Dwarf Sports Association UK **Official Journal**





Autumn 2013 Patrons: Eleanor Simmonds M.B.E & Matthew Whorwood

Charity No 1041961

Bumper Issue Celebrating our 20th Anniversary Games



and the Success of the **6th World Dwarf Games**

A word from Paul Doling

2012 certainly was a great year but 2013 is certainly turning out to be a better one for all us dwarf athletes. If you didn't know already the World Dwarf Games in Michigan has taken place in August and together with our funding partners "Dream It Believe It Achieve It" we have been able to help take a big team to Michigan to show the rest of the world what us British dwarves are all about. We will have more GB athletes in Michigan than we did in Belfast 4 years ago which is amazing.

Before that we have our own national games and this year it coincides with our 20th Anniversary so this year was an extra special games with lots of fun and surprises to be enjoyed. The association has really come on in leaps and bounds over the last 20 years but without the foresight of our President, Arthur Dean, and the other founding

members none of this would be possible and I know personally I am very grateful. As long as the association keeps on changing peoples' lives and fulfilling our mission statement then I hope to see you all in another 20 years!



DSA Athlete Profile Lauren Sullivan

- <u>Class</u>: S6 swimmer
- Job or occupation:- Student
- <u>What is your Sporting background</u>: I started doing sport with the DSA and found I loved swimming best of all. I like the shooting as well!
- <u>Age</u>: 15
- <u>What are your Favourite Sports</u>: Swimming, swimming and swimming
- <u>What are your Personal Bests</u>: I have swum at national and international level but I am most proud of winning 2 bronze medals at my home region and qualifying to swim at international level recently in Leeds at the British Gas International Gala. Of course carrying the Olympic Torch was one of my highlights of 2012.
- <u>What is you Favourite TV programme</u>: Family Guy
- What is your Favourite food: Chilli con carne
- <u>What are your Sporting ambitions</u>: I'd love to win a medal for swimming at the paralympics in 2016 or 2020 but I just want to achieve as much as I can so I can look back and say "I did that!"
- <u>What are your Hobbies</u>: swimming, watching tv, my cats, hanging out with friends.









The last 20 years of the DSAuk



It is with great pride that I sit here today, writing this article. Where has the time gone? What have we achieved? Where are we now? I would need a book to fill everything in. But allow me to take some part of those 20 years and share them with you. I will never forget all those years ago my daughter swimming her heart out in local competitions, and becoming frustrated because the competition was not equal. So when the opportunity came for us to be able to go to Chicago to attend the 1st World Dwarf Games in 1993 we took it and ran, and we have never stopped running since!

Myself Nichola, Graham, June, Kim, Chris, Joanne, Ros, Andrew and our beloved Tony went over to Chicago only to be bowled over with what we experienced. But our children experienced more. There were dwarfs of all ages, all sizes coming together in sport. We saw our children take part in equal competitions for the first time. It was a week that would change our lives forever.

From this experience we returned to England to form the Dwarf Athletic Association UK. In 1994 we held our 1st National Games in Walsall. From our page of pictures you will see and recognize people who were at those games. Lovely Janet from the DAAA in America came to support us along with Trina Curran from North West BSAD. We had 41 athletes take part and it was a great success. Since then each year we held our National Games, we held the games in Walsall then Peterborough and then to Birmingham where we are now. Our membership has grown immensely and throughout those years I have seen young athletes come and have a go at different sports and feel good about themselves. I have seen them grow up into fine young adults, who choose to either go on in their sport or do it casually, but in doing that I have seen them mature and turn into lovely young people. I have seen families come year on year and still be here, even when their child has had some time out. I have seen the passion and dedication from so many who want to be part of securing the future of DSAuk and I am so proud, especially of our young people who have grown up and been part of the committee of the DSAuk giving back some of what the Association gave them.

Looking back we never imagined we would be able to move from our front room to an actual office, we never thought we would find funding for 3 staff, we always dreamt it. But now it's real.

I would like to pay tribute to all those who are working hard to continually find the funding for DSAuk to be at the level it is today and long may it continue. I would like to thank everyone who has played a part and is still playing a part in the running of the National Games and all our 8 regions. All our volunteers play a vital role and you are so very valued.

2012 was a great year for us in so many ways but especially having Ellie, Matt, and Zoe in the Paralympics, all their achievements have helped play a vital part in the DSAuk being recognised as a National Disability Sporting Body and for that we are so very proud and we thank them. We have broken down barriers in so many sports and are continuing to do so. As we go through our 20th year of Celebrations with the Dwarf Sports Association we hope that you all have enjoyed being part of it. I would like for us to celebrate the huge success of our GB Team returning from the 6th World Games at the MSU in East Lansing, Michigan USA. Very Well Done Everyone.

