



*Dwarf Sports Association UK
Official Journal*



ReachOut

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Patrons: Eleanor Simmonds O.B.E & Matthew Whorwood Charity No 1041961



2015



A year to remember



A message from the Chair...



As I write this report I sit and wonder where has the time gone. Again, this year has been an amazing year for DSAuk in more ways than one.

Firstly I want to thank every one of you, both members and their families, for your continued support to the DSA and all we do. A year ago we were able to employ our two Regional Support Officers, Tom and Sean, who have been proved to be an immense benefit to DSA. They have been all around the UK including the Isle of Man, creating additional awareness of the DSA. In that time they have helped set up two new regions: Wales and Scotland and both are going from strength to strength. Our thanks to Carol, Hailey and all their supporters for setting up and running these new regions. We hope to see some more new regional groups forming in the near future too. DSA's vision is to have something for everyone to attend and enjoy within a hour's drive of their home. Sean and Tom have been out in the regions, visiting schools and hospitals and helping with regional events. Well done to all our athletes, powerlifters, shooters, swimmers, cyclists, boccia players and badminton players. It's a joy to see so many of you gaining success in your chosen sports and long may it continue. In the Summer we held our National Fundraising Coast to Coast cycle Challenge. What a fantastic weekend and what a great bunch of people supporting one another along the way. It proved a great success, one of which we hope to repeat with another Cycling Challenge next year. We will keep you posted. Following on from the success of this DSAuk will be starting up a Cycle Loan Scheme to encourage our members to have a go at cycling in their home environment. Our National Games again broke all records with attendance and it was a great to see so many people win their medals in so many different sports. Well done to everyone. The Sailing Day was such fun too with people spending more time in the water

than in the boats!! This is a fantastic day of fun and thoroughly recommended. We also had our first DSA camping weekend with fun activities throughout and songs around the campfire to finish.

Our National Boccia & Badminton Weekend was the biggest ever attended. Competition was fierce between our more "mature" Boccia players as they showed their amazing skills. It was great to see the experienced Badminton players supporting and encouraging the new players in their games. A super weekend.

Shooting has become really popular. Pete Bonner, Arthur Dean, Rebecca Nuttall, Simon Mount and Matt York gained their Range Master Certificate and Coaching courses.

In 2015, DSAuk is taking part in research projects: Bio-Mechanics in dwarfism with Manchester University and Nutrition in Dwarfism. These things can only benefit our members in the long term.

We have also attended many different seminars as well as supported LPUK and RGA at their conferences.

So with all the regions are offering as well as our national sports, the years calendar is packed with so many different events which we hope each member can benefit from over the next year.

Fundraising still goes on behind the scenes, we rely totally on funding and donations to be able to offer you all that I have outlined above. DSA would welcome any support or help towards raising funds.

As we come to the end of our year, may I wish you all a Very Merry Christmas and a Happy New Year.

We look forward to the fun beginning again in the New Year.

Best Regards,

Penny Dean
Chair of DSAuk

Way of the Roses
Coast2Coast Challenge
24th-26th July 2015

£9000
Raised



What a fantastic three days of super human effort the DSAuk's Coast 2 Coast challenge turned out to be. On Friday 24th July, twenty three riders gathered in Morecambe to start the 170 mile marathon travelling west to east across the country.

It was an early morning start as the team had a tough 60 mile ride over the high peaks of the lower Lake District. Each rider dipped their tyres in the sea on the beach before setting off from Morecambe. BBC radio had featured the event and a crowd of local people arrived to see the team off on their cycling marathon.

The team was joined by Amara Atkinson who is a member of the DSA and just 8 years old. She cycled along with the team all the way to the Crook'o'lune which was almost a 10 mile ride and a fabulous achievement. Over the first few miles one or two of the team had punctures. Kim Dean was unlucky enough to have two in the first mile, but after a repair and a new inner



tube she was on her way again. The Way of the Roses course winds its way along single

track country roads up through the hills of the Yorkshire Dales at 15 miles in the course starts to rise from Hornby all the way up to settle; a climb of 225 metres above sea level with little respite along the way. The riders met a support vehicle at Clapham for water and snacks before climbing again to lunch at Settle some 300 metres above sea level. At settle they were met by "Hilda" (a camper van) manned by DSA



members Pete and Donna who fed and watered the riders ready for the next leg, which again you guessed it, involved a climb out of Settle up to Cracoe and then over Stump Cross (the highest point of the course). This climb is particularly tough rising to nearly 400 metres (1250 feet) above sea level and was a real test of the whole team, but every single person made it to the top and was rewarded by an 18 degree descent down in to Pateley Bridge. This was the stop over for Friday night at the Bewerley Activity Centre. The local Fish and Chip shop provided an evening meal for the whole team and once showered and fed, they turned in for an early night.

