what their career highlights have been as well as their future aspirations. Athletes include Curler [Aileen Nielson](#), Boccia player [Stephen McGuire](#), Swimmer [Scott Quinn](#), Goalball player [Samantha Gough](#), Wheelchair Basketball player [Robyn Love](#), [Martin Perry](#) from Table Tennis and more.

SDS Young Persons Sport Panel

The Scottish Disability Sport **Young Persons Sport Panel** has been appointed! Young people from across Scotland were nominated and I am delighted that **Murran MacKay** from Angus and **Cadyn Thomson** from Perth & Kinross will represent Tayside. Gemma Lumsdaine will remain as a mentor. The panel aims to:

- Provide a voice for young people with a disability in sport.
- Give young people with disabilities an opportunity to gain continuous professional development and experience.
- Be a Key consultation group for SDS strategy and programmes and ensure a young persons perspective is highlighted in key areas.
- Share expertise and influence communication across sports and throughout Scotland.



SDS Phase 3 Return to Sport and Physical Activity Guidance Paper (updated 10 September)

This guidance is being produced to support athletes, participants with a disability, SDS Branches, coaches, volunteers and staff on Phase 3 of the return of outdoor sport and physical activity in Scotland. This guidance follows the Scottish Government's updates route map Coronavirus (COVID-19) Phase 3 and is downloadable from the [Scottish Disability Sport website](#)

In addition, SDS has also produced our Return to Boccia guidance : [Return to Boccia](#)

Further information on supporting the inclusion of participants with a disability can be found [here](#)

If you require any assistance, please get in touch

SDS Branch Conference, AGM & Awards



Our annual **Branch Conference, AGM & Awards** took place virtually on the Sunday 27th September. Congratulations to all the award winners, especially **Dr Elizabeth Ferris** from Tayside who won the Special Recognition award for her contribution to disability and Dundee Dragons. **Gemma Lumsdaine** received the SDS bursary to support in her coaching journey and **Perth & Kinross Disability Sport** were awarded their reaccreditation for the SDS Minimum Operating Requirements.

SDS Education and Learning

Virtual resources have been developed for the theory section of the **UK Disability Inclusion Training** workshop and four of these workshops were delivered in partnership with our local Disability Sport branches. A total of 60 coaches, volunteers, education staff, teachers and young leaders attended from across Tayside. There will be more courses delivered at the start of 2021, taking a blended approach to practical and virtual learning if safe to do so.

The UK **Boccia Workforce Development Group** are pleased to announce the launch of a brand new series of online learning. This schedule of CPD initially runs from September to March, and is open to all members of the boccia community to support their learning and development. The content themes range from coaching, officiating, classification, boccia equipment, athlete experiences and more. The sessions have been funded by the UK home nations and therefore completely free to attend, but places are limited so book early to avoid disappointment. To view the full list of sessions and to book online, [click here](#)

Tayside Visual Impairment Sport & Physical Activity Group

We have recently created this group with key partners and stakeholders from across Tayside to develop opportunities for people with a visual impairment to participate in sport and physical activities. We have received some great feedback so far from the surveys we sent out to gauge what the demand is and look forward to developing this in the coming months.

Get Out Get Active Tayside (GOGA)



I am excited to see the start of **GOGA Tayside's** new online all ability activity programme. GOGA pulled together this exciting and varied programme following research and feedback into their activity survey. Activities include All-ability Yoga, All-ability Strength and Balance, All-ability Chair based activity All-ability Circuits and All-ability Family Yoga. These activities are free to access, did not require additional equipment and have been hugely successful with all participants so far.

For more information, please contact Phillippa.mcdonald@scottishdisabilitysport.com

Local Disability Sport Branches

Our branches in Angus, Dundee and Perth & Kinross have all been looking to strengthen their management board with new committee members recently, if you would like to get involved in shaping disability sport in your local area then please get in touch for more information graeme.doig@scottishdisabilitysport.com