We look forward to the next 20 years of DSAuk.

Best Wishes Arthur Dean President DSAuk.



20th Anniversary National Dwarf Games



The DSA national games 2013 was a record breaker there were more than 160 competitors making it the biggest ever UK national games and it was the 20th anniversary of the DSAuk which formed in 1993. It also saw the return of powerlifting to the games which took place in the Holiday Inn hotel on the Saturday night and had lots of interest. There were both men and women entered and British lifting helped by providing equipment and officials. The room was full with a capacity crowd and it was a very exciting event with a mix of experienced lifters and those lifting in a competition for the first time. Performances of note were Rebecca Bedford, John Tyrrell and Thomas McCauge. Thomas had come all the way from Ireland and lifted an amazing 100kg, he went for a new PB of 130kg's and almost made it, we are sure that he'll lift that PB soon.

The track and field event was back in the Alexander stadium for 2013 and the newly refurbished track and new stadium seating seemed to make the 20th year even more special. The weather was not as kind as it could have been being a little wet but that didn't dampen anyone's spirits as athletes of all ages took part in track sprinting and throwing events. There were some impressive times laid down on the track and a lot of personal bests were bettered during the day. There were lots of new athletes competing for the first time which is always good to see, and the whole event boded well for the world games coming up in August.

On Sunday the swimming returned to Cheslyn hey pool for the third year and as always the swimming gala was very popular. Our patron Ellie Simmonds came along to support the DSA's swimmers taking a day out of her busy schedule before heading out to Canada for the IPC World Championships in August. Swimming is still one of the most popular events at the national games and with a very healthy entry 2013 was no exception. Swimmers of note in 2013 were Nicole Turner, who swam magnificently for Ireland and shows real promise for the future and Megan Atkinson who also had a good gala and reinforced the strength of the British dwarf swimmers who are following in Ellie's footsteps. The swimmers going to the worlds showed how hard they had been working prior to the event as personal bests fell one after the other. Some of the most popular races were the width races for the youngest swimmers showing how the DSA regional learn to swim sessions are getting new swimmers involved in enjoying this amazing sport.

Moving on to Aldersley Leisure Village for the afternoon 162 athletes competed in four sports over the afternoon, starting off with table tennis. The standard of the table tennis tournament continues to improve with some impressive performances from Krysten Coombs and Ben Buckley, as well as Mary Russell and Pippa Wauthier. With an increase in the number of class 1 players entered it was good to have a class 1 league with the Irish players showing much improvement since 2012 and clearly ready to take their new skills over to the USA for the world's.

The Shooting event has become one of the biggest events at the national games with 43 athletes entered in 2013. As usual Aldersley Shooting Centre hosted this popular event and this year the standard rose again as the vast majority shot over 80 points which is no easy task. The amazing skill of Rachel Lambert was tested this year as so many shooters are improving and getting closer to her. Rebecca Nuttall and Annie Morris came very close but Rachel held on to her title. With so many taking part a masters age group was organised and this was won for the first time by Mary Russell, closely followed by Arthur Dean with shooting in the world games for the first time ever the Great Britain shooting team looked to be in a strong position and the development of this sport within DSA is making it one of the most popular sports at our national games. Another relatively new and very popular sport is the track cycling on the banked track. This is a time trial over one 550m lap with each competitor having three attempts to place their fastest time. Again with such a large number of entries it was possible to run competitions for all the age groups.

Sunday was brought to a close with a Gala dinner celebrating 20 years of the DSAuk. Specially commissioned films were played showing footage from the last two decades and the DSA's president Arthur Dean gave an emotional speech leaving hardly a dry eye in the house.

That left only the Monday when the team sports are traditionally played and 2013 was no exception, starting with basketball the standard had risen again and the training for the world games was very apparent in both the open and junior age groups. The officials commented that the standard of play was greatly improved since 2012. Once the basketball tournament was completed the final sport of the games left to play was football. Similar to the basketball the standard of football for all ages had rocketed and it was all to apparent that the hard work of the team and the coaches in preparing for the world dwarf games was paying off with an amazing display of skill which culminated in a particularly impressive game in the ladies event resulting in an exciting penalty shoot out.

The 20th Anniversary games finished with speeches from the chair and closed as one of the most enjoyable events of the year so far. See you all in 2014.