Day two dawned warm and sunny and

Way of the Roses
Coast2Coast Challenge
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£9000
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after a hearty breakfast supplied by the activity centre we were joined by more cyclists who were undertaking the challenge.

Day two was 62 miles all the way across to Pocklington. The team made its way up out of Pateley Bridge, up again to Watergate before the course levelled out. The whole team started to accelerate as the course became much flatter and the first riders were soon in Ripon for their first stop. The whole team was in great spirits and passed through Ripon in good time on their way to Aldborough, where they met up with "Hilda" for lunch. The sun was shining and after the tough hill climbs of the previous day, the flatter course was very enjoyable. Dwarf Members Steve, Kim, Callum and Paul were all making great time and riding strongly through the second day's lunch stop. The riders

pedalled through York and on to The Cross Keys at Dunnington for the last stop of the day. The riders

sped on to Pocklington and the Roebeanne House B&B, where they were met with a fabulous 4 star meal and comfy beds for the Saturday night. The whole team enjoyed their hospitality during a great evening of good food and good company.

It was an early start on Sunday morning with the whole team ready to leave the B&B at 8am prompt. The cyclists rode in to Pocklington together in convoy before making their way back on to the Way of the Roses. The route for the last day was relatively flat but still 50 miles long so everybody had to get their heads down and get up to speed to get all the way to Bridlington in the day. The first stop was at Hutton Cranswick with everybody making it through without any problems. The team made their way along the course through beautiful Yorkshire farm land, with the sun shining on them as they rode into Burton Agnes Hall for the very final stop on the Coast 2 Coast Challenge.



Way of the Roses
Coast2Coast Challenge
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£9000
Raised

The team waited for everyone to catch up with each other and then, after being joined by more DSA members, they rode down in Bridlington to finish their Challenge on the North Sands. The cyclists rode down onto the beach and dipped their tyres in the sea on the East coast. 170 miles over three days climbing to 1250 feet above sea level and then back down to sea level again was a super human achievement. The team waited for all the riders to finish before making their way home. As the final cyclists rode in at 4pm there was a rain shower but this couldn't dampen the rider's spirits as they were all euphoric to finish the Way of the Roses cycling marathon. Thanks to all the riders that took part and all the volunteers who supported them throughout the weekend. Thank you to everyone who has made a donation to the DSA or sponsored one of the riders.

Anyone for London to Paris ??????



DSAuk Bicycle Loan Scheme



Like cycling but don't have
access to wheels?

Why not loan a
bike or trike
from DSAuk?

Call the office on 01246
296485 for more information.

2015 BOCCIA AND BADMINTON EVENT

Wow, what a fantastic weekend the DSA's annual Boccia and Badminton Tournament was. There was an entry of 71 players - the best that we've seen for quite a few years. We welcomed some members we haven't seen for a while and some members brand new to the DSAuk. It was nice to welcome back Martin and Elaine Rush after two years without them and also Peter Holland who was coming back to Boccia after a little while. We had a few visitors come along to watch and learn what Boccia is all about who will now be playing in next year's event.

The group matches for both sports were played on Saturday and there were some amazing performances. In Boccia, the open class was hotly contested between a few great players. James Coyle-King was consistently good all weekend as were Oliver Clarke, Bobby Laing and Niall McVeigh. The masters class was as competitive as always with Martin Rush, Peter and Donna Bonner and Denise Coppen all putting in some fabulous performances. New member Louise Cross, in her third Boccia event, showed some great skill and potential for the future. It was great to see lots of new faces playing Boccia, many who have recently joined the DSA at the LPUK convention. Game strategies being used varied greatly from player to player making it hard to see who would come out on top. All the players showed a mastery of the game that was admired by everyone spectating.



