



Fife
Scotland



Welcome to the 2nd edition
of the GOGA in Fife newsletter

Fife Couple Inspired by GOGA in Fife

The Get Out Get Active (**GOGA in Fife**) programme plans to encourage and support inactive individuals and groups to engage and remain “active for life”. It focuses on increasing the number of people who are active, through effective engagement and signposting to local quality physical activity options.

Supported by Spirit of 2012, **GOGA in Fife** will inspire children, young people and adults with a physical, sensory or learning disability, plus **significant others**, to access and enjoy active recreation, including sport. **GOGA in Fife** is inclusive in ethos and practice and involves key Disability Sport Fife partners Fife Council, Fife Sports and Leisure Trust, Scottish Disability Sport, the local voluntary sector and three national partners concerned with walking, cycling and swimming.



Allan and Mandy Robertson from Glenrothes are two DSF members who are benefitting from **GOGA in Fife**. Allan has always been active and has an impressive track record of representing DSF in a number of sports. Along with wife Mandy he has embarked on a daily walking programme that is recorded in a DSF diary and celebrated at an agreed time each month in the DSF office. They now also swim together in a DSF session supported by **GOGA**. There is a clear commitment by this Fife couple to be more active more often and the introduction of **GOGA in Fife** provides an incentive for change. Well done Allan and Mandy.

Walking Football



ActiveFife
A way of life

Thanks to support from the Scottish FA and the Fife Sports and Leisure Trust, Project Walking Football is up and running at the Beacon Leisure Centre in Burntisland as part of the Go Out and Get Active programme (**GOGA in Fife**). The aim is to encourage non active football followers to become active through involvement in the game they know and love. Scottish FA coach Dave Costello leads the sessions. West Fife CSS, Central Fife CSS and Balwearie HS have signed up players for the Thursday morning sessions. DSF is indebted to Davie Honeyman and Lee Bailey from the Scottish FA for their continued support of football for players with additional support needs in Fife.

Walking/Pushing



Vivienne McNiven from Bums Off Seats will tutor the second Walk Leaders Course as part of the **GOGA in Fife** programme on Wednesday 24th May at the Michael Woods Sports and Leisure Centre in Glenrothes. The 5 hour course will be a repeat of the successful Walk Leaders Course held last November. Registered candidates come from Education, Health and Social Care, the Voluntary Sector and the local community. Course two plans to create a team of walk leaders plus peer mentors from the population of active participants with additional support needs to support, encourage and motivate non active individuals to become involved in regular walking. DSF already has a small team of DSF athlete peer mentors who successfully support learners in multi sport and sport specific settings and the second walk leaders course has been set up to grow this team.

GOGA in Fife

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Last season Dovecot Bowling Club joined the ranks of inclusive bowling clubs linked to **GOGA in Fife**. Two club members attended a Sports Coach UK How to Coach Disabled People in Sport workshop organised by DSF and thereafter the link was established.

Support from the Association of Fife Rotary Clubs led to the purchase of new equipment and support with club fees. Inclusive bowls opportunities were then established at the Dovecot club on Tuesdays and Wednesdays. Since the start of the 2017 season numbers have grown steadily and the young bowlers with additional support needs are enjoying all that an inclusive community bowls club has to offer.

DSF has secured additional equipment from DSF supporters in bowling clubs in central Fife. These donations help cut down the costs for new participants. Any potential bowler living in central Fife who wants to access a fully inclusive, friendly Glenrothes club should contact either of the following: DSF Administrator norma.buchanan@fife.gov.uk or Mike or Joan Mowat 01592 566811 or email the secretary borntotalk@msn.com – www.dovecot.info

Active family



The Davidson family from Inverkeithing recently enjoyed a spectacular weekend at the UK Dwarf Sports Association National Games in Birmingham. Mum Hailey has only recently returned to active participation. DSF is a much richer organisation since Hailey, Skye and Finlay signed up a few months ago. From martial arts to swimming, athletics to team games, if there is an opportunity to be active the Davidsons will jump at the opportunity to join in. By attending the DSF Thursday run, jump and throws session at Pitreavie, track and throwing skills in particular have improved immensely.

The Davidson family are supportive of the Get Out and Get Active programme in Fife (**GOGA**) and value enormously the benefits of regular involvement in active recreation and sport. Hailey is keen to encourage as many Scottish families with children with achondroplasia to follow their lead. Hailey has become a great supporter of **GOGA in Fife** and the UKDSA.