<u>DSAuk Athlete awards</u>



Recently four DSA junior athletes have received awards for their sporting success.

Matthew Topping was awarded the young sportsman of the year award by his local council and is now being considered for a regional sports award for his endeavours both at the national games, world games and four nations badminton tournaments. Good luck Matt for later in the year.



The next of our young members to receive an award was Megan Atkinson she was awarded her local councils sportswoman of the year award for 2013. Megan is a talented swimmer who has competed at a national and world level over the year and has improved so much that she was awarded her local sports award for her success during 2013.





The Lord Mayor of Liverpool Gary Millar honoured Dylan at the town hall and presented him with a certificate. Lord Mayor, Councillor Gary Millar, said: "The dedication and commitment shown by Dylan is an inspiration to us all. "His hard work and determination in his sport has paid off massively and I am honoured to be welcoming him to the Town Hall. He is the type of role model that will inspire generations to come and I wish him every success in whatever he decides to do next." Dylan's achievement is even more amazing considering four weeks before he was due to fly out, he was struck down with appendicitis and required emergency surgery. He still travelled to Michigan and took part in the 6th World Dwarf Games.



Fern Sneddon had a fantastic evening at the "Love Where We Live Awards Ceremony 2013" and won the sports achievement category. Fern was escorted on to the stage by Mrs. Pain, Ferns PE teacher to receive her award



Well done to these young DSA members.

DSAuk given award by British Shooting

The DSAuk was awarded a prestigious accolade by British Shooting recently for its work in developing shooting for people with dwarfism but also for the part it has played in promoting shooting for the disabled over the last few years. Some of the shooting team from the world games Great Britain team who had all had success in the USA went along to accept the award and also were treated to some fun out on the shooting ranges in Bisley were they tried out lots of different disciplines.

Shooting is becoming very popular within the DSA and the clubs affiliated to British Shooting are keen to help our members get involved with this exciting sport. If you have an interest in doing some shooting then contact Tim or Nigel at the DSA office for more details.



World Dwarf Games, Michigan 2013





The sixth World Dwarf Games took place in the US state of Michigan from 3rd August to the 10th August 2013 and with over 400 athletes from 20 nations competing, was the largest sporting event in history exclusively for athletes with dwarfism.

People of restricted growth are not all of the same height or physical ability and so, as in the Paralympics, athletes are classified in terms of height and functional ability.

At the 2013 world games you could see, or compete in,13 events. One of the favourites being the physically demanding basketball. It's played at a furious pace and the hoop remains - challengingly - at the standard height. Team GB had spent the last nine months training and learning the predominantly USA based sport. They had learned the strategy and worked hard to prepare three open age group mixed teams and one junior team. Every player proved their worth as all day long all three teams ran the ball and made scoring opportunities. One of the GB mixed open teams made the semi finals but unfortunately finished outside the medals. The juniors faired a little better winning the bronze medal in the 12 to 15 years age group. The rest of the world had to admit the most improved country was Great Britain, they also had to comment on how well turned out the GB team were in their white custom made kit, roll on 2017.

The quality of the track and field event was a sight to see, the 100 metre sprint event had over 60 entries and multiple heats, with the USA and Australian teams dominating in the 60m & 100m sprint events. Team GB did a little better in the relays and 200m event, but the field events are where team GB excels and the team had a great field event winning medals of all colours in multiple age groups throughout the day.

If there is one area of dwarf sports that has risen in its profile since 2009 its swimming and the pool at the world games showed this increase in interest with close to 90 races held. In front of a packed audience there were many close run races, the USA, Australian, Irish and Great Britain teams often locked in titanic battles in the pool, culminating in the relay races over 100 and 200 metres. The second heat in the juniors 4x25m race being a particularly exciting race as the Team GB third leg swimmer went in last and cheered on by an ecstatic crowd touched first. Team GB went on to win 1 gold, 1 silver & 1 bronze in the relays, an outstanding achievement.

Another popular sport is Boccia, with a huge entry of players from all over the world it was both very skilled and strategic in its play. Players needed good hand to eye coordination and with a game strategy on a par with chess, the players have to concentrate at all times during play. With over 100 people entered into this sport there were many hours of play required before the winners were decided upon. Team GB had a difficult Boccia tournament in 2009 and were determined to make amends in 2013 and they did, winning a total of 12 medals overall in three different age groups. Well worth all the hours of training at Hamstead Hall Sports College in Birmingham, over 6,000 miles away from the final action at Michigan State University (MSU).