The Badminton event had 41 entries this year and with some of the world's best players taking part there were some superb games. The level of play was noticeably improved and it was clear that training had paid off for those younger players who have been practicing over the last year. Nima Ghavami and Dylan Beaumont were two of the most improved players, with Isaac Maison showing his skill playing left handed and stepping in for Tom Smith who was ill. There were some very close matches and the doubles event delivered some 'edge of the seat' three set finals which were very exciting to watch.

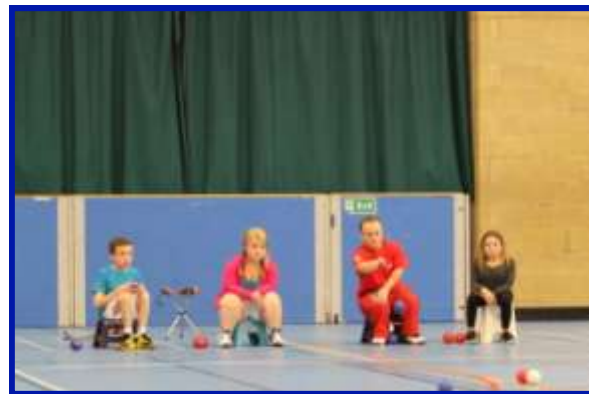
Once again we were able to run an under 10's and under 8's competition. All the young players that entered had a really good time playing each other and learning about the game. First time players and future talent to watch out for were Bruce Dee and Jack Andersen. Jack Andersen was the overall winner showing there is a rosy future for the sport with these brilliant young players. We hope to make the under 10's and under 8's group a permanent part of the tournament and we look forward to welcoming more young players in 2016.

2015 BOCCIA AND BADMINTON EVENT

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In the open men's event it was great to welcome the return of Lee Hill and Ollie Clarke. It was also nice to welcome Niall McVeigh who came over from Ireland to take part. Ollie, who is still recovering from surgery, made a real splash as he proved that he had lost none of his skills on his way through the group stages. The open final between Niall and Krysten Coombs was an exciting close run game, finishing in a win for Krysten. The third/forth play off was also very exciting between Jack Shephard and Bobby Laing. All these players featured heavily in the recent BWF World Parabadminton Tournament and it was really nice to have them playing at the DSA's National Tournament.

In the junior badminton doubles final Matthew Reynolds and Dylan Beaumont won the round robin group which had to be decided on points due to it being so closely contested with Daniel Allen and Jack Smith coming a close second.



It was fantastic to have a very healthy entry for the ladies Badminton. Amelia and Imogen Hall both took home medals in the singles, being split by Fern Sneddon who won the silver. There was a fabulous junior girl's event which ended in an amazing final between Lauren Wright and Maisie Stocks, with Kathryn Walters in third place.

In the Ladies open class Rebecca Bedford topped the group. Rebecca was very closely followed by Randika Doling who is the player on the move and by far the most improved player after representing Sri Lanka in the recent World Championships. Ella Scott claimed third place, winning the bronze medal.

There was also a masters group which Pippa Wauthier won, with Emily Andersen in second place and Louise Cross winning the bronze. The ladies in the masters group are paving the way. A few more men playing in this age group for 2016 would be brilliant. Come on men!



2015 BOCCIA AND BADMINTON EVENT

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The Boccia finals provided loads of close games and excitement with many of the final places coming down to just the last couple of points. In the masters pairs, married couple Pete and Donna Bonner won the gold medal. They were closely followed by Liz Holland and Penny Dean who were in fine form in the pair's event. Peter Holland and Jamie Patton received the bronze medal, only a few points separated all three pairs.

In the open pairs James Coyle-king partnered with Bobby Laing proved to be very hard to beat, winning the gold. Ollie Clarke and Thomas Vogt followed taking silver and in a very close play off, Krysten Coombs and Niall McVeigh picked up the bronze medal in their first Boccia pairs competition for some time. Another notable medal win was that of The Hall twins Amelia and Imogen, who won the Under 11's pairs in good style.

