



# DUNDEE DRAGONS WHEELCHAIR SPORTS CLUB NEWSLETTER

ISSUE NUMBER: 6  
FEBRUARY 2021

**Dundee Dragons**  
Wheelchair Sports Club

## What have we been getting up to?

Thanks to amazing support from the Scottish Government and the STV Children's Appeal Winter Support Fund, we have been able to purchase more equipment to support our members to stay active at home. This funding has also allowed us to start working with Cal (Caledonia Fitness) and Helen Singleton (LotusLilyYoga) who have been providing specialist sessions for our members. Here is what one of the Dragons had to say about the sessions so far...

" These sessions with specialist coaches are helping me maintain my fitness levels over the lockdown period. It's a big help having these trainers along with our regular coach, Gemma. At the moment I've got problems with my left shoulder and upper back and feel both the yoga and strength workouts are helping me enormously and I would like to thank all 3 coaches."



*Cal delivers strength and conditioning sessions every second Saturday at 11am  
Helen delivers yoga sessions every second Wednesday at 7pm*



We have been teaming up with Tayside Dynamos and Perth Eagles every Thursday night for some awesome quizzes, it's been great to get together and have a laugh!

In the coaches vs players series it's currently 2:1 to the players!

*The Epic  
Coaches  
v  
Players  
Quiz*

February 2021

---

## Chat corner: Adam Elder

We sat down with one of our awesome volunteers Adam Elder to chat about his involvement and experiences at the club.

**Q:How did you first get involved with the club?**

**A:** I started volunteering at Dundee Dragons in March 2019 for my Gold Duke of Edinburgh



**Q:How has your perception of disability changed since being involved with the Dragons?**

**A:** Being a part of the club, I have witnessed member's resilience, and determination during games and practise that has made me realise that someone's disability does not define them.



**Q:What have you learnt from volunteering at Dragons?**

**A:** I have learnt valuable skills in a totally new field e.g. chair maintenance as well as learning the rules and partaking in plenty of new games.







## Q:What do you think makes Dundee Dragons unique?

A:Dragons was an opportunity for me to try something new, and I'm so glad I did, everyone is passionate about what they do and don't let their disability limit them. The members and coaches, with their constant support and drive really set Dundee Dragons apart from other sports clubs!.



## Q:What is your favourite thing about volunteering at Dragons

A:My favourite thing about Dragons is the community/family feel you get. Everyone enjoys being there and always makes the most of each session.



Thanks to Adam for taking the time to chat with us! Stay tuned to find out who will be in our chat corner next issue!

In the meantime why not follow our social media channels or email us.



[gemma.lumsdaine@dundeedragons.net](mailto:gemma.lumsdaine@dundeedragons.net)  
[kevin.rattray@dundeedragons.net](mailto:kevin.rattray@dundeedragons.net)



As always thanks to our partner groups for their continued support!



Scottish Disability Sport