The first competitive games for athletes with dwarfism started right here at the Michigan State University campus in 1985. Back then it was as part of a wider disability games for those with cerebral palsy and those known as "les autres" a category in disability sport for athletes who didn't fit the more established classification groups.

Things have moved on a long way since then. The International Dwarf Athletic Federation was created in 1993 and dwarf athletes are now an established part of the Paralympics. This has helped create nationwide stars like Great Britain's gold medal-winning swimmer Ellie Simmonds.



A fantastic sight to see was so many young athletes with dwarfism competing in the World Dwarf Games. The young athletes role models are world famous dwarf athletes such as Ellie Simmonds, Erin Popovich and Scott Danberg and their hero's sporting achievements drive the young competitors to train and aim for even higher levels for futures games. At the opening ceremony it was remarked that the next generation of people with dwarfism will take it for granted that they can play sport and they will find a place to compete, such an important part of the legacy that the founders of dwarf sports have given to the dwarf community of the world.

The primary purpose of the world games is about sporting competition on a level playing field. But there's no doubt there are powerful secondary benefits. Apart from keeping people fit, when the tracksuit comes off there's a chance to meet, socialise and just "be". The games bring huge benefits in self confidence and empowerment for individual athletes plus positive press that educates the average height world on the amazing sporting achievements of all the athletes taking part.

An athlete was heard to say

"It's great to speak with others at the same eye level, people whom you can naturally pat on the back in sympathy or throw your arms around in celebration. Not having to explain anything, nor have strangers stare at you, is like having a week off from my real life."

It's not all fluffy warm stuff though. There is serious competition. There are hundreds of dedicated athletes who train very hard, make sacrifices, have to find sponsorship money, and travel great distances to get the chance to compete amongst their peers. Many athletes compete in multiple events over the week and the level of fitness needed to sustain this level of competition is super human.

Football, or soccer as it's called in the USA, is perhaps the most keenly contested and talked about event at the games. Team GB were the current world champs - they won gold at the last Games in Belfast 2009. Team USA, not to mention Team Australia and Team Europe, wanted that to change. Different height, yes, but football rivalries are just as strong. In one football match earlier in the week, two players collided when going for the ball. One of them was knocked off his feet, before he hit the ground the opposing player stretched out his arm and caught him. It was unusual behaviour to see in competitive sport and it felt like it really was the taking part among equals that was important while still enjoying a very competitive tournament. For the second time at a world games ladies soccer was featured with teams from Great Britain and the USA entered. After nail biting group stages, a final of the GB Belle's team Vs the USA team was played on MSU's newly restored and immaculate DeMartin field pitch and stadium, a part of this universities great sporting heritage. After a physical and demanding match the score was even and the gold medal would be decided on a penalty shootout. In front of a partisan audience split between home and away supporters, (the rest of the world led by Australia supporting the old country) the crowd roared and sighed in equal measure. All square after the first five it went to a nail biting sudden death with team GB ladies team "the Belle's" finally triumphing over USA 6 -5. The GB manager and coach almost had a heart attack while watching the team and especially the goalie go through the extreme stresses of deciding such an important game on penalties. The junior final was also a USA Vs GB clash, the game was another heart stopper with quality players on both teams and finishing after 50 minutes of tension with a final score line of 3 - 1 to Great Britain. The open team final was set to be a titanic battle between once again the USA team and the Great Britain "Lions". The USA were unfortunately the better side on the night looking just a bit fitter after the earlier rounds. More in control of their game they won with a final score of 4 - 2. Just four years for team GB to prepare for the rematch.

With thirteen sports on offer over seven days there is just too much to tell and there are many inspiring stories from every event, suffice it to say that the games were amazing and with every athlete of every age giving their best in every event on every day. No more could be asked.

It would be good to close with a quote from a UEFA coach who accompanied the GB team

"I've been to two Olympics, three European cups, multiple domestic FA cups and worked with professional athletes for my whole coaching career, and I am blown away! I've never seen athletes perform at such a high level, for so many days with such spirit, heart and sportsmanship. I'm going home to tell everyone I meet about what I've seen here. I am proud of every athlete from every country and can honestly say this has been the best week of my life. I'm honoured and proud to have been part of this event and I don't want this week to end."

I think that says it all !!







South West region update

The SW region has concentrated on fundraising over the last few months in order to subsidise a few events throughout Spring & Summer 2013.

