

A stylized human figure composed of thick, curved bands. The head is a solid teal circle. The torso is a teal band that curves downwards and to the right. The arms are formed by two overlapping bands: a teal band on the left and a purple-to-pink gradient band on the right, both curving downwards and to the right. The background is a light blue gradient.

Angus Sport and Physical Activity Opportunities

Athletics

ANGUSalive/ADS

Indoor & outdoor venues, Arbroath

Wednesday 7pm-9pm

All Disabilities

Suitable for - from 8 years through to adults

laura.ap.smith@angusalive.scot

Track & Field events offered including, sprinting, distance running, long jump, shot putt, hurdles, softball, high jump, wheelchair racing. Fun and friendly session.



Basketball

Tayside Musketeers

Various

Learning Disabilities

Suitable for - from 8 years through to adults

wduke100@aol.com

Tayside Musketeers has a long and proud history. The club provides opportunity and development, whether it be for recreation or competing.



Boccia

ANGUSalive/ADS

Saltire Sports Centre, Arbroath

Thursday 6pm-8pm

All Disabilities

All age groups

laura.ap.smith@angusalive.scot

This session is suitable for beginners and more experienced players. There are strong pathways into local, regional and national competitions or just come along and have fun!



Bowls

ANGUSalive/ADS

Arbroath Bowling Club

Tuesday 4pm - 6pm

All Disabilities

All age groups

laura.ap.smith@angusalive.scot

Inclusive sessions to enjoy bowls in a safe, fun and social environment.



Cricket

Strathmore Cricket Club

Lochside Park, Forfar

Under 12 - Tuesday 6pm-7pm

Over 12 - Tuesday 7pm-8pm

All Disabilities

strathmorecc@hotmail.com

Strathmore CC is a friendly, dynamic, fully inclusive club offering coaching and matches for all.



Cycling

ANGUSalive/ADS

Various Venues

Sunday 11am-1pm

Learning Disabilities

Suitable for - from 8 years through to adults

laura.ap.smith@angusalive.scot

This session is suitable for cyclists who can go a 2 wheeler. There are pathways into regional and national competitions or just come along and have fun!



Adaptive Cycling

ANGUSalive

Monikie Country Park

Wednesday, Thursday and Friday 11.15am to 2.45pm

All Disabilities

Suitable for - from 5 years through to adults

laura.ap.smith@angusalive.scot

Family Inclusive Bike sessions where the whole family can come together and enjoy the great outdoors. There are a range of bikes available for children and adults from 2 wheeler balance bikes, mountain bikes, wheelchair bike, tandems, side by side, trikes, hand bike and recumbent.



Badminton

ANGUSalive/ADS

Saltire Sports Centre, Forfar

Wednesday 7pm - 9pm

All Disabilities

Suitable for - from 8 years through to adults

laura.ap.smith@angusalive.scot

These coached sessions are suitable for beginners and more experienced players. There are strong pathways into local, regional and national competitions or just come along and have fun!



Climbing

ANGUSalive/GOGA

Brechin Community Campus

Tuesday 6pm to 7.30m

Sunday 10.30am - 12 noon

All Disabilities

All age groups

laura.ap.smith@angusalive.scot

ANGUS ROCKS at BCC is suitable for new and experienced climbers, come along and have some fun in a safe and social environment.



Football

ANGUSalive/ADS

Forfar Community Campus

Monday 6pm-7.15pm

All Disabilities

Suitable for - from 8 years through to adults

This session is led by SFA coaches and is suitable for all levels of ability. There are pathways into regional and national leagues and competitions or just come along and have fun!



Football

Montrose Community Trust

Links Park Stadium, Montrose

Thursday 4pm-5pm

All Disabilities

P1-P7

Eilidh@montrosect.org.uk



Golf

ADS

Various

Suitable for - from 12 years through to adults

laura.ap.smith@angusalive.scot

We offer varying sessions and events for competition. The sessions are for beginners through to experienced players.



Wheelchair Golf

Carnoustie Golf Links

Carnoustie Golf Links

Tuesday 7pm-8pm

Physical Disability

Suitable for - from 10 years through to adults

kmnicoll@carnoustiegolflinks.co.uk

Coached sessions will take place where participants will receive tuition on grip, swing and shot techniques whilst using the state of the art indoor golf simulators on offer in the Carnoustie Performance Centre.



Walks & Hillwalking

ANGUSalive/ADS

Various

Monthly

All Disabilities | All age groups

Suitable for - from 5 years through to adults

laura.ap.smith@angusalive.scot

Our walks are led by friendly volunteers who are on hand to provide encouragement and support. Our walks vary from short and over easy terrain or for those who wish to give themselves a bit of a challenge! Open to everyone.