Amelia and Imogen, along with Mary Shaw won the under 11's team event. In the juniors Natasha Land, Matthew Reynolds and Jack Smith played really well and ended in second place winning the silver medal. In the open class Rachel Lambert, Rebecca Nuttall and Bobby Laing teamed up to do very well and were rewarded with a bronze medal.

In the masters Pete and Donna Bonner teamed up with the DSA president Arthur Dean and in a fantastic final won the masters team event. They were closely followed by Pippa and Emanuel Wauthier teamed up with Louise Cross.

In the singles finals, Betty Wauthier won her first DSA medal in the under 8's age group and in the under 11's Jack Andersen won the Gold. Imogen Hall won silver and sister Amelia won the bronze. In the juniors, Seamus Morrison who is becoming a very accomplished Boccia player won the event with Matthew Reynolds and Matthew Topping in second and third place. The open class was won by James Coyle-King but new players Booby Laing and Ollie Clarke picked up silver and bronze. It was really nice to see some new players doing well in this year's tournament. Finally in the masters' age group Martin Rush returned to the Boccia event to take first place, very closely followed by Peter Bonner and Donna Bonner.

The final event of the weekend was, as always, the Peter Sugden Trophy. This is played between the three winners of the three age groups in the Boccia singles tournament. It is played in a round robin group and this year was contested by Seamus Morrison, Martin Rush and James Coyle-King. Three extremely close games were played and watched by all other players and spectators. Martin Rush played well winning two of his three games to win the trophy for the first time since 2012. Seamus is practicing at his local club every week and we are sure he is not far off winning this trophy very soon.

The Boccia and Badminton weekend is always great fun and is a good introduction to either or both of these popular sports. If you've never been before put it on your diary for 2016 you will enjoy it!



2015 BOCCIA AND BADMINTON EVENT

Fundraising for DSAuk with Westbourne House School

£8,500
Raised

Each Year Westbourne School supports three different charities, usually an international, national and local organisation that are all chosen by the children.

This year the Dwarf Sports Association UK were fortunate and thrilled when they found they had become one of their three chosen charities for 2015.

The other charities included a local parent and careers charity and the international charity 'War Child'.

Prior to becoming one of the selected charities, the regional development officers along with Penny and Arthur Dean OBE, travelled down to Chichester to Westbourne House School. They presented to the pre prep and prep schools, raising positive dwarfism awareness and informing them about the charity.

Following the presentation Georgia Howell, both a member of DSA and Pupil of the school, explained how much DSAuk means to her and has positively impacted her life.

The school visit had a positive impact on both staff and pupils as the charity successfully secured the votes of many children and were successful in becoming one of their charities of the year.

Throughout the academic year pupils and staff carried out lots of different fundraising events to raise money for all three Charities.

The magnificent activities raised a staggering £25,500. This resulted in each charity receiving an amazing £8,500.

DSAuk was invited to receive the cheque and thank all those involved.

Thomas Mills travelled to Westbourne House School, received the cheque in front of the assembly and thanked all the pupils and staff for their amazing efforts.

The DSAuk would like to say a huge

THANK YOU

to all children, teachers and parents at Westbourne House school!

#DSAmazing



2015 SAILING AND CANOEING DAY

On 20th June, the DSAuk held the National Sailing and Canoeing Day at Rother Valley Country Park in Sheffield. DSA has been running this event for over ten years now and it is always a fun day out.

The weather was agreeable; it was mostly dry with a couple of two minute showers. We all sheltered under the huge gazebo's we set up to shelter us from the sun or the rain.

Rother Valley Country Park is a fabulous location for this event and DSA set up camp on the grassed area next to the car park and visitors centre. We have our own launch area and there is lots of room on the grass and on the water to have loads of fun.

Rother Valley organised the sailing activity which was great fun for everyone. There was just enough wind for sailing which made the sailing lots of fun and the sailing boats were booked up all day.

Yet again, the volunteers from the Pleasley Canoe Club and 7th Dronfield Scouts kindly provided Canoes, Kayaks and instructors.

Rocky, Ivan, and Kevin with their team of helpers provided great entertainment and good fun for everyone who took part in the kayaking, zorbing and canoeing. It was great to see lots of people braving the hamsters wheel and having a go in the Zorb.

Lunch was delicious hot roast pork sandwiches followed by cakes, flapjack and sweets.

