



Fife  
Scotland



## Welcome to the 1<sup>st</sup> 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. GOGA in Fife will inspire children, young people and adults with a physical, sensory or learning disability, plus **significant others**, to access and enjoy physical activity including sport. GOGA in Fife is inclusive in ethos and practice and will involve key Disability Sport Fife partners Fife Council, Fife Sports and Leisure Trust, representatives from the voluntary sector and three national partners concerned with walking, cycling and swimming.

GOGA is funded by **Spirit of 2012** and driven by a consortium of 18 local partners and 15 national partners across the Home Countries of the UK. The lead organisation in Scotland is Scottish Disability Sport. This unique programme aims to increase demand and provide access to existing community physical activity provision. By responding to key motivators and drivers for becoming physically active, Disability Sport Fife and partners plan to increase engagement with one of the most traditionally inactive sections of our community. GOGA in Fife will provide measurable health and wellbeing benefits for participants and stronger, more cohesive and active communities.

The official launch of GOGA in Fife was held at the Michael Woods Sports and Leisure Centre in Glenrothes in November last year during the 2016 Disability Sport Fife Carpet Bowls Championships. Depute Provost, Councillor Kay Morrison, led the proceedings along with Rio 2016 Paralympians Alison Patrick (Dunfermline) and Derek Rae (Kirkcaldy).



Some of the GOGA in Fife 2017 initiatives are identified in this first **GOGA in Fife Newsletter**. Please distribute the newsletter to as many individuals within your network as possible

### Football



DSF enjoys a special relationship with the Scottish FA. The very successful Fife 7s League is supported by the Scottish FA nationally and locally by Kirkcaldy HS and the Fife Referees Association. The Inclusive Fife Performance Football Academy is supported by the Active Fife Scottish FA Football Development Officers and Fife Secondary Schools with Departments for pupils with additional support needs (DAS). In 2017 DSF and the Active Fife Scottish FA Development Officers plan to introduce new football projects in Fife for players with additional support needs. **Walking Football** will be part of the Go Out and Get Active programme (GOGA) in Fife and intended to encourage non active football followers to become active through involvement in the game they know and follow. **Learn to Teach/Coach football** is about equipping teachers, learning support assistants, Health and Social Care staff and significant others with the skills and abilities to deliver quality football learning experiences (including walking football) to participants of all levels of ability. The plan is to assign trainee coaches to a course/training programme appropriate to their level of experience and ambition. DSF member organisations interested in either of these initiatives should register their interest with Norma Buchanan, Administrator DSF. DSF is indebted to Davie Honeyman and Lee Bailey from the Scottish FA and Active Fife for their continued support of football for players with additional support needs in Fife.

## Walking



Vivienne McNiven from the Fife Council Active Fife Bums Off Seats programme tutored a very successful First **GOGA in Fife Walk Leaders Course** last November shortly after the launch of GOGA in Fife. Some of the new leaders have established walking groups in local communities, with the intention of linking into the community health walks programme organised by Bums off Seats. Early this year DSF met with Bums Off Seats and national partner Paths for All to arrange two further training opportunities in 2017. **Initiative one** will be a repeat of the Walk Leaders Course held last year and DSF is interested in compiling a list of potential participants from Education, Health and Social Care, Tertiary and Voluntary Sectors who may wish to register. **Initiative two** plans to create a team of peer mentors from the population of active participants with additional support needs to support, encourage and motivate non active individuals to become active through regular walking. DSF already has a team of DSF athlete peer mentors who regularly support learners in multi sport and sport specific settings and **initiative two** is about growing this team. Vivienne McNiven has kindly agreed to tutor this inclusive free walk leader workshop for potential peer mentors and staff from Education, Health and Social Care, local community and the Voluntary Sector. Please contact the DSF Administrator Norma Buchanan if you are interested in registering for these free daytime workshops. Dates: Wednesday 24<sup>th</sup> May and Tuesday 3<sup>rd</sup> October 11 30 – 16 30. Venue: the Michael Woods Sports and Leisure Centre Glenrothes.