Horse Riding

Angus Riding for the Disabled (RDA)

South Bottymyre, by Forfar

Various

All Disabilities | All age groups

check website

Our horses benefit the lives of children and adults with physical and learning disabilities. With fun activities, we provide therapy, fitness, skills, development and opportunities for achievement and fun of horses to as many people as we can!



Multi Sports

ANGUSalive/ADS

Saltire Sports Centre, Arbroath

Wednesday 7pm-9pm

All Disabilities

Suitable for - from 12 years through to adults

We offer a variety of sports to suit individual needs including bowls, badminton, basketball, athletics, new age curling. Open to everyone.



Powerchair Football

Tayside Dynamos

RPC, Dundee

RPC, Dundee - Wednesdays 6pm-8pm

Fintry Primary School (fortnightly) - Saturday 11am-1pm

Powerchair users

All age groups

garry.johnstone@nhs.net

Welcome new members of all ages and abilities, or if you are a powerchair user and fancy just coming along to see what we are all about, get in touch. Equipment available for those new to the sport.



Rebound Therapy

ANGUSalive/ADS

Saltire Sports Centre, Arbroath - Tuesday 1.30pm - 2.30pm

Wednesday 1.30pm-3.30pm

Wednesday 7pm-9pm

Forfar Community Campus - Monday 9am-11am

All Disabilities

Suitable for - from 12 years through to adults

laura.ap.smith@angusalive.scot

A programme using trampolines to provide therapeutic positioning, enhanced movement patterns and exercise.



Unified Rugby

Strathmore Rugby Club Community Trust

Strathmore Rugby Club, Inchmacoble Park, Forfar

Saturday 10am-11am / Tuesday 6-7pm

Learning Disabilities

Suitable for 18 years and over

coordinator@strathmoretrust.co.uk



Autism-friendly Rugby

Strathmore Rugby Club Community Trust

Strathmore Rugby Club, Inchmacoble Park, Forfar

Friday 5pm-6pm

ASD (& Siblings)

Suitable for - from 8 years through to 18

coordinator@strathmoretrust.co.uk

The sessions are designed to create a positive learning environment for children with or undergoing diagnosis for Autism Spectrum Disorder (ASD) and their siblings to have fun while developing confidence and social skills as well as general physical literacy and sporting skills.



Visual Impaired Rugby

Strathmore Rugby Club Community Trust
Forfar Community Campus
Sunday

Visual Impairment

Suitable for - from 18 years and over
coordinator@strathmoretrust.co.uk

The sessions are designed to create a positive learning environment for anyone aged 18+ with a visual impairment.



Walking Rugby

Strathmore Rugby Club Community Trust
Strathmore Rugby Club, Inchmacoble Park, Forfar
Thursday 6-7pm

All Disabilities | All age groups
coordinator@strathmoretrust.co.uk

A slower, non contact version of rugby for adults who are looking to increase their levels of physical activity. It is suitable for those recovering from illness or injury, retired players and older adults looking to stay fit and active. The sessions provide a fun, relaxed environment for people to socialise and enjoy the benefits of exercise together.



Swimming

ANGUSalive/ADS
Arbroath SC
Sunday - fortnightly

2pm - 3pm

All Disabilities
All age groups

Fortnightly sessions for all with the opportunity for a leisure swim or competitive training. There are strong pathways into local, regional and national competitions or just come along and have fun!



Inclusive Swimming

Sundays 12 noon - 1pm
Starts Sunday 27 November

Forfar Community Campus
laura.ap.smith@angusalive.scot

A new partnership between ANGUSalive and Forfar Amateur Swimming Club has been launched to provide inclusive swimming for children and adults with physical, sensory and learning disabilities. Participation opportunities are available to all individuals who would like to swim or have a splash in the water.



Quiet Swim

ANGUSalive/GOGA
Forfar Community Campus
Saturday
11am to 12 noon
All Disabilities/Families
All age groups
laura.ap.smith@angusalive.scot

This session aims to create a welcoming, quiet sensory friendly environment where children and young people with a disability and their families can enjoy their own space in the pool and have fun together.



Ten Pin Bowling

ANGUSalive/ADS
Dunfermline
Sunday - Monthly
All Disabilities
Suitable for - from 12 years through to adults
The session provides opportunity and development, whether it be for recreation or competing in an inclusive and fun atmosphere.



Wheelchair Sports

ANGUSalive/ADS
Forfar Community Campus
Thursday
6.00pm to 7.30pm
All Disabilities/Families
All age groups
laura.ap.smith@angusalive.scot
Various sports on offer, it's all about people with disabilities, friends and family having fun and being active together.



Water Sports

ANGUSalive
Monikie Country Park
Various
All Disabilities/Families
All age groups
laura.ap.smith@angusalive.scot
Monikie Country Park offers a variety of water sports from Canoeing, Kayaking, Paddleboarding, for beginners and experienced users, come along and have a splash!

