



Fife
Scotland



Welcome to the 3rd edition of the GOGA in Fife newsletter

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.



Working with national partners Scottish Disability Sport and Scottish Swimming plus local partner Fife Sports and Leisure Trust, DSF has made a significant contribution to the professional development of the teachers who are employed on learn to swim programmes in Fife. Collectively partners believe that if progress is to be made in promoting inclusive active aquatic recreation then teachers require support and advice. Through **GOGA** investment from national partner Scottish Swimming, workshops on teaching learners with physical impairments, teaching learners on the autism spectrum and an inclusive swimming teacher’s course have been held in Fife. All this training has been delivered this term and each session has had up to 25 attendees. Through **GOGA** investment two new learn to swim classes for adults with ASN have also been added to the programme in Central and West Fife.

Walking Football



ActiveFife
A way of life

Thanks to support from the Scottish FA and the Fife Sports and Leisure Trust, an indoor walking football session has started up at Kirkcaldy Leisure Centre as part of the Get Out Get Active programme (**GOGA in Fife**). The aim is to encourage non active football followers to become involved in active recreation through the game they love. Adult and junior players with severe and complex needs have signed up for the Monday sessions led by Scottish FA coach Dave Costello. DSF is indebted to the Scottish FA/Active Fife football development team for their continued support of football for players with additional support needs. This is the second GOGA in Fife walking football session set up in Fife and the first indoors.

Peer mentors



So many DSF members have learning disabilities and DSF personnel specifically invite potential peer mentor volunteers from within this community to join the programme. **GOGA** introduced DSF to the peer mentor volunteer role and it has been one of the major successes of **GOGA in Fife** in year one. Identity, status, session mentors, appropriate training and on-going support are features of the **GOGA in Fife** peer mentor volunteer programme. Some but not all will progress on to the inclusive coaching pathway. All contribute massively to the DSF weekly programme of sessions that offers so much quality active recreation to **GOGA** registered participants. The young peer mentor volunteers play a hugely important role in multi sports and run, jump and throws sessions in particular.

Enigma gymnastics



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The Enigma gymnastics club is based in Buckhaven and provides for gymnasts of all levels of ability. Active recreation is every bit as important to the club as pursuing competition goals. With support from Disability Sport Fife, specific Sunday sessions were set up for participants with Down Syndrome (DS) as part of **GOGA in Fife**. The project has been so successful that gymnasts are now threaded inclusively throughout the weekly club programme.

The head coach believes that provision for gymnasts with DS is the responsibility of all coaches, and not simply an identified few. **GOGA in Fife** supported by Spirit of 2012, funded part of the coach education programme that has enabled Enigma coaches to further develop the principles of inclusive coaching. The subject for the last workshop was coaching gymnasts on the autism spectrum. Kirkcaldy and Central Fife Sports Council provided a grant to DSF to help with gymnast registration fees. Families, coaches and significant others have improved communication practices employed by club coaches, using PECS. Enigma is one big happy family and most importantly there is a place for every family member, regardless of ability.

Run jump throw



Thanks to the **GOGA in Fife** investment, DSF has been able to engage an additional coach for the Thursday run, jump and throws session at Pitreavie Athletics Centre for junior participants with physical and sensory impairments. Over 20 athletes are now registered and the DSF coaching team is supported by a team of excellent young **GOGA** volunteers from Queen Anne HS.

The wheelchair racing group has grown to five with a sixth scheduled to join next month. Consequently the session has now split into two, one for ambulant athletes and a second for wheelchair users. Frame running was recently added to the programme. The quality of the coaching and the enthusiasm of the volunteers have been contributory factors to the success of this DSF **GOGA** supported session. Family members are important to the success of the session and they make use of their waiting time well with weekly community walks. Active recreation is at the centre of all run, jump and throws sessions in Fife.

Adapted cycling



Under the banner of **GOGA in Fife**, DSF has been working with local partner Outdoor Education Fife plus national partners FABB and Scottish Disability Sport to encourage inactive individuals with additional support needs to be involved in active recreation, particularly in the countryside.

