



Scottish Disability Sport

Our Vision – Sport and physical activity in Scotland are welcoming and inclusive for participants with disabilities.



Annual Report

2020-2021

www.scottishdisabilitysport.com

Welcome Message 2021

A very warm welcome to the 58th Annual General Meeting of Scottish Disability Sport (SDS) which will once again be held online in 2021. This annual report acts as an opportunity to celebrate an extraordinary year for the Association and you, as Branches, athletes, participants, coaches and volunteers. This extraordinary year culminated in the staging of the delayed 2020 Summer Paralympic Games in Tokyo.

In April, SDS launched the new strategic plan, 'Inspiring Through Inclusion: 2021-2029', that will guide the work of the Association for the next eight years. The development of this plan followed a comprehensive consultation process involving 320 individuals and 130 different partner organisations, Branches, athletes, coaches and volunteers. Our sincere thanks to all those who contributed to this important process which shapes everything we do.

COVID continued to have a significant impact on the lives of participants and athletes with disabilities during 2020/21. Our focus, time and energy have been dedicated to supporting individuals by delivering events, programmes and training opportunities all converted to be online. With different stages of Government advice, we produced guidance and resources designed to support a phased return to physical activity and sport. More recently, it has been gratifying to witness a gradual return to face-to-face activity, competition and delivery, indicating a more positive picture for the year ahead. COVID led to the postponing of the Tokyo Summer Paralympic Games

in 2020 so it was fantastic to see 33 Scottish athletes, pilots, guides and ramp assistants selected to represent ParalympicsGB at the rescheduled Games this year. Scottish athletes have a rich history of success at these Games and this continued in Tokyo with Scots returning home with an impressive 2 gold, 9 silver and 10 bronze medals. We congratulate all those Scots who were selected to compete for ParalympicsGB in Tokyo and recognise the significant contribution and commitment of the staff, coaches, parents, carers and volunteers who have supported them to achieve their goal.

Throughout the year, SDS member Branches continued to act as the gateway to local physical activity and sport opportunities for participants with disabilities. The 13 SDS member Branches work tirelessly to support local providers to be inclusive in their practice. We take this opportunity to recognise and thank the volunteers and paid staff who drive forward this work at a local level. We are also sincerely grateful to our Scottish Local Authority and Leisure Trust partners across the country who work closely with our member Branches to ensure the physical activity and sporting needs of participants with disabilities are met.

SDS enjoys strong partnerships with Scotland's Governing Bodies of Sport and benefits significantly from their sport specific expertise, knowledge, workforce and resources. 37 Scottish Governing Bodies of Sport are currently working closely with



SDS to embed inclusive practice at a strategic and operational level ensuring equality of opportunity across sporting pathways. We sincerely thank all those within Scottish sport who continue to strive to ensure that the opportunities and pathways are in place for all participants and athletes with disabilities.

In recent months, SDS has worked especially closely with **sportscotland** to identify how we can best contribute to supporting **sportscotland's** commitment to inclusion across all areas of their work. We take this opportunity to thank staff at **sportscotland** involved in these positive discussions as well as all those who have actively supported our work over this last year.

Welcome Message continued

From an SDS staff perspective, 2020/2021 was a particularly busy period as we continued to adapt to the impact of COVID and gradually prepare for a much anticipated return to face-to-face physical activity and sport, while still working from home. We recognise the huge amount of work that has been undertaken to ensure that opportunities have continued to be made available to support participants, athletes, volunteers, coaches and partners during this challenging time.

It was the end of an era recently as Richard Brickley OBE MBE took the decision to retire from his involvement in disability sport in Scotland having been a leader and influencer for more than 40 years. Everyone involved with SDS would like to take the opportunity to wish Richard health and happiness in his retirement. His knowledge, experience and friendship will be greatly missed.