On Saturday 17th November Asda of Yeovil invited us to carry out an Awareness Event by talking to customers & handing out leaflets. The event raised £233 on the day and a future £200 through their token scheme. Our parent members, Sinead & Matt York kindly organised a Christmas Pamper & Fayre event on Saturday 1st December which raised £300. Thank you very much to Sinead & Matt for all their hard work.

Sinead has also kindly agreed to be the south west's Treasurer. We have done some forward planning of events and the first will be on Sunday 24th March at AJ's Adventure Play Centre, Taunton. The centre has a Lazer Battlezone, football area, soft play area & many other activities. Together with SASP there is also racquet sessions & boccia practice throughout the Spring & Summer. All south west members will have notifications of these events.



North West region update

Our North West members are up to all sorts! Soft Play Coffee and a chat is proving to be very popular both with youngsters and adults.

Our Swimming sessions are doing really well too. This year our Boccia League team came third in the North West Boccia competitions run by Boccia GB.

We now have two groups of skiers who have progressed onto the main slopes. We would love to fit more in, but that would mean that each weekend is taken up by events!!! A good problem to have.!

We are hoping to start up a Postal Pistol Shooting Competition with the other regions. As well as Steve Scott is hoping to arrange some cycling routes in and around our area. A lot of our members in the North West attended the World Dwarf Games and came back with an abundance of medals, Well done.

This also resulted in them receiving awards from their local area on their return. Janie and Jay's Athletic Club on a Friday evening is attracting more and more North West members and they are doing really well. We are now looking forward to winding down our year with our Christmas Party in December.!!





South Central update

The South Central region has been busy organising some different events. In October we held a successful skiing session, despite the rain.

Karen organised our second Art fundraiser, the theme this time was Autumn. The event raised £140.

Nigel Burton organised a tennis taster session for us at Winchester Tennis Club through the Tennis Foundation. The afternoon proved popular and all enjoyed trying out a new sport. Who knows we may find the next Andrew Murray! The region would like to continue the tennis sessions in the future.

We continue our monthly badminton sessions, four of us took part in a one day para badminton tournament in Middlesex where Lucy and Jenny were runners up in the doubles, playing with the men. This was a good warm up before the Parabadminton season.



Future events include athletics at Mountbatten Leisure Centre,

Portsmouth and badminton on at The Lido, Winchester. We are going to rearrange the football session in the near future, as it was cancelled due to the weather.



South East region update

2013 has kicked off more swimming and football events within the South East. Our football coaching at Stevenage sandwiched around the World Games training is still very popular and the swimming sessions in Cambridge are growing even further. Due to these swimming sessions Hannah Jones has now been spotted and is training with her local swimming club and Tom Smith is looking to compete at the National Games despite not being able to swim last year so congratulations to them both. There are two parts to the swimming, a section for the younger ones to splash around and learn to swim and a section for the slightly older ones to perfect their stroke. If you are interested in any of our events let Paul Doling know.



North East region update

Firstly thank you to all the members who came along to our annual golf day fundraising event which raised enough money to help us run events for the next twelve months. The event this year had 36 teams entered and was a great success. Thank you to Rick Morris who works so hard to make this special every year.

We are continuing to join in the Westfield Badminton Club sessions every Saturday morning in Sheffield and would love to see more members attending those sessions if you are interested contact us using the number on the back of this Reachout.

Annie Morris and Rebecca Nuttall are working to source a swimming pool that is suitable for swimming lessons and swim sessions for the region and we hope to launch that very soon.

We are planning on organising another outward bound course at the Calvert Trust in Keswick in 2014 and hope to link up with the North West region to provide this as we did last year.

New DSAuk member Anna Knowles has started a soft play session on a monthly basis in Castleford. It takes place on the second Sunday of every month and is a great chance for families to get together and support each other locally. The venue is open for children up to the age of 11years old and we hope that it will grow to be very popular. Anna would love to see it being well supported so please go along and enjoy these days. Let us know if there is any new sports you'd like to try.

West Midlands update

The swimming sessions in the Midlands region at Coventry Sports and Leisure Centre have been progressing. In October we had a smaller group but in November we had a large group with 15 swimmers and some new instructors. Melissa Harvey from Little Splashers came to teach the babies and toddlers, and Katie Simmonds came to lend a hand with the slightly older swimmers. Both are very talented and supportive so everyone had a good time. We met again in January with a small group, one new member Luqman, who has attended all the sessions so far has grown in confidence in the water, and now clearly feels happy and enthusiastic about swimming. He is also showing some clear natural ability and talent, which is exciting.