DSF sessions



DSF now has 40 weekly sessions in its 40th anniversary year available to individuals who sign up for **GOGA in Fife** as a participant, volunteer or peer mentor. DSF sessions are organised in conjunction with the Fife Sports and Leisure Trust, Fife Council or local Fife sports clubs.

Support from **GOGA in Fife** has enabled DSF to promote DSF sessions extensively and bring on board new coaching personnel, volunteers and peer mentors. Consequently the programme has experienced a rise in interest and increased numbers. The deployment of additional coaches and volunteers has had an impact on the quality of the session content.

DSF will continue to develop local opportunities (sessions) where learners can access quality active recreation opportunities within their local communities. DSF will strive to equip participants with the skills that will enable them to be more with their family, friends and significant others.

cycling

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DSF has been working with national partner Fabb, Blazing Saddles and Outdoor Education Fife on a promotional video that will be filmed at Lochore Meadows Country Park on Wednesday 17th May. The video will showcase models of good practice in group cycling and highlight the adapted equipment and professional expertise available to users of the park of all levels of ability. Key objectives are to promote Lochore Meadows as a well established welcoming outdoor education environment and cycling as an activity for all, regardless of ability.

This project has been made possible by **GOGA in Fife**. Two other days of filming will take place in the other Scottish Disability Sport Branches involved with **GOGA** in Scotland. The development of cycling for participants with severe and complex needs is at different stages of development across Scotland and the plan is to film all three levels and use the videos as promotional tools. **GOGA in Fife** has made this possible.

swimming



Working with national partner Scottish Swimming and local partner the Fife Sports and Leisure Trust (FSLT), Disability Sport Fife will be delivering a series of workshops and courses for FSLT staff that will encourage and promote active recreation and facilitate learning.

- Tuesday 23rd May – workshop on teaching learners with physical impairments
- Tuesday September 5th – workshop on teaching learners on the autism spectrum

The third immediate **GOGA in Fife** swimming intervention involves the establishment of opportunities for adult learners with additional support needs that introduces them to safe aquatic experiences.

Kilmaron School staff and pupils are fully committed to the importance of regular physical activity including sport. It is not uncommon to witness pupils and teachers walking to the local swimming pool where the mini bus might be more convenient. The activity areas around the school are regularly populated with happy smiling learners where the comfort of the school classrooms might appear to others the easier option. The values of quality physical activity are key components of the **Kilmaron** way of life.

Kilmaron staff, pupils and families have an impressive track record of fund raising for school, community and even international projects. In turn the school recognises it has received immense support from the local community and in particular Rotary International. The **Kilmaron** team is targetting the CycloFun scheduled for 28th May at Tayport FC and thereafter around Tentsmuir Forest, to advance their commitment to cycling and support for Rotary projects.

The CycloFun is a fun event for all the family. Cyclists and joggers of all ages and abilities are welcome. The CycloFun is inclusive and Kilmaron participants will be bringing along adapted and static bikes and fulfilling their commitment to the CycloFun over a restricted course or in a modified format. The official opening will be at 11 00 but participants can take part up until 14 00. The CycloFun is sponsored by the Rotary Clubs of Cupar, Howe of Fife, North Fife and St Andrews. Come along and join the fun. Find out more at www.cyclofun.co.uk.

Of additional interest on the day is the **Kilmaron/Tayport** Primary School Challenge where parents and staff from the respective educational establishments will compete against one another on spin bikes for charity. As part of the **GOGA in Fife** programme DSF is encouraging as many families as possible to participate.



GOGA in Fife recognises and endorses the **Ten "Talk to Me" principles** to help drive and inspire participation.

Drive Awareness	Engage the Audience	Offer Support and Reassurance
1 Use the channels I already trust	3 See me as an individual	6 Reassure me I'm going to fit in
2 Stay local to me	4 Talk to as many of my values as possible	7 Make me feel I can do it
	5 Continue to fulfil my values in new ways	8 Make it easy for me to tell you my needs
		9 Ensure my first experience is good
		10 Encourage me through existing advocates

For further information or to register for any of the above please contact Norma Buchanan norma.buchanan@fife.gov.uk or the **GOGA in Fife** lead Richard Brickley richard.brickley@fife.gov.uk