



Fife
Scotland



GOGA in Fife Education and Training Opportunities – Adapted Cycling

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 physical, sensory or learning disabilities, 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, the local voluntary sector and national and local partners concerned with walking, cycling and swimming.

The GOGA in Fife All Ability Cycling video, produced in conjunction with national partners Scottish Disability Sport, FABB and local partner Fife Council has stimulated considerable interest in cycling as an accessible means of engagement in physical activity.
www.facebook.com/disabilitysportfife to view the video.

In April as part of the GOGA in Fife programme, Disability Sport Fife and local partner Outdoor Education Fife, will be offering cycling learning opportunities for families and significant others that hopefully will bring adapted cycling within the reach of a wider population of participants with physical impairments and severe and complex needs.

On Wednesday 18th April, 8 (only) places are available on a full day Cycling Scotland nationally recognised adaptive cycle leadership qualification, that will enable attendees to lead pre risk assessed rides/sessions at an introductory level. The day (9.30-4.30) will be held at the outdoor centre, Lochore Meadows Country Park and consist of practical and discussion/ theory sessions. Thanks to GOGA investment in Fife, the course is free to successful applicants. Do not delay in registering interest and securing an application form. Richard.brickley@fife.gov.uk 03451 555555 ext 444973. Check out this link for general information about the non – adaptive parallel course.
<http://www.cyclinghub.scot/course/cycle-ride-leader-led-ride-assistant>

On Friday 20th April between 12 30 and 15 30 at Lochore Meadows Country Park, Outdoor Education Fife is offering one half day session primarily for families (but not exclusively) who require an introduction to adapted cycling and would like to experience the range of bikes available at the Park. The session is free and interested parties should record their interest by contacting Richard.brickley@fife.gov.uk. 03451 555555 ext 444973. Spaces will be taken up quickly so do not hesitate to record your interest. In return a registration form will be dispatched for completion

Richard Brickley MBE – President Disability Sport Fife

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 DSF partners. To register please contact **Norma Buchanan** norma.buchanan@fife.gov.uk



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