



Lothian Disability Sport news

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www.lothiandisabilitysport.co.uk

Tesco donates £3,000 to Ecas to help run swimming classes

Earlier this year Edinburgh-based charity Ecas, which supports people with physical disabilities and runs classes for physically disabled adults living in Lothian, were given £3,000 by Tesco Charity Trust to help towards the cost of its swimming classes. Sessions take place twice weekly at the Thistle Foundation on a Thursday afternoon and evening. They are also tailored specifically for physically disabled adults and are led by a trained tutor. In addition, Ecas also provides return transport for those who need it.

David Griffiths, Chief Executive of Ecas, said: "We would like to thank Tesco Charity Trust for its kind donation to our swimming classes. This will enable us to continue to provide a swimming course for physically disabled people in the area".

For further details please telephone 0131 475 2344, email janice.todd@ecas-edinburgh.org or check out the website www.ecas-edinburgh.org



Lothian Disability Sport AGM

L to R: Ken McGarrity, Jimmy Berry and Richard Vallis receive their awards

On Monday 9th June the Lothian Disability Sport (LDS) AGM and annual awards ceremony took place at Meadowbank Stadium.

Various clubs in the area, award winners as well as family and friends, attended the event, which is becoming ever more popular. A Presentation by the LDS Chair, Helen Bruce, highlighted the work that has been carried out by the branch and the achievement of our athletes over the past year.

Some of the more prestigious success stories include several of our athletes being selected to demonstrate their talents on the world stage... Eleven athletes and three coaches represented Lothian at the SOGB World Games that took place in Shanghai, China in October last year. On top of that three Lothian athletes will be flying out to China again later this year with Beijing being the destination, for the 2008 Paralympics. Jim Anderson and Sean Fraser will be part of the GB swimming team and Mark Robertson will be part of the GB Cerebral Palsy football squad. For Sean and Mark this will be a debut appearance at the Games whilst Jim will be attending for an unbelievable 5th time!

Following the formal business of the AGM the annual awards ceremony took place, which acknowledges the achievements of many contributors to disability sport in the Lothian area.

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Lothian Disability Sport AGM continued

Senior Sports Person Award

Claire Jeffray: After qualifying after a fine performance in Birmingham, Claire headed off to Pila Italy for the Special Olympic National Alpine Ski-ing Championships where she picked up three silver medals in the Slalom, Giant Slalom and Super giant Slalom. Never having raced on snow before and never having raced a Super Giant slalom, this was a superb achievement and it has been recognised as she has been selected for the GB team taking part in the Special Olympics World Winter Games in Idaho next year. More recently Claire won 2 gold medals at the West Midlands Ski-ing event in April.

Young Sports Person Award

Mark Robertson: Fairly new to the world of disability sport, 16-year-old Mark was spotted for his potential in football by his PE teacher and put forward for trials for the SFA Cerebral Palsy / Stroke acquired injuries National football squad. Mark was selected and competed for Scotland at the World Championships in Brazil. This was the first event that Scotland had played in and ended up being ranked sixth in the world. Mark was also awarded Young Player of the Tournament. His performances on the world stage didn't go unnoticed and he was invited to attend trials for the Great Britain team to go to the Paralympics in Beijing 2008. Mark has since been selected and is likely to be a starting player. He is one of 4 Scottish based players in the squad.

Volunteer of the Year

Richard Vallis / Jimmy Berry: As was the quality of nominations the Volunteer of the year was so difficult to choose that we had to have a joint award. This Duo run the archery group at Meadowmill Sports Centre every Wednesday morning for people with a disability. Various local community centres and individuals from around East Lothian attend the group on a regular basis. In addition both Jimmy and Richard promote archery around Lothian and visit schools, clubs and festivals to encourage its participation. There have also recently been 2 archery leaders courses meaning that there are at least 16 coaches qualified to lead archery in the area.

Endeavour Award

Fiona Hagenbuch: Fiona is a member of the No Limits Sports Club and has achieved a lot of success in boccia and bowls. More recently she has taken up athletics and will be concentrating on throwing events. At her first ever carpet bowls National Championships Fiona won all of her matches in qualifying but lost out in the final to the vastly experienced Eleanor Clark from Fife. However, if she keeps this standard up it will surely be a matter of time before she lifts this trophy. Not content with participating, Fiona is an active member of the clubs' committee, giving back to the club what she has got out of it and proving a real inspiration to others.

Club of the Year

No Limits: This multi-sports club caters for people of all ages with a disability. It has been running for many years and has also branched out and now runs a separate swimming and boccia club as well. The success the club has had can be measured with several members competing at Lothian and National level in a variety of sports, most notably in swimming and boccia. If the sporting exploits of the club were not enough, the organised club ceilidhs, ten pin bowling competitions and outings to Badaguish and Keilder keep everyone entertained. Another notable quality that the club has is that it is completely volunteer lead.