## GOGA in Fife

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GOGA in Fife aims to promote inclusive active recreation. DSF has already signed up a number of children, young people and adults with a physical, sensory or learning disability for GOGA in Fife and signposted them to existing DSF activity sessions. At the same time DSF is registering significant others (teachers, learning support assistants, Health and Social Care staff, volunteers, students, family members etc.) for GOGA in Fife. The nationwide programme hopes to encourage active inclusive recreation and learn from different communities about their experiences (positive and negative) of becoming involved in active inclusive recreation. DSF hopes that GOGA in Fife participants will sign up for community health walks, cycling experiences in the countryside and recreational swimming in one of the many Fife pools run by the Fife Sports and Leisure Trust or Fife Council. If you are interested in contributing to GOGA in Fife and signing up as a new participant or significant other please contact Richard Brickley at [Richard.brickley@fife.gov.uk](mailto:Richard.brickley@fife.gov.uk) and you will be sent a registration form. Monitoring and evaluation are important elements of the U.K. wide GOGA programme. By registering you will have the opportunity to provide feedback on your experiences and help and encourage individuals with additional support needs and significant others to become more active more often. Evidence identifies individuals with different impairments as among the least active within our community. GOGA in Fife is committed to addressing this very significant challenge.

## Swimming



Working with Scottish Disability Sport, national partner Scottish Swimming and the Fife Sports and Leisure Trust (FSLT), Disability Sport Fife is coordinating a programme of training and participation aimed at enabling more learners with additional support needs to access recreational swimming. **Pool workshops** in November 2016 and Friday 17<sup>th</sup> November 2017 will introduce delegates to holds, handling and basic introductory activities in the water as well as appropriate theory. A **bespoke workshop** on learners with physical impairments and another on learners on the autism spectrum have been agreed with the FSLT for swimming teachers employed throughout Fife – Tuesday 23<sup>rd</sup> May and Tuesday 5<sup>th</sup> September 10 -12 Cowdenbeath Leisure Centre. In October, under the banner of GOGA in Fife an **inclusive swimming teacher's course** will be held in Fife. The final element of the swimming partnership programme of GOGA in Fife will be the provision of separate **swimming initiatives for adults with additional support needs** in appropriate settings. For information on any of these initiatives or to register please contact [Richard.brickley@fife.gov.uk](mailto:Richard.brickley@fife.gov.uk). Tel:03451 555 555 ext 444973

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

#### Drive Awareness

- 1 Use the channels I already trust
- 2 Stay local to me

#### Engage the Audience

- 3 See me as an individual
- 4 Talk to as many of my values as possible
- 5 Continue to fulfil my values in new ways

#### Offer Support and Reassurance

- 6 Reassure me I’m going to fit in
- 7 Make me feel I can do it
- 8 Make it easy for me to tell you my needs
- 9 Ensure my first experience is good
- 10 Encourage me through existing advocates

Richard Brickley leads the GOGA in Fife initiative on behalf of Disability Sport Fife. Pamela Robson provides administrative support and DSF officers and staff Paul Noble, Maureen McSeveney and Norma Buchanan advice and expertise across a range of subject areas.

Ailien Pallot and Mark Gaffney are the Scottish Disability Sport (SDS) liaison and support personnel within the governing body. DSF is indebted to Heather Lowden of SDS for developing links with national partners in particular. DSF also acknowledges the support received from CEO Gavin Macleod during the early stages of the project.

DSF is indebted to the support received to date from national and local partners and would wish to acknowledge the following in particular. Eilidh McCall Lawrie from Scottish Swimming; Jan Brerton FABB Scotland; Frances Bain Paths for All; Grant Ward, Vivienne McNiven and Allan Dunlop Fife Council; Ed Watson and Lee Cunningham Fife Sports and Leisure Trust:

For further information or to register for any of the above please contact Norma Buchanan [norma.buchanan@fife.gov.uk](mailto:norma.buchanan@fife.gov.uk) or Richard Brickley [richard.brickley@fife.gov.uk](mailto:richard.brickley@fife.gov.uk)