Thanks to Vicky at Butlers Bakery for her brilliant service and yummy food.

After lunch there was lots of time to have loads more fun on the water and everyone got at least a little bit wet.

The Sailing and canoeing day is all about having fun and being active. It is a very relaxed atmosphere and the whole idea is to have fun on the water and enjoy some recreational activity. If you've never tried it come along in 2016 and enjoy a great day out on the water.



2015 SAILING AND CANOEING DAY

The path to swimming at the World Championships

With Nicole Turner

Nicole learnt to swim for safety reasons aged only 4 and then joined a local swimming club when she was 5. She enjoyed being member of a club and swam twice a week. In 2009 Nicole attended the World Dwarf Games in Belfast and entered into several swimming events. She exceeded all expectations and won 4 gold medals which really gave her the confidence that she could compete against other people with dwarfism. Nicole was also delighted to meet her swimming idol Ellie Simmonds.

Following her success in Belfast, Nicole competed in other disability swimming events in the UK and Ireland. Through her continued success, she was rewarded by being selected to be part of the paralympic national development squad, still aged only 7 years.

Nicole first represented Ireland aged 9 at the DSE National Junior Swimming championships where she came away with 5 gold medals. As she progressed through the different levels of competition, Nicole's goals and ambitions became bigger and she became very determined to represent Ireland at senior level.

She eventually got her chance at the British International Para Swimming Championships in Glasgow in March 2015. Nicole won silver in 50m Butterfly and also achieved several qualification times for the IPC World Championships later in the year.



The Irish team entered Nicole into 6 events in the World Championships to gain valuable experience and only expected her to reach one final. She surpassed all expectations with huge personal best times and reached the finals in all 6 events. Nicole also recorded minimum entry times for the paralympic games in Rio next year.

Nicole is now very focused in her training and is hopeful that Ireland will be awarded the required slots that will allow her to be chosen to represent Ireland at the Paralympic Games.

Her advice to any aspiring young swimmers is most of all to enjoy the experiences that swimming presents, either at club level, at local galas, regional swim meets or other competitions.

Over the years she has attended the DSA UK National Games to be able to swim and meet friends from the UK. The more participation in swimming, the more experience and confidence she has gained.



British Weightlifting

Para-Bench Press Competition

On the 3rd October members of the DSAuk took part in the British Weightlifting Para-Bench Press competition. It was held at the Life Leisure Centre near Stockport. All the DSA lifters attained new personal bests. Zoe Newson lifted an amazing 95kg which was a new British record. Ollie Brown lifted a new PB in every one of his four lifts and topped out at 146kg's - a fabulous performance. Carter Balaberda took part in his first lifting event in the UK and lifted a new PB of 147kg. Fantastic lifts by everyone taking part and definitely #DSAmazing.



Shooting at

Aldersley Leisure Village

On Saturday 24th October, members of the DSA met at Aldersley Shooting Centre in Wolverhampton to enjoy a morning of training in both pistol and rifle shooting. Mel from the shooting centre was their coach and gave them differing tasks to develop their shooting skills. The GB shooting squad were also training and it was good to see them shoot and to meet some of the national team.

The sport of shooting is becoming much more popular and we plan on having more of these days in 2016. We will also hold Monday evening sessions at Aldersley Shooting Centre twice a month. If you are interested in the sport of target shooting there are clubs all over the UK you can attend.

There are also going to be a number of hub clubs dotted around the country with adapted weapons suitable for DSA members soon. This means that anyone interested in shooting can give it a try with the correct equipment.

We hope to see Archery and Shooting in the 2017 World Games so start getting ready by learning how to shoot and enjoy the exciting sport of Target Shooting.



BWF Para-Badminton World Championships

DSA Para-Badminton players were in inspired form at the BWF Para-Badminton World Championships as they secured 11 medals for England, Scotland and Ireland. The event, which was held at Stoke Mandeville, saw DSA members take on the world's best players and come out on top through a number of tough challenges. There was an increase in the number of countries involved with 20 men and 10 women entered into the event. Rachel Choong entered the history books and became a three times World Champion. Winning in this way has never been achieved before by any English Badminton player. Now that Badminton is going to be a Paralympic sport in 2020 the standard of play is improving and many more countries are getting involved. Hopefully the SS6 (dwarf) class will be accepted to play and maybe some members of the DSA will play in Tokyo in 2020.