In the last year we said farewell to staff members Jamie Arthur and Louise Paul as they moved on to pastures new. During this period we welcomed Tammy Fleuchar and Susan Johnstone to the positions of GOGA Tayside Programme Officer. We congratulated Jennifer and Oliver Barsby on the arrival of their son and welcomed Victoria Clark who will provide maternity cover as Opportunities & Equality Manager. Louise Gillespie re-joined as Regional Manager – North & South Lanarkshire, while former athlete Craig Smith took on the role as Young Persons Sport Panel Administrator and Chris Summersell joined SDS in the new role of Communications Manager.

SDS Board Members have contributed significantly throughout this year as they govern and lead on much of the work which goes unseen, such as shaping the new strategic plan, actively contributing to achieving the Advanced Level of the Equality Standard for Sport and the external audit which awarded SDS the highest level of assurance. Our sincere thanks go to Board Directors Claire Morrison, Oliver Barsby, Paul Queen, Colette Martin, Jay Runga, Bryan Winning, Theresa Campbell, Rob Wilson and Lori Ure for their continued support and commitment.

In these uncertain times, SDS is indebted to the following organisations and bodies for their ongoing support and investment. Our sincere thanks go to **sportscotland**, Spirit of 2012, The London Marathon Charitable Trust, the Celtic FC Foundation, Toyota GB, Better Breaks, Sports Aid Scotland, Allan McDougall Solicitors and The National Lottery Community Fund as well all those who have fundraised or donated to support our work.

In conclusion, we thank you all for your attendance at this year's AGM and for your endeavour and support of disability sport in Scotland during 2020/21.



Catherine Goodfellow
Chair



Gavin Macleod
Chief Executive Officer



Tokyo Paralympic Summer Games

SDS would like to take this opportunity to recognise and congratulate those Scottish athletes, coaches and support staff who were selected to represent ParalympicsGB at the 2020 Tokyo Summer Paralympic Games.



Aileen McGlynn OBE
Para Cycling



Alison Peasgood
Para Triathlon



Andrew Mullen
Para Swimming



Ben Rowlings
Para Athletics



Connor Morrison
Para Swimming



Derek Rae
Para Athletics



Finlay Graham
Para Cycling



Gary McCowan
Boccia



Gordon Reid MBE
Wheelchair Tennis



Hazel Macleod
Para Triathlon



Jamie McCowan
Boccia



Jenny Holl
Para Cycling



Jo Butterfield MBE
Para Athletics



Jude Hamer
Wheelchair Basketball



Lesley Stewart
Para Shooting



Lewis Stewart
Para Cycling



Libby Clegg MBE
Para Athletics



Linda McCowan
Boccia



Louis Lawlor
Para Swimming



Maria Lyle
Para Athletics



Melanie Woods
Para Athletics



Micky Yule
Powerlifting



Nathan MacQueen
Para Archery



Neil Fachie MBE
Para Cycling



Owen Miller
Para Athletics



Robyn Love
Wheelchair Basketball



Samantha Kinghorn
Para Athletics



Scott McCowan
Boccia



Scott Quin
Para Swimming



Stef Reid MBE
Para Athletics



Stephen Clegg
Para Swimming



Stephen McGuire
Boccia



Toni Shaw
Para Swimming



SDS COVID and Return to Physical Activity and Sport Support Programmes

Throughout the year SDS has developed and implemented programmes and resources designed to meet the needs of participants, athletes, coaches and volunteers and ensure an inclusive and equitable return to physical activity and sport as outlined in response, recovery and return below.

Response

Guidance and Communications



- **Guidance was developed and updated in line with Scottish Government and sportscotland recommendations and was shared with Branches, clubs and other key partners to support during the COVID lockdown.**
- **Monthly communications were circulated to all Branches to support, update and advise throughout COVID.**

SDS developed the online Be Active Be Well programme, in partnership with the Scottish Association for Mental Health, to meet the mental wellbeing and physical needs of participants with disabilities during COVID. The programme comprised a variety of physical activity and sport sessions and learning opportunities for all age groups attracting **2,577** participants over **241** opportunities.



