



Project Forte



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PROJECT FORTE

A Fencing for Change Project

We are a Scottish Charity based in Perth.

We deliver sport classes throughout Perthshire, including to over 500 children and young people each year in Perthshire Schools. We have established the first ever dedicated training facility for the sport in Scotland.

Anyone new to the sport will quickly discover that the attributes of self-control, self-confidence and self-belief are immediately

accessed and developed as participants learn self-control, build on their strengths and work with others to improve.

How we do this is by engaging with local care partners, providers and supporters, to run short 6 week programmes of fencing

themed games and practice which inspire and motivate them to take part and to learn and develop within the sport.

We believe that everyone can benefit from sport and that everyone benefits from confident individuals and communities.

Project Forte will be delivered with the support and assistance of Salle Ossian Fencing Club, Scottish Fencing, British Fencing and Perth and Kinross partnerships.

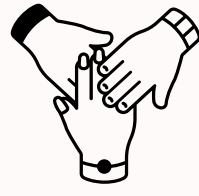


Project Forte Journey



How

Initial contact is made through partner groups in and around 6 locations in Scotland



Who

Awareness that participants may arrive with a background that includes physical, mental or behavioural issues



Pre Course

Participants may arrive feeling reluctant, shy, unsociable, unconfident, with pre-conceived ideas of sport and the sport of fencing in particular



First Experience

Welcomed, encouraged and supported. Fast and safe introduction to the sport. Feelings of "I can't believe I just did that!"



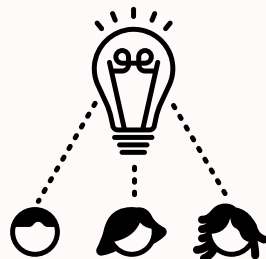
The Programme

- New Challenge
- Can Do
- Working to strengths
- Collaboration
- Persistence
- Resilience



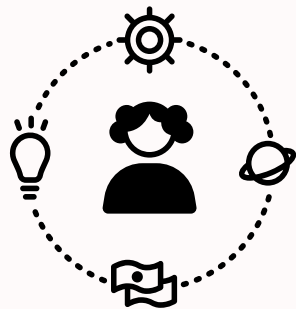
Six Week Experience

Fun, unique, exhilarating experience trying out a new activity in a safe and supportive environment



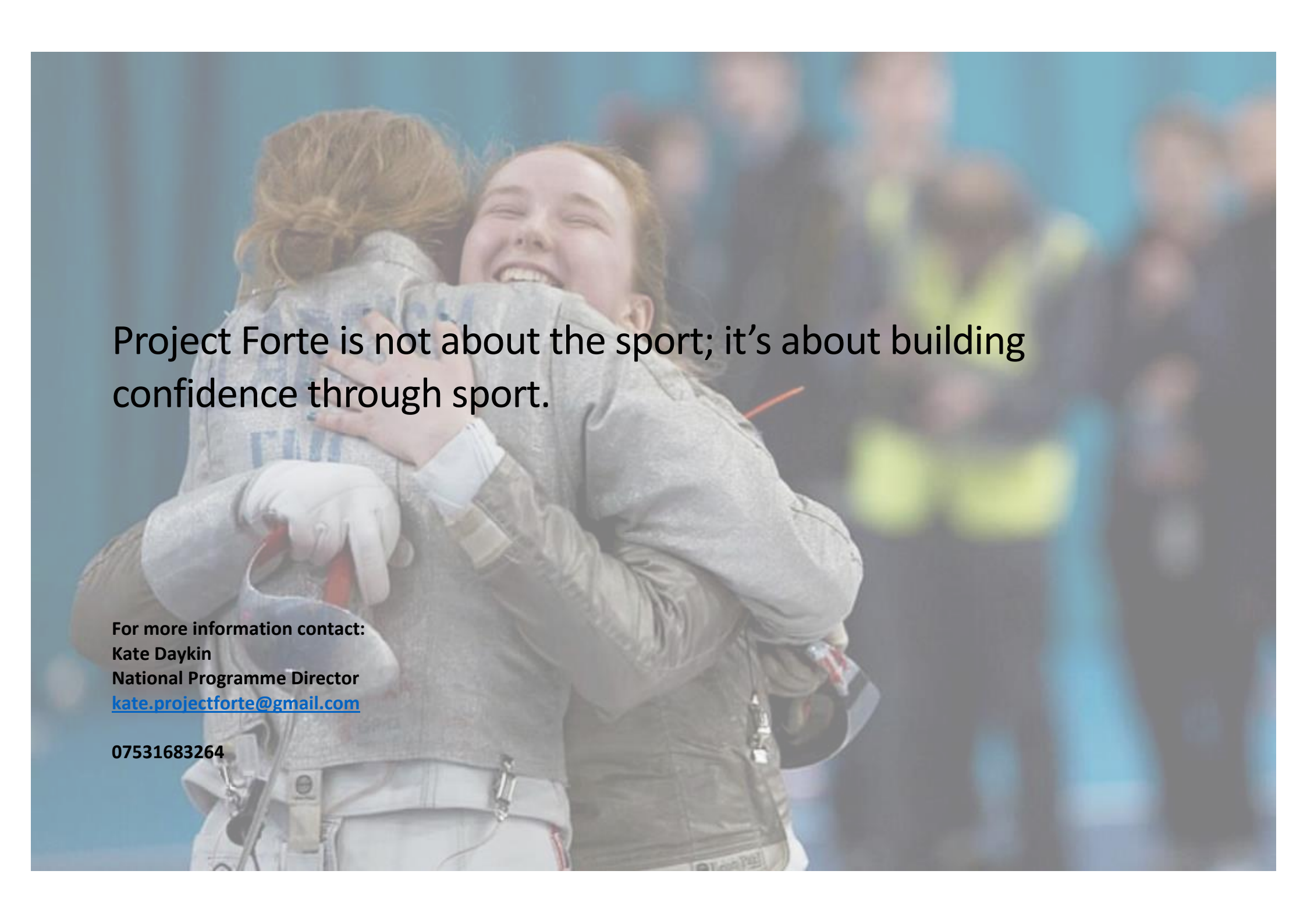
Outcomes

- Increased self-belief
- Feel more confident
- Improved self-control
- Sense of achievement
- Built relationships



What's Next?

Longer terms development of individuals towards participation, volunteering and employment

A photograph of two young women in white fencing jackets and gloves embracing each other in a joyful hug. They are on a competition floor, with a blurred crowd of spectators in the background. The woman on the right is smiling broadly, showing her teeth. The woman on the left has her back to the camera, and her hair is tied up. The overall mood is celebratory and supportive.

Project Forte is not about the sport; it's about building confidence through sport.

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