DSA members Medals won:

Men's singles:

Silver - Andrew Martin

Bronze - Krysten Coombs and Jack Shephard.

Men's doubles:

Gold - Jack Shephard & Krysten Coombs

Silver - Andrew Martin & Isaac Dalglish

Bronze - Bobby Laing & Andrew Moorcroft.

Ladies singles:

Gold - Rachel Choong

Silver - Rebecca Bedford

Bronze - Randika Doling.

Ladies doubles:

Gold - Rebecca Bedford & Rachel Choong

Silver - Randika Doling & Nina Kersten

Bronze - Emma Farnham & Maria Bartusz.

Mixed Doubles:

Gold - Rachel Choong & Andrew Martin

Silver - Rebecca Bedford & Jack Shephard

DSAuk Regions Updates



Tom



Sean

NE Region Calvert Trust Weekend

We arrived on Saturday morning at The Calvert Trust having set off at 5.30am and driven through torrential rain (and some torrential moaning from the family). It's fair to say that I faced this weekend with some trepidation. However on arrival it was clear that this wasn't just any weekend, this was a DSA weekend.

Everyone was getting ready in their waterproofs for a day of activities regardless of weather with the occasional phrase being heard over the chatter like "No such thing as bad weather, just bad clothing" and "So what it's raining, I'm not made of sugar". This set the tone for what was a brilliant weekend of laughter and adventure. Our first activity of the "Hell swing" which was conquered by the kids in the group first, but when it was the turn of the adults we left our fate literally in our kid's hands, as they pulled the cord sending us flying.

After a lovely lunch we set off for the stables with the kids conversations mainly focussed around who was going to ride the horse Prince. As Prince was considered a slow horse by the kids (not exactly sure where they got this piece of information from) then no one wanted him (sob). However Grace got to ride Prince and she absolutely loved it as demonstrated by her huge smile throughout the ride. I can't thank the DSA and Calvert trust enough for putting that smile on my daughters face. However I should point out that there has been a significant increase in the times I've been asked for a pony by my girls, so thanks for that too.

Saturday evening was a chance to catch up with everyone else and hear what they had been

doing. I heard more "Hell swing" stories, zip wires and a capsized canoe, but all told with smiles and humour.

Sunday brought a climbing wall challenge which was impressively undertaken by Bruce, Amy, George and Evie, and finished for us with a crash matt race which even some adults couldn't resist (Peter!). As others carried on their adventure, we set off for home feeling "golf tired" as my Paul puts it (I think this means happily tired after exertion). We had a wonderful weekend full of companionship, adventure fun, watching the kids in our group and hearing of others achieving great things it was so worth getting wet.



Anna
Knowles &
Paul
Bunton

North West Region

Calvert Trust Weekend

Waking up to mist over Bassenthwaite has to be one of the most relaxing experiences, makes you appreciate this beautiful country of ours.....then I awoke from my dream-like state, this was the Calvert Trust, fun and frolics in the Lake District.

Saturday, our team of the Moores, the Deans, April, Tim, Kate and Jack hit the water. Canoeing and catamaran on Derwent water. Hard work for those bothering to paddle with plenty of splashing around. We sailed (if that's the correct terminology) to St. Herbert's Island for lunch in perfect weather. The two occupants of the shoreline had their peace shattered by us lot descending from the boats and sharing their picnic blankets!



Sunday was a drive out to one of the majestic mountains for a walk up the hillside. We experienced a breath taking view of Derwent Water and the surrounding villages, with a chance to chat and have a giggle on the bus back home.

In the afternoon, we completed our weekend by putting on our harnesses and climbing walls, which all our kids did with complete confidence - likewise the death swing.

This was our third visit to the Calvert Trust and the staff never fail to make it a fun and exciting experience. Our children have an opportunity to run wild with friends and adults have the chance to escape (although Carl comments that he can't remember that bit !!!!!).

We love it.

The Moore Family

Helen runs a Marathon

Here's me with my well earned pint, after running the Chester Metric Marathon - known amongst runners as the cheats marathon. There was nothing 'cheating' about this race.