- **The Spirit of 2021 and London Marathon Charitable Trust funded Get Out Get Active programme run in partnership with NHS Tayside with the aim of supporting the inactive to become active, which went online and involved 492 participants over 322 sessions.**



Education and learning programmes moved online upskilling **1,899 participants** over 132 opportunities across all age groups and **75% of participants were women**. There was also an increased uptake from participants from rural or island communities.

Recovery

A series of forums were established with Branches, clubs, participants, athletes and volunteers to ensure information, support and advice were provided in preparation for a return to sport.



Video resources

Three video resources were produced focussing on a safe return to physical activity and sport and distributed to Local Authorities and Leisure Trusts, Scottish Governing Bodies of Sport and clubs to support the needs of participants and athletes with disabilities in their return to physical activity and sport.



- **Support was provided on an individual basis to Scottish Governing Bodies, clubs, Branches, coaches, volunteers, participants and athletes to return to physical activity and sport.**



Return

Regional and national squads in boccia, football and swimming were supported to return safely in line with the relevant Scottish Government and sport specific guidance.



- **53 clubs and 98 individuals have been supported to return to sport across Scotland.**

6

daily summer sessions were held in Lothian, Grampian, Fife, Perth & Kinross and North Ayrshire, with Whizzkidz and Better Breaks, attracting 116 participants.

5

SDS Branches and four Local Authorities and Leisure Trusts were supported to run summer activity sessions for young people with disabilities as part of the Scottish Government's **Get Into Summer** campaign.



Two athletics engagements days have taken place in partnership with Scottish Athletics and 13 partners attracting 38 participants.



Key Achievements 2020–2021

Engage and Participate

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

Branches



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

29 attendees from **11 Branches** attended a **Virtual Networking Day**



SDS held a virtual Branch Conference with **58 attendees** from **13 Branches** and **1 potential new Branch**

SDS delivered six online Branch Seminars in 2020/21



The **SDS Branch Steering Group** continues to represent Branch views in key SDS projects and guides development

Club Development

A new resource is currently being developed to provide all mainstream clubs across Scotland with information and resources to support inclusive practice through all areas of their club. This will be piloted at the end of the year.



98 individuals have been supported to return to sport
53 clubs and

Events

Over **1200** Branch athletes participated in SDS National Virtual Events in 2020/21

Branch athletes participated in SDS National Virtual Events in 2020/21

1 virtual parasport festival has taken place with **13 participants**



The Spirit of 2012 and London Marathon Charitable Foundation funded Get Out and Get Active (GOGA) programme, co-ordinated in partnership with NHS Tayside, has supported **492 inactive people to become active** through **322 online and face-to-face activities over a 46 week period.**



Pathways

31 new individuals

from underrepresented groups supported to engage in physical activity and sport



18 new mainstream clubs supported to provide effective inclusion of disabled athletes across 7 sports

SDS Regional Managers have supported the National Get into Summer Programme by working in partnership with **5 Branches** and **4 Local Authorities** to provide opportunities for **385 participants** across Scotland.



Key Achievements 2020–2021 continued

Progress and Perform

Supporting athletes to achieve their potential in performance sport.

Tokyo 2020 Summer Paralympic Games



33 Scots were selected for ParalympicsGB to compete at the Tokyo 2020 Summer Paralympic Games, which equates to 14.5% of the overall team size. **73% of the 33 Scots** have been supported by SDS during their career.

42% of the Scottish athletes won a medal at Tokyo 2020.

Eight from the **14** Scottish medal winners won their **first** Paralympic medal at Tokyo 2020.

Scottish athletes won **14.5%** of the ParalympicsGB overall medal tally.

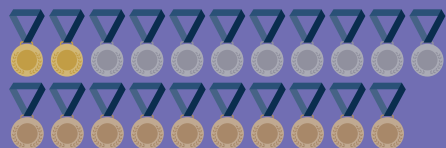


Scotland produced two Paralympic Champions:

Neil Fachie MBE (Para Cycling) in the Tandem B 1km Time Trial

Owen Miller (Para Athletics) in the T20 1500m

Scottish athletes were represented in 10 sports, five of which returned medals.