The **GOGA** all ability cycling initiative involved the production of an inspiring adapted cycling video filmed at Lochore Meadows Country Park and a leaders course organised in conjunction with Cycling Scotland and Outdoor Education Fife. The leaders trained are now actively engaged in promoting cycling for participants with disabilities and their families.

5K has been allocated from **GOGA** national investment through FABB to enhance the adapted cycling stock at Lochore Meadows Country Park. Commscope Technologies staff were involved in a sponsored walk/cycle for DSF and 2K from monies raised has been added to further enhance the adapted cycling kit currently available for those with mobility difficulties.

bowls

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The benefits of involvement in sport are physical, social and psychological. Bowls is among the most inclusive sports in Fife and many DSF members are fully registered mainstream club members. Socially they access all that is available in a community bowls club and as they improve their confidence grows and they experience all the positive outcomes associated with training, practice and competing. Under the banner of **GOGA in Fife**, but with no financial investment to date, inclusive sessions have been set up in mainstream clubs to promote the sport and the success to date has been very encouraging. Players have progressed from novice to extended club involvement in one season and club members and coaches across Fife have been welcoming and supportive. DSF has managed to access funding from the Association of Fife Rotary Clubs and the Bill Pullar Bursary to help purchase bowling shoes, bowls and specialist equipment. Initiatives at Dovecot BC, Headwell BC, Lumphinnans BC, Windygates BC, Beveridge Park BC, Lundin BC, East Fife Indoor BC, Abbeyview BC, St Andrews BC, Fair Isle BC etc are worthy of mention to date.

walking



With support from Active Fife (Bums off Seats) and the Fife Sports and Leisure Trust, a second walk leaders course was held in Fife. Vivienne McNiven from Active Fife was once again the course tutor and funding was made available through national partner Paths For All. **GOGA in Fife** once again coordinated the course and promoted it extensively across Fife. Leaders trained were encouraged to access existing inclusive community walks or introduce walking as a regular active recreation activity within schools, college, community support services, voluntary organisations etc. One school has fed back that walking has become a regular timetabled activity for every pupil regardless of ability. As well as the health benefits of regular walking leaders have reported increased interaction between pupils during walks. Everybody can walk or push - it's only about distance and support.

Coming up - Big Hit Badminton Festival

As part of **GOGA in Fife** Disability Sport Fife (DSF) has teamed up with Active Schools and Badminton Scotland to organise a “Big Hit” Festival at the University of St Andrews Sports Centre on Tuesday 21st November between 10 00 and 12 00. **GOGA in Fife** is supported by Spirit of 2012 and has a focus of encouraging inactive individuals with additional support needs to be active inclusively.

Badminton is a priority sport of DSF and by cooperative working with Jane Russell of Badminton Scotland, staff across Fife Council have been introduced to basic badminton teaching through after school workshops. Thanks to support from the Big Lottery, bags of badminton equipment have been introduced to selected secondary schools with DAS Departments. DSF now offers badminton sessions in Central and West Fife and the 2017 DSF Badminton Championships earlier in the year had an entry of almost 60 participants, mainly from schools.

The North East Fife “Big Hit” Badminton Festival aims to encourage pupils with additional support needs or physical impairments to become inspired by badminton and all that it has to offer. Potential “Big Hit” attendees must meet the following criteria:

- Attend a school in North East Fife and have a physical impairment or learning disability.
- Age range: Primary P6 or P7 - Secondary S1 – S6
- Participants must have the ability to hold a badminton racquet and preferably be able to hit a moving shuttle
- Participants must register before Thursday 2nd November. A registration form has been circulated to all schools in NE Fife and completed forms should be returned to Caitlyn McAleese, Active Schools Coordinator, Madras College Primary Cluster.

On the day, young Sports Leaders from Madras College will support coaches Jane Russell and Alex Bird to deliver two hours of fun badminton activities. Learners will have variety, enthusiasm and structure and most of all two hours of physical activity. Apart from the enjoyment of the day itself it is hoped that weekly badminton sessions will be established in North East Fife, out of school hours, for pupils with physical impairments or additional support needs that mirrors current provision in Central and West Fife.



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