Advertised as 'a flat, fast race', think they omitted to mention that long drawn out hill at mile 15.

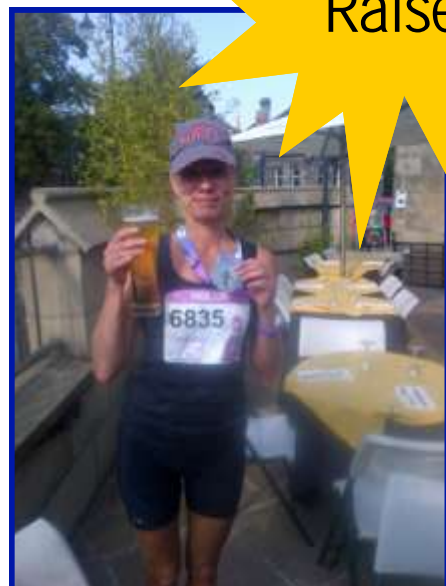
It was a run around beautiful Chester villages in perfect weather for runners. I crossed the line in 2hours 37 minutes.

Would I do it again? Absolutely.

So far £317 has been raised for the DSA and I'm very happy with that. Thanks to all who sponsored me.

Helen Moore

£317
Raised



South West Region

Beach Activities Weekend



The DSA south west region held a fantastic beach weekend on 27th and 28th June. It was full of new, exciting activities and sports at Crantock Bay, Cornwall. Many members tried new sports such as surfing, kayaking and stand up paddle boarding for the first time. It was great to welcome new members to the DSA as this was their first event. We were also joined by Sean and Tom, DSA regional officers.

The weekend began on the Friday night with members arriving at a local campsite. It gave everyone a chance to catch up, socialise and help each other put up tents. The Saturday started with sunny weather but very windy. We made our way to Crantock Beach where we met Rob and the rest of the instructors, and set up base on the beach. Those who were undertaking surfing set off to get kitted up and headed to the sea. During the session Rob and his instructors noticed that Kathryn Walters showed a natural ability for surfing. With the support of the instructors, other members confidence in the water and on the board improved. It was a tiring but great experience.



Those not taking part in the water activities remained on the beach. They paddled, built sandcastles, took part in beach sports such as throwing games, beach cricket and tag rugby. On return from surfing lesson members had lunch and joined in the beach activities.

The afternoon water activities started with a stand up paddle board lesson and kayaking in the estuary next to the beach base. Members were able to use the estuary during the afternoon headed out with the instructors or independently. The instructors kept a careful watch to ensure everyone was safe.

The day finished at the beach with a group BBQ. During the evening, members staying on the campsite had a chance to socialise and relax together.

Due to poor weather on Sunday it was agreed that we would not go to the beach but head to a local farm and soft play instead. We had great fun in the soft play area and as the weather improved we headed outside to see the animals and play on the outside play equipment.

It was a great weekend and members feedback was very positive with many asking if the event will become an annual event... which as a region we will continue to work on.

Sinead York



Scotland Region: Crossing the Forth Bridge

On October 18th, the newly formed Scotland region embarked upon a fantastic journey across the Forth Bridge.

The Forth Bridge is a 2.5km long suspension bridge over the Firth of Forth, situated 9 miles away from Edinburgh in Scotland.

Members from the region and their families challenged themselves to walk or cycle the 2.5km crossing to raise funds for their region.

Many people worked really hard to organise this incredible event which raised over £3,000 for the Scotland region. Well done to all who took part!

£3000
Raised



South East Region: Soft Play & Swimming

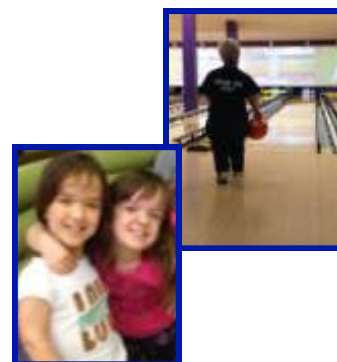
Soft play and Swimming in the South East region continues to be a well attended and fun event for all. The session held on 15th November was no different. Many members learned new skills and had great fun together in the water.

The South East Region has a very active programme of events. Keep an eye on the events page at www.dsauk.org or contact Pippa Wauthier for more information.