Scottish athletes won:

2 Gold | 9 Silver | 10 Bronze

Scottish Medals at Summer Paralympic Games

| Paralympic Games | Number of Medals |
|------------------|------------------|
| London 2012 | 11 |
| Rio 2016 | 17 |
| Tokyo 2020 | 21 |



World Championships



Wheelchair tennis player **Gordon Reid MBE**, and playing partner **Alfie Hewett**, made history by winning all four Men's Wheelchair Grand Slam Doubles titles in the same year.



Fin Graham won bronze in the C3 Time Trial at the 2021 UCI Para-cycling Road World Championships in Estoril, Portugal.

European Championships

Seven Scottish athletes represented Great Britain at the World Para Athletics European Championships in Bydgoszcz, Poland.



Maria Lyle won Gold in both the T35 100m and 200m;



Libby Clegg MBE won Gold in the T11 200m;



Kayleigh Haggo won Gold in the RR3 100m;



Stef Reid MBE won Bronze in the T64 Long Jump;



Alexander Thomson won Bronze in the T38 200m.

International



Lesley Stewart won Bronze at the 2021 World Shooting Para Sport Lima World Cup in the SH1 50m 3 Positions Rifle, which secured her selection for the Paralympic Games in Tokyo.



Micky Yule won -80kg Silver at the 2020 World Para Powerlifting World Cup in Manchester.



Alison Peasgood won Gold in the 2021 PTVI ITU Para Triathlon World Cup series event in Besancon, France.

Athlete Academy



The SDS Athlete Academy was relaunched in partnership with SportsAid Scotland and supports **27** athletes across **12** different sports.

World Class Programme

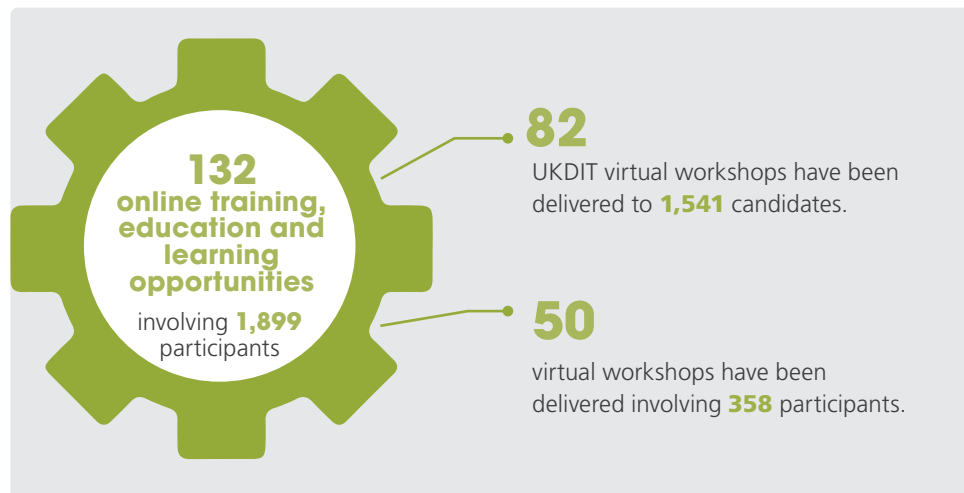
45 Scottish athletes on a UK Sport funded programme, across 12 sports.



Key Achievements 2020–2021 continued

Coaching, Education & Learning

Supporting quality assured training, development and learning opportunities.



An e-learning module, Introduction to Inclusive Practice, has been developed and is now available.

SDS is part of a coaching quality design team comprising the SQA, sportscotland and Scottish Governing Bodies of Sport to design and develop new coaching qualifications. Level 5 and 6 have been developed embedding inclusion for participants with disabilities.



The Observatory for Sport in Scotland has produced a disability sport research review which focuses on community level sport in Scotland. Further research is being conducted regarding disability sport in 2021-2022.