Special Award

Ken McGarrity: Over the past 7 years Ken has been instrumental in raising funds for Lothian Disability Sport. As our fundraising manager he has raised in excess of £70 000 which is an incredible feat. The majority of this has come from the efforts in the Great Scottish Walk in which we have participated in for the last 3 years raising £18,000, £19,000 and £14,000 respectively. Regrettably, Ken decided to step down earlier this year to focus on new ventures, not least his growing string of racehorses! Lothian Disability Sport have recognised Ken's achievements and presented him with a Quiach and thanked him for his services. He has left an incredible legacy and this can be seen with the employment of a full time Disability Sports Development Coordinator. Lothian Disability Sport would like to thank Ken for all his efforts over the years.

Lothian Footballers conquer Switzerland before Euros get underway...



On Thursday 8th May 2008 the Lothian Special Olympic football squad made their inaugural trip to Geneva, Switzerland for the Schtroumpfs football tournament for footballers with a learning disability. As usual Scotland West joined forces with Lothian and provided 4 players to team up with the squad. The excitement and enthusiasm was high once they arrived in Switzerland, bearing in mind that the European Championships were less than a month away and anticipation was building. The squad were eager to leave their mark in this country and could be seen as Scotland's great hope considering the National team failed to make the knock-out stages. Lothian were the first team to arrive meaning they were able to claim their usual bunks as well as set up camp pitch side, on the infamous "Lothian Hill"! The players and coaches were now settled ready for the start of the competition.

Medal Haul for Lothian Athletes

On the 27th of May a Lothian Disability Sport team took part in the SDS National Schools Athletics Championship at Meadowbank stadium in Edinburgh. A squad of over 35 pupils from all over the Lothian's made up the LDS squad on the day, a healthy increase from last year which was good to see. They competed against squads from the Highlands, Forth Valley, Royal Blind School, Fife, Perth and Red Star athletics club. Their overall performance was excellent winning thirty-two medals, fifteen gold's, ten silvers and seven bronze again an increase from the previous years championship.

Only a small handful of these children participate in athletics on a regular basis and it would be great to see a few more of them join the LDS run athletics club on a Thursday evening at Saltersgate School in Dalkeith as there is some real potential amongst them. The best part of the SDS championship is that it is a time and distance banded event which means the children compete against others of similar ability so everyone can experience meaningful competition and its not only the top few performers who get the chance to achieve.

Next year we hope to take an even bigger squad to compete at the Nationals so if you have any budding athletes please look out for information on the regional schools event which will be on or around the 1st of April 2009 or if you would like to be added to the list of contacts for this event please contact Dave Rhoney on 0131 449 9627 or dave.rhoney@ea.edin.sch.uk

If you require further information on the Athletics club at Dalkeith please contact Gary Fraser on 01875 619070 or 0797 034 2939 gfraser1@eastlothian.gov.uk

The team got off to a good start, beating French outfit Jura Foot 1 - 0 in the opening game, followed by a 2 - 0 win against United Northern Ireland. In fact this form continued throughout the weekend and after day two, Lothian had played five, won five and conceded no goals! The confidence was high amongst the players and the coaches were ecstatic as well as being a little surprised. Lothian still needed to obtain a couple of points to secure a place in the final and these soon came as the games against Italian team, Briantea and Swiss team Elan ended in scoreless draws.

The final would be contested against tournament favourites, Offenberg from Germany, which was anticipated to be a tough

encounter. Like Lothian they had been undefeated on the way to the final. The match started evenly with both teams going at it hammer and tongs but it wasn't long before Lothian broke the deadlock. This was the catalyst for what turned out to be a commanding performance by the players and Lothian ran away with the game, thumping their German counterparts by five goals to nil. It was a fantastic achievement by Lothian to win the tournament without conceding a goal and they were more than worthy Champions. So in light of this performance it can be concluded that Spain were not the only team this summer to conquer Switzerland and return home to a heroes welcome!!

Edinburgh University offer PE sessions to pupils with A.S.N.



During the month of May this year Lothian Disability Sport along with Active Schools Edinburgh and Midlothian coordinated a programme of PE sessions for pupils throughout the Lothian area. The idea was to allow schools to access further physical activity for their pupils with Additional Support Needs (ASN) as well as giving student teachers the opportunity to work with children with varying degrees of disability. We envisaged that the students would thrive on the opportunity to adapt lesson plans, try various types of activity and no doubt become better teachers. The programme also allowed schools to tap into the expertise of the university and learn innovative ways to include children of all abilities within their current PE curriculum.

On Mondays, Wednesdays and Fridays the University ran a combination of swimming, gymnastics, dance and various other forms of adapted physical education at the Moray House complex, St. Leonard's. Schools from around Lothian attended on each of the days and the feedback from both schools and students was excellent. So much so that we we'll be running an extended version of the programme next year.