Midlands Region: Bowling

On 8th November, members from the Midlands region took part in a great Bowling and Soft Play event in Tamworth. Members of all ages took part in the thrilling game of ten pin bowling. Younger members also enjoyed the soft play facilities. It was a wonderful even which saw friendships blossom, sibling rivalry and overall lots of fun and laughs has by all. The Midlands region is planning many exciting events for 2016 and we will back in Tamworth for more bowling in the New Year. Please keep an eye out on Facebook and your emails for upcoming dates.



South Central Region: Multi-Sports

2015 has been another fun year in the South Central region. In September, members met at Wyvern to take part in the multi-sports event. Great fun was had by everyone as Badminton, Table Tennis and Dodge Ball games were played. 2016 is going to be another exciting year in the South Central region, keep an eye on www.dsauk.org or contact Justine Stocks for more information.



Wales Region: Getting Started

The brand new Wales region have had a superb few months getting established. In July, they held an amazing fundraising evening with a disco, raffle and auction. The evening was supported by local businesses and raised a brilliant £760! In August, the members enjoyed a great day with football coaching and swimming. In September, the region held it's first Ski and Snow Tubing session in Cardiff – lots of fun was had by all. A collection at a supermarket followed, raising another £100 for the region. The year was finished off on 29th November with swimming and a lovely lunch before the Christmas break. 2016 is looking to be an equally incredible year for the Wales region. Get in touch with Carol Grist for more information.

£860
Raised





2017 World Games

From 5th to 12th August 2017, the University of Guelph in Canada, will be host to the 7th World Dwarf Games.

The World Dwarf Games have been held every four years since 1993, and allow people with dwarfism of all ages and abilities to compete in a variety of sporting events.

The games are organised by age divisions ranging from 2 years with no upper age limit, as well as by dwarfism classification, including Class 1-2-3, based upon body proportions.

Competitive events will include Badminton, Track & Field Athletics, Boccia, Swimming, Football, Basketball, Powerlifting, Table Tennis, Floor Hockey and Volleyball.

Over 500 athletes from around the globe are expected to take part.

Team GB

In 2013, 81 Team GB athletes attended the 6th World Games in Michigan, USA. Team GB returned with 192 medals; 71 gold, 70 silver and 51 bronze.

Team GB consists of athletes of all ages and all abilities from all areas of Great Britain. In 2017 we hope to take a bigger team and return to the UK with more medals than ever before.

We would like to invite all DSA members to come along to Canada and really do hope that you will join us as part of Team GB. If you would like to express your interest in coming along, please contact the DSAuk office.

Please note that at this point, members and their families will be responsible for all costs associated with entry fees, transport, accommodation, food and drink. If this situation changes, we will of course let you know.



Save the Date...

23rd National Games 2016
29th April to 2nd May

Sailing & Canoeing Day 2016
2nd July

Boccia & Badminton 2016
8th to 9th October

**Support your region to deliver exciting events.
Contact your regional leader for more information.**

South Central:

Justine Stocks 07941 133345 and Katie Wilkinson 07852 516772

South East:

Sally Smith 07500 220615 and Pippa Wauthier 07869 141350

East Midlands:

Willie Coppen 01332 514813 and Sally King 07800 630350

South West:

Sinead York 07725 357703 and Krysten Coombs 07597 288825

Northern Ireland:

Eugene McVeigh 028 3831 8212 and Emma Farnham 07732 357053

North West:

Penny Dean 07976 706868 and Karen Thompson 07849 307334

North East:

Annie Morris 07595 027774 and Rebecca Nuttall 07866 039305

Midlands:

April Barrett 07751 819096 and Mohammed Taj 07773 326149

Wales:

Carol Grist 07917 818898 and Carol-Ann Bowden 07799 794550

Scotland:

Hailey Davidson 07894 561109 and Nicole Barrett 07514625985

Keep up to date with what's happening at DSAuk!

- Find lots of great regional activities and events.
- Learn more about the amazing people who fundraise to support DSAuk.
- Get reminders for competitions, both within DSA and Nationally.
- Read interesting news stories.
- Follow the 'Do Something Amazing' campaign.
- Find out where you can try new sports.
- And loads more!!!



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