Continue to work in partnership with Scottish Student Sport and

- six colleges to support delivery of the new Inclusive Sport and Physical Activity for Participants with Disabilities unit, and
- universities to embed inclusion within primary and PE undergraduate courses.



The Be Active Be Well (BABW) programme developed in conjunction with the Scottish Association for Mental Health was the winner of the UKCoaching, Coaching for an Active Life Award. The BABW programme was also a finalist of the Scottish Women in Sport Innovation Award.

SDS delivered seven Coaching and six Branch Seminars online across various topics.



The SDS Young Start Programme has been funded by the National Lottery Communities Fund for a further three years. This has allowed a cohort of 14 young people with disabilities to transition into coaching through gaining qualifications and building skills, knowledge and confidence.

Key Achievements 2020–2021 continued

Governance

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

Following a comprehensive consultation process, involving 320 individuals from 130 organisations/groups, the new SDS Strategic Plan “Inspiring Through Inclusion 2021-2029” launched on 1st April 2021.

Strategic plan presentations have been delivered to 55 key partners, including Local Authorities/Leisure Trusts, Scottish Governing Bodies of Sport/ Sports Groups, disability support organisations and **sportscotland**.



SDS achieved the highest level of assurance following an enhanced **sportscotland** Development Audit conducted by KPMG.

Equality

SDS has achieved the Advanced Level of the Equality Standard for Sport which is the top level in the framework and achieved by only 4 Scottish Governing Bodies of Sport to date.

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.



£807,655

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

Safeguarding

SDS have maintained 100% compliance

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



Communication

Targeted, effective communication to all partners and individuals.

SDS has employed a Communications Manager and a Communications Group has been established in partnership with **sportscotland**.

SDS “Paracast” podcast has been established featuring the journeys of Scotland's top athletes with disabilities.



Monthly Spotlight on Sport articles have been produced, highlighting best practice in terms of the inclusion of participants and athletes with disabilities across Scottish sport.



New visual impairment sport development groups have been developed in partnership with **RNIB** in East, West (2), Grampian and Tayside. The purpose of these groups is to work with partners in health education and sport to identify need and provide more opportunities for participants with visual impairments to engage in physical activity and sport.



SDS recruited a new Young Persons Sport Panel with **14** members in September 2020 who will serve for 3 years. The Panel continues to be a consultation group for SDS helping shape future strategy and operations.

85 professional officers including Active Schools Coordinators and Community Sports Hub Officers from **30** Local Authorities attended Local Authority Professional Officers Group meetings.

The inaugural meeting of the newly established Deaf Sport Group took place with representatives from Scottish Governing Bodies of Sport and agencies that support individuals living with hearing loss/deafness.



Key Achievements 2020–2021 continued

Boccia

36% of the Boccia UK World Class Programme is **Scottish** (44% if ramp assistants are included).

5 Scottish players and ramp assistants were selected to represent ParalympicsGB at the Tokyo 2020 Paralympic Games, which is 42% of the overall boccia team.

Jamie McCowan, BC3

Scott McCowan, BC3

Stephen McGuire, BC4

Gary McCowan, BC3 Ramp Assistant

Linda McCowan, BC3 Ramp Assistant

Boccia clubs in Scotland have been supported to return to sport by SDS staff.



A new Boccia Development Toolkit has been developed to ensure clubs have the right resources to develop strong governance and processes.



In conjunction with home country organisations, a series of **18 workshops** were delivered to support learning within the boccia community.

Equipment

SDS undertook a review of national players' equipment and provided them with a bespoke equipment setup relevant to their ability and classification.



A Level 1 Boccia Coaching qualification has been developed using a blended learning approach and aligned to the new Scottish Coaching Certificate.



Club Forum



SDS continued to work through the national Boccia Club Forum to offer return to sport guidance as well as other topical boccia matters.

A Level 1 Boccia Officials' qualification has been developed using a blended learning approach.