Pam Glennie, a support for learning

teacher from Musselburgh Grammar, expressed her delight by stating,

"the programme was a great success and everything taught was varied and interactive. For example the swimming had a different format to the stroke development taught within schools, which is often too structured for these pupils. The emphasis was on fun but also made them think about what they were trying to achieve, which in turn helped their swimming technique. Furthermore, all the activities were very well structured and manageable and the pupils gained confidence, which became apparent as time went on. As a support for learning teacher the lessons were easy to follow and I shall use these skills in the future. The pupils thoroughly enjoyed the experience and can't wait to come back next year".

Lothian Disability Sport and the Active School teams are looking forward to working in partnership with Edinburgh University over the coming year and an agreement is already in place for the student teachers to run some of the disability events within our school calendar. This continuing development will endeavour to increase the students' awareness of the issues surrounding disability sport; help the university produce better teachers and improve disability sport in general within the Lothian area.

For further information relating to this programme please contact Gary Fraser, LDS Development Coordinator on 01875 619070 or email: gfraser1@eastlothian.gov.uk

Future Events

SDS Track & Field Championships (LD)
3rd September 2008
Grangemouth Stadium
11:00am – 4:00pm

Paralympic Games 2008
8th – 17th September 2008
Beijing, China

SDS Lawn Bowls Championships
13th September 2008
Westburn Park, Aberdeen
10:30am Start

LDS Regional Junior Swimming Championships (PD & VI)
Saturday 20th September 2008
Dalkeith Campus
10:00am – 1:00pm

Dundee Discovery Games (Multi-sports)
20th & 21st September 2008
Leisure and Communities Department
- Dundee City Council
10:00am start

SDS 7-a-side Football Championships
24th September 2008
Grangemouth
10:30am Start

SDS National Junior Swimming Championships (PD & VI)
8th November 2008
Grangemouth Sports Complex
11:00am – 5:00pm

SDS National Junior Championships for Swimmers with a Learning Disability
22nd November 2008
Tollcross Leisure Centre, Glasgow
11:00am – 5:00pm

SDS Inter Region Swimming Championships (PD & VI)
29th November 2008
Dalkeith Campus
2:00pm - 5:00pm

SDS Cross Country (Primary / Secondary Schools)
2nd December 2008
Peffermill, Edinburgh
10am Start

East Lothian Youth Games for Secondary Pupils with a Disability

On Wednesday 14th May 2008 Meadowmill Sports Centre played host to the disability element of the East Lothian Youth Games for the second year running. The event has been recognised as an important component in the Youth Games and the schools that take part have stated that it is thoroughly enjoyed by all the participants. Representatives from Ross High, Musselburgh Grammar, Preston

Lodge and North Berwick High competed in sports such as, Archery, New-age Curling, Carpet Bowls and Boccia. The event proved to be a huge hit, with over 35 participants socialising, having fun, competing and generally having a great day out. After the great success of this event, the hope for next year is to have all schools in East Lothian taking part as well as competing in a wider variety of sports.

Club Focus – Beeslack Allstars Disabled Sports Club

The Beeslack Allstars Disabled Sports Club was set up in 2004 and currently has approximately 50 enthusiastic members attending 2 club sessions per week on a Tuesday and a Sunday. The club operates at Beeslack community high school in Penicuik and aims to encourage young people with a disability, and their siblings, to participate in a wide range of physical activities. Through an extensive sports programme, the club endeavour to increase the skill levels and confidence of each member as well as providing a social arena for everyone to mix with their peers.

With the help of 8 paid employees and a plethora of volunteers the club have covered as many sportshall activities as you would care to think about including, football, basketball, archery, hockey, touch rugby, volleyball, tennis, badminton, boccia, new age curling and athletics. In addition, the Allstars also access the school pool where they have embarked on swimming and lifesaving classes. With the help of all the dedicated staff, the members have been able to increase their self-esteem, confidence and camaraderie through the club.

The Beeslack Allstars Disabled Sports Club has the motto 'a club for all' which is something they feel very passionately about and the group are completely inclusive, catering for all levels of ability. In addition, they have strong ties to the community and have developed partnerships with other sports clubs in the area. Thus meaning that participants that show an eagerness to focus on one particular sport, and want to receive specific coaching, can feed into clubs such as the Loanhead Dolphins, Dalkeith Disabled Athletics Club, Beeslack Boccia Club as well as football and basketball clubs within Midlothian.



For more information please contact Lynne Sturgeon on 07981 245 139 or email lynne_sturg@hotmail.com

For more information on Lothian Disability Sport please contact Gary Fraser, LDS Development Coordinator, tel: 01875 619070 or email: gfraser1@eastlothian.gov.uk