

## Borders Disability Sport Activity Programme

Sport	Venue	Day	Time	Description	Target Age	Contact
<b>Athletics</b>	Tweedbank Leisure Complex	Wednesday	6pm – 7pm	Run, jump & throw session for athletes with a disability.	6+	<b>Billy McCulloch</b> <a href="mailto:w.mcculloch1888@btinternet.com">w.mcculloch1888@btinternet.com</a>  <b>Gerry Moss</b> <a href="mailto:gerry.moss62@btinternet.com">gerry.moss62@btinternet.com</a>
<b>Bowls</b>	Tweedbank Bowling Club	Thursday	10am – noon	Bowling session for visually impaired & physical disabilities.	16+	<b>Libby Studzinski</b> <a href="mailto:lstudzinski@bslt.org.uk">lstudzinski@bslt.org.uk</a>
	Tweedbank Bowling Club	Friday	10am – noon	Bowling session for individuals with a learning disability and physical disabilities.	16+	<b>Cheryl Fowler</b> <a href="mailto:CFowler1@scotborders.gov.uk">CFowler1@scotborders.gov.uk</a>
<b>Football</b>	3G Arena, Netherdale	Thursday	6pm – 7pm	Coaching session for players with a physical, sensory and learning disability.	16+	<b>Alan Oliver</b> <a href="mailto:aoliver@bslt.org.uk">aoliver@bslt.org.uk</a>
<b>Rugby</b>	Burnfoot Primary School	Tuesday	5pm – 6pm	Coaching sessions for children with a physical, learning & sensory disability. Suitable for all abilities.	6+	<b>Paul Scott</b> <a href="mailto:pscott@bslt.org.uk">pscott@bslt.org.uk</a>

Sport	Venue	Day	Time	Description	Target Age	Contact
Boccia	Gytes Leisure Centre	Tuesday	10am – 11am	Indoor game for players with physical or learning disabilities.  Suitable for wheelchair users with a severe physical to attend.	16+	<b>Mary Sharratt</b> <a href="mailto:Mary.Sharratt@scotborders.gov.uk">Mary.Sharratt@scotborders.gov.uk</a>  <b>Daniela Vine</b> <a href="mailto:daniela.vine@scotborders.gov.uk">daniela.vine@scotborders.gov.uk</a>
	Queens Leisure Centre	Friday	11.30 - 1pm	Indoor game for players with physical or learning disabilities.  Suitable for wheelchair users with a severe physical to attend	16+	<b>Cheryl Fowler</b> <a href="mailto:CFowler1@scotborders.gov.uk">CFowler1@scotborders.gov.uk</a>
	Burnfoot , Hawick	Monday	1pm – 2pm	Indoor game for players with physical or learning disabilities.  Suitable for wheelchair users with a severe physical to attend	16+	<b>Angela Ramage</b> <a href="mailto:Angela.Ramage@scotborders.gov.uk">Angela.Ramage@scotborders.gov.uk</a>

Sport	Venue	Day	Time	Description	Target Age	Contact
<b>Swimming</b>	Eyemouth Leisure Centre	Mon, Wed, Thurs, Sat	3.30 pm – 4.30pm 10am – 11am	Learn to Swim Individual sessions, suitable for swimmers with a physical, learning & sensory disability.	6 - 16	<b>Alison Dougal</b> <a href="mailto:adougal@bslt.org.uk">adougal@bslt.org.uk</a>
	Kelso Swimming Pool	Saturday	10am – 11am	Learn to Swim Individual sessions, suitable for swimmers with a physical, learning & sensory disability.	6-16	<b>Debbie Fortune</b> <a href="mailto:dfortune@bslt.org.uk">dfortune@bslt.org.uk</a>
	Peebles Swimming Pool	TBC	TBC	Learn to Swim Individual sessions, suitable for swimmers with a physical, learning & sensory disability.	6-16	<b>Donna Hamilton</b> <a href="mailto:dhamilton@bslt.org.uk">dhamilton@bslt.org.uk</a>
	Galashiels Swimming Pool	Friday	6pm – 7pm	Border Barracudas Regional training squad. Swimmers with physical & sensory disabilities	7+	<b>Louise Johnston</b> <a href="mailto:louise139@btinternet.com">louise139@btinternet.com</a>
<b>Hockey</b>	Tweedbank Leisure Complex	TBC	TBC	Coaching session for players with a disability	6+	<b>Janet Jack</b> <a href="mailto:janet.jack@scottish-hockey.org.uk">janet.jack@scottish-hockey.org.uk</a>
<b>Wheelchair Curling</b>	Kelso Ice Rink	Saturday	TBC	Club and coaching session for children and adults with a physical disability.	12+	<b>Valerie Robertson</b> <a href="mailto:robvalmara@aol.com">robvalmara@aol.com</a>

Sport	Venue	Day	Time	Description	Target Age	Contact
Equestrian	RDA Borders, Monteviot Riding Centre	Mon, Wed	Please contact	Sessions incorporating all equestrian disciplines, including riding and vaulting.	6+	<b>Susie Elliot</b> 01450870445
	Equibuddy Arena, Greenlawdean Farm, Greenlaw	Various	Please contact	Sessions incorporating all equestrian disciplines, including riding and vaulting.	6+	<b>Gemma Hope</b> <a href="mailto:gemma@equibuddy.org">gemma@equibuddy.org</a>
	Berwickshire RDA Group, Sunnyside Reston, Eyemouth TD14 5LN	Monday Tuesday Wednesday Thursday Friday	Afternoon Afternoon Morning Morning Morning	Sessions incorporating all equestrian disciplines, including riding and vaulting.	3 +	<b>Margaret Morgan</b> <a href="mailto:Land1morgan@aol.com">Land1morgan@aol.com</a>
	Tweeddale RDA Crookston Peebles Eh45 9JN	Monday Saturday	Morning & Afternoon Morning	Riding sessions for children and adults with a disability.	5 +	<b>Annette Hammond-Chambers</b> <a href="mailto:nettiehc@yahoo.co.uk">nettiehc@yahoo.co.uk</a>
	Ettrick & Dryden RDA Greenhill Equestrian	Wednesday Thursday	Afternoon Afternoon	Riding sessions for children and adults with a disability.	5+	<b>Glynis Sawyers</b>  0845 241 4390

	Centre, Selkirk					
--	-----------------	--	--	--	--	--

Sport	Venue	Day	Time	Description	Target Age	Contact
Tennis	Kelso Tennis Club	Mondays	3pm	Coaching sessions for players with a physical, sensory & learning disability (adults)	16+	<b>David Laing</b> <a href="mailto:davidlaing@tiscali.co.uk">davidlaing@tiscali.co.uk</a>  <b>Lesley Thomas</b> <a href="mailto:lesleythomas10s@hotmail.co.uk">lesleythomas10s@hotmail.co.uk</a>