Please come along and support this region. We have lots of enthusiastic instructors and two pools in which to have fun! If you want some coaching tips for the national games gala then you're welcome too.

The more the merrier!



Northern Ireland region update



The DSANI Region has started organising a Winter Sports Programme for all its members and families of all ages. So far we have held four fun packed sessions at the Lisburn Racquets Club. On all occasions it was a great success, involving both old and new members of the DSANI region. The first hour was primarily assigned to football with Mal Donaghy; while members could also try other sports such as new age curling, boccia, badminton and unihoc. It was good to see some of the younger members taking part in the sports and hopefully they will continue with them in the future. There are two more winter sports day

sessions coming up which we hope will build on the success of last year's taster sessions.

Well done to Emma Fitzsimons and Thea Langton on winning a Silver and Bronze medal in the 25M Freestyle event at the DSNI Swimming Championships 2012 held at the Lagan Valley Leisureplex, Lisburn. Due to their success, we will be starting a 10 week swimming programme for all our advanced swimmers and to inspire beginners.

Well done to our members who competed in the Irish 4 Nations Para-Badminton Series. It was a good weekend for the Northern Ireland team, as it saw World Number One Niall McVeigh win the Men's Singles in a thrilling 3 set encounter against Andrew Martin from England. Andrew Moorcroft won the Junior Men's Singles

against Dylan Beaumont from England. Luke Irvine reached the semifinals of the Men's Singles, where he was defeated by Niall. While in the Mixed Doubles, Luke and his partner Deirdre Nagle couldn't progress out of the group stages. Emma Farnham was unfortunate in her group in the Women's Singles, but she and Deirdre Nagle won the silver medal in the Women's Doubles. Niall McVeigh, Luke Irvine and Emma Farnham have been competing in the Ulster League, division eight they have played extremely well so far to win three games out of five. Their team Alpha Wizards are currently lying third in the league table.



Thank you to our dedicated fundraisers

Recently there have been some amazing fundraising events and the DSAuk would like to thank all of you for your hard work. The friends and family of Wilf O'Donoghue and Alexandra Tampkins who did a London to Paris bike ride and raised an amazing amount of money. In early October Peter Tranter and friends did a sponsored tough mudder, friends of Amelia Atkinson did a sponsored walk of the 3 peaks, Mary Russell raised money through nominating DSAuk at her local Waitrose when shoppers voted for their favourite charity to donate to and Tim Bussell's family donated a sizable amount in his memory. The TSB community fund have shortlisted the DSAuk for a donation thanks to the Flack family and a massive thank you to Dream it, Believe it, Achieve it for its amazing support of the Great Britain team in their achievements in Michigan in August. Don't forget to sign up to "give as you live" to raise funds while shopping online at no expense to yourself and please keep up the good work everyone. Thank you.

A word from the Chair of the DSAuk's board

Well what a year our 20th has been!! So many things crammed the last 12 months. Memories we will never forget ,friendships we will keep forever. As we look forward to our next 20 years we are continually mindful of keeping the DSAuk vibrant ,active, fresh and appealing as well as never forgetting our missions statement. After the last AGM all the op's committee and trustees came together as one Board, committed to making sure the needs of the members of DSAuk are met and that the Charity grows from strength to strength. We all would like to thank you the members for supporting us and the DSAuk throughout those years. Together we can make a difference, together we can be there for all those with a dwarfism condition, to offer them the life changing experiences that we all have felt in one way or another. May the DSAuk always be here for many years to come. **Kindest Regards to all......Penny Dean and the Board of DSAuk**.

DSA Merchandise

DSAuk Hoodies - £25.00 each DSAuk Polo Shirts - £15.00 each DSAuk T Shirts - £12.00 each

Childs sizes 3-4, 5-6, 7-8, 9-10, 11-12, 14, Adult sizes S small, M medium, L large, XL and XXL . Post & Package £7 or can be delivered to you at any DSA event. All clothing has the DSAuk logo on the left breast of the garment, and can also have your name embroidered underneath the logo.

> Contact the office to order your DSA clothing tim.shephard@dsauk.org or download an order from at <u>www.dsauk.org</u>

Regional Contacts

Northern Ireland: Eugene McVeigh on 02838318512 North West: Penny Dean on 0161 355 5399 North East: Annie Morris on 07595 027774 Midlands: April Barrett on 0121 454 55 East Midlands: Willie Coppen on 01332 514813 South West: Carole North on 01963 250175 South Central: Karen Lee on 02392822045 South East: Paul Doling on 07789 557143