Scottish Disability Sport Awards 2020



Special Recognition Award
Dr Elizabeth Ferris



Elspeth Watson Trophy –
Individual outwith SDS
who has contributed
significantly to disability sport
Robin Walker



Findlay Calder Trophy –
Athlete of the Year Award
Maria Lyle



Dedication to
Para-Football Award
Willie Pettigrew



Russell Hogg Trophy –
Development Coach
of the Year
John D'Ambrosio



Brian Dolan Memorial Trophy –
Swimmer of the Year Award
Toni Shaw



Special Olympics Trophy
**Special Olympics Grampian
National Winter Games
Organising Committee**



Fife Trophy –
Coach of the Year Award
Jamie Bowie



Angus Trophy –
Sports person of the Year
Award (excluding athletics
and swimming)
Gordon Reid MBE



John de Courcy Trophy –
Most Promising Newcomer
Meggan Dawson-Farrell



Janice Eaglesham Trophy –
Club of the Year
Fife Athletic Club



Gordon Brown Trophy –
Athletes' Athlete of
the Year Award
Dominic Iannotti



Glasgow Trophy –
Service to Sport
Ian Dunn

Summarised Accounts

SCOTTISH DISABILITY SPORT (SDS) – (Company Limited by Guarantee)
SUMMARISED STATEMENT OF FINANCIAL ACTIVITIES – for the year ended 31 March 2021

| | Unrestricted Funds £ | Restricted Funds £ | Total Funds 2021 £ | Total Funds 2020 £ |
|---|----------------------------|--------------------------|--------------------------|--------------------------|
| Income from: | | | | |
| Donations and legacies | 1,942 | 2,177 | 4,119 | 44,360 |
| Charitable activities | 634,072 | 169,415 | 803,487 | 940,793 |
| Investments | 49 | - | 49 | 35 |
| Total income | 636,063 | 171,592 | 807,655 | 985,188 |
| Expenditure on: | | | | |
| Charitable activities | 622,937 | 123,011 | 745,948 | 979,614 |
| Net income and movement in funds | 13,126 | 48,581 | 61,707 | 5,574 |
| Reconciliation of funds: | | | | |
| Total funds brought forward | 467,062 | 79,486 | 546,548 | 540,974 |
| Total funds carried forward | 480,188 | 128,067 | 608,255 | 546,548 |
| SUMMARISED BALANCE SHEET at 31 March 2021 | | | 2021 £ | 2020 £ |
| Tangible fixed assets | | | 6,492 | 10,948 |
| Current assets | | | | |
| Stocks | | | 3,932 | 454 |
| Debtors | | | 39,983 | 82,420 |
| Cash at bank and in hand | | | 666,087 | 527,444 |
| | | | 710,002 | 610,318 |
| Creditors: Amounts falling due within one year | | | (108,239) | (74,718) |
| Net current assets | | | 601,763 | 535,600 |
| Net assets | | | 608,255 | 546,548 |
| Funds | | | | |
| Unrestricted funds | | | 480,188 | 467,062 |
| Restricted funds | | | 128,067 | 79,486 |
| | | | 608,255 | 546,548 |

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

2021

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

2021

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

SportsAid Scotland

Better Breaks

Allan McDougall Solicitors

Scottish Disabled Sports Trust

Scotland's Local Authorities/Leisure Trusts

and Scotland's Governing Bodies of Sport

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

JudoScotland

Bowls Scotland

Triathlon Scotland

Scottish Rowing

Scottish Target Shooting

Paths for All

SAMH

RNIB

British Blind Sports

Guide Dogs Scotland

Observatory for Sport In Scotland

UK Deaf Sport

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

for People with Learning Disability

UK Coaching

Active Advantage

Children 1st

mortonward

weeflee productions

Photographs taken by:

SDS, Laurence Bissett, Scottish FA & LTA,

British Paralympic Association, imagecomms

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



sportscotland.org.uk

sportscotland
the national agency for sport



Scottish Disability Sport

Our Vision – Sport and physical activity in Scotland are welcoming and inclusive for participants with disabilities.

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Scottish Disability Sport is a registered Scottish Charity and Company Limited by Guarantee
Charity No: SC009609 • Company No: SC246327