



# Movement Park

Our Attitude Determines Our Destination

December 2023 – Issue Number 55

**OUR VISION:** A cohesive community where physical activity, wellbeing and social engagement is a vital part of everyday life.

## \* IT'S NINJA STICKER WEEK\*

Ninja club sticker week is in full swing (27th November – 3rd December).

This week's themes are Falling & Rolling, Vaulting and Freestyling, if you are P1-P3 are you ready to take on the challenge and collect all the stickers?

At Movement Park we believe that variety is the key and Ninja Club is designed to motivate, inspire and develop our members in a number of different physical areas. The aim is to teach fundamental movement skills, help build confidence and competence and encourage kids to try out all of our activities.

Each member will be given a poster as part of their membership, so grab yours now, get collecting and, most importantly; have fun!

### UPCOMING EVENTS @ Movement Park

**W/C 27th November**  
Ninja Sticker Week 2

**Sunday 17th December**  
Christmas Parties

**Thursday 21st December**  
Close @ 9pm for Christmas /  
New Year break

**Saturday 6th January 2024**  
Movement Park re-opens





**SUNDAY  
17th DECEMBER**

A jingle, jingle, mix & mingle party for all the family  
Guess who is coming?



**CHRISTMAS PARTY**  
**P1-3 11-12NOON P4+ 12.30-1.30PM**

**Tots/ Pre school parties WC 17th DEC**

**Kids: £7** - (includes lots of fun, music, party games & a gift for all the kids – fancy/festive dress would be fun!)

**BOOK ONLINE:** [www.bookwhen.com/movementpark](http://www.bookwhen.com/movementpark)

## Christmas Party

Are you ready to celebrate the festive season with Movement Park? Get your fancy dress at the ready because it's time to party.... With a surprise appearance from the jolliest of special guests!

Book now:

[www.bookwhen.com/movementpark](http://www.bookwhen.com/movementpark)

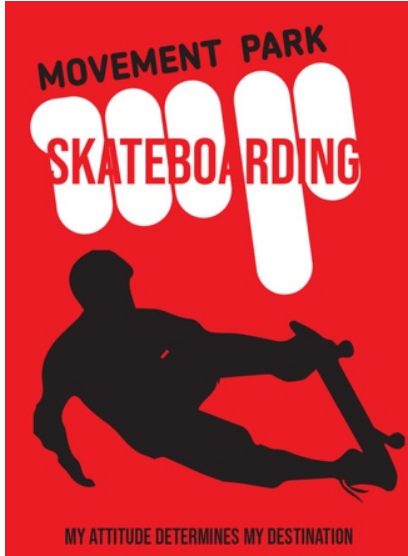
## COMMUNITY LED CYCLES!

Our Community Cycles are now up and running! If you are looking for something to do with all the family at the weekend, why not join us for a cycle in the local community with our coaches leading the way to ensure a safe route!

Don't have a bike? No problem, we have plenty of bikes, helmets and pads available to borrow.

P1+ and want to join?

Book now at: <https://bookwhen.com/movementpark>



**MOVEMENT PARK**  
**SKATEBOARDING**

**MY ATTITUDE DETERMINES MY DESTINATION**

# GIRLS ON BOARDS and BIKES PROJECTS!

**Girls on Boards:** Over the last few weeks we have been running our Girls on Boards project. We've had 12 girls coming to these sessions over the last 6 weeks and with the help of our coaches they have been learning everything there is to know about skateboarding. We have had a great time watching the girls build their skills and confidence on the board each week and are so proud of the amazing progress they have made. They have even learned how to build their own skateboards!

Check out our Instagram posts from these sessions and stay tuned for the skateboard giveaway on Monday!

Our next block of Girls on Boards begins on the 15<sup>th</sup> January, and we gave a very limited number of spaces left. If you would like to know more, please contact our Community Development Officer at: [kirsty.mitchell@movementpark.org.uk](mailto:kirsty.mitchell@movementpark.org.uk)

**Girls on Bikes:** We've also been having a blast delivering our Girls on Bikes project these past few weeks. We have had several girls coming along who are all at different cycling abilities, with some being extremely confident and others just learning to ride. However, the one thing that they are all similar in is their enthusiasm for bikes!

Our coaches have been teaching them to ride and control their bike safely, the importance of balance and even how to cycle down ramps. They are making excellent progress and we are excited to see this continue!

If you are a girl 8+ and want to join our next block, please contact our Community Development Officer at: [kirsty.mitchell@movementpark.org.uk](mailto:kirsty.mitchell@movementpark.org.uk)

**Don't have a bike? No problem, we have plenty of bikes, helmets and pads available to borrow.**



# VOLUNTEER CLUB!

We are launching our new volunteer programme in 2024 and applications are open for anybody who would like to get involved!

The Movement Park Volunteer Programme is designed to increase the employability and future opportunities of people in the local community. The programme aims to bring together like-minded individuals in a fun and inclusive environment where they will build confidence and coaching experience.

The Volunteer club will take place on Friday evenings from 6pm-8pm. These evening sessions will form the main social aspect of the programme, bringing together all volunteers for a variety of fun evening events with additional volunteering opportunities available throughout the week. Further to this, we will also host bi-monthly evening trips where volunteers will have the opportunity to come together and enjoy activities such as bowling, crazy golf, cinema experiences and more.

Throughout the programme, some Friday evenings will be dedicated to training through the Scottish Sporting Futures ETC programme which; upon completion; will provide volunteers with recognised qualifications which can be taken forwards and boost employment opportunities.

If you, your child or anybody you may know would like to get involved email our Programme developer [billy.mclafferty@movementpark.org.uk](mailto:billy.mclafferty@movementpark.org.uk) who will be heading up the programme.

## Christmas Fundraising



Congratulations to our Advent Calendar champion Scarlet! We are excited to reveal the lucky winner and extend our gratitude to everybody who got involved in our Christmas Fundraiser. Your engagement and support amplify our mission, and as a charity every gesture – big or small – plays a vital role in building a better community. Thank you all for making a meaningful difference with us!



# Thank you and Goodbye from Rhiannon

Wow! What a journey I have been on, and what an amazing journey it has been, a journey I am very sad is over. In just 10 days time, I will be starting my new chapter at Scottish Curling as their Disability and Inclusion Development Officer. A new and exciting challenge.

It has been a truly wonderful 6.5 years at Movement Park, watching all of our members grow and learn, with a million smiles along the way. Movement Park will always hold a special place in my heart, and on I'm sure I'll still be involved in one way or another.

Thank you to each and every one of you for being part of not only my journey, but also for supporting Movement Park along its journey too. I wish you all a very Merry Christmas, and all the best for 2024.

## New Programme

We would like to thank all our staff and volunteers at movement Park for everything you have done this year. All your hard work, progression and help doesn't go unnoticed and we're so grateful for all you do to help – we couldn't do this without you!

Thank you to all our partners and schools for working collaboratively with us this year, we hope to continue working with you in 2024! Thank you for giving us a chance to show you what Movement Park is all about.

Thank you to everyone who has come along to our sessions throughout the year, you are the reason that we can keep doing what we're doing. We truly appreciate your support and cannot wait to see you after the Christmas break.

We hope you have enjoyed completing your ninja posters and gradings throughout the year, we have had a great time helping you progress and achieve these throughout the year! We cannot wait to see how much further you progress in the new year!

