

## CRYSTAL HELPER TRAINING

Since DSUK has been Crystal's official charity they have supported us in many ways. In January 2011 Crystal sent 21 of their staff for helper training at Hemel Snowcentre. They have had disability training alongside equipment training, and what to expect on an Activity trip. As staff of Crystal they have been looking forward to helping disabled skiers gain access to the slopes but had concerns about their ability to help. The training proved really positive and some of the staff have already attended trips and thoroughly enjoyed it and the rest are excited about the prospect of working with DSUK. After the training everyone is ready to get on the slopes and make the sport of skiing

### ... "ACCESS FOR ALL"

We would like to say a massive **thank you** to Crystal who raised £1,345 for DSUK through their Christmas Party and summer BBQ!



## ACTIVITY WEEKS

By Debbie – Operations Manager

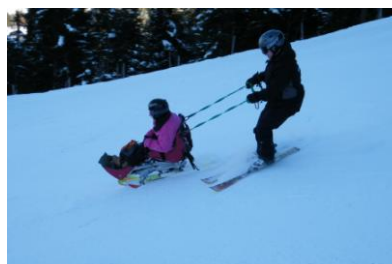
Our second DSUK week to Austria bought some much needed fresh snow to the Austrian Alps. The group of 28 skiers, helpers and instructors made the best of the conditions and were able to ski everyday and in some instances all day!

We had many visitors ski with us throughout the week. Elvis was with us on and off the slopes; Tigger bounced around as well as a myriad of other zoo and farmyard animals and even Harry Potter put in an appearance. We were skiing backwards, forwards and sideways and we even had a few acrobatics thrown in!

At the end of the week we were all exhausted but the gold medals were worth it!

Check out the DSUK Blog for more updates and photos of activity weeks

<http://disabilitysnowsport.blogspot.com/>



## FUNDRAISING INFO

Dave Whitehead our lead Adaptive Instructor at Manchester's Chill Factor & Castleford's SNO!zone is intending to raise funds by taking part in a Coast to Coast walk leaving St Bees in Cumbria on 24<sup>th</sup> July and hopefully arriving in Robin Hood Bay by 7<sup>th</sup> August. Dave would love your support if you are free and willing to join him at any point along the walk- do a day, an hour or even a full week with him. Please contact Dave on the ski school's details below if you can offer any support.

**TEAM NEWS** ...by Dave Chugg and Jane Stevens

Congratulations to Kelly Gallagher and Charlotte Evans for their recent performances at this years disabled skiing world championships, where the visually impaired skier and guide team brought back Silver and Bronze medals. Kelly and Charlotte beat off some of the World's best skiers in the slalom event to claim the Silver behind Slovakian pairing Farkosova and Subrtova.

Kelly and Charlotte have only been skiing together since the start of the season and this fantastic result shows the potential that this pairing has for medalling in Sochi 2014.

Elsewhere in the World Championships, Sean Rose gained 6<sup>th</sup> in the Downhill, 9<sup>th</sup> in the Super Combined, and 6<sup>th</sup> in the Slalom. Anna Turney got a 4<sup>th</sup> in the ladies sitting Giant Slalom and Talan Skeels-Piggins got a good 20<sup>th</sup> placing in the Super G.

We were extremely pleased to welcome Jane and Jacki from Get Kids Going to Sestriere too. Get Kids Going are a major sponsor of the Team and this year are helping Kelly/Charlotte and Anna achieve their goals on the slopes.

In other news from the British disabled Ski Team we are pleased to report that Sean Rose has achieved third placing at the Monoskier X event in the Winter X Games in Aspen. He needs some new skis now.....



**TAMWORTH DSUK SKI SCHOOL.**

By Adaptive instructor Holly Oughton



I have been working for DSUK now for a few months. After doing my adaptive level 2 course in Zermatt in November I started getting stuck in teaching all sorts of lessons in Tamworth.

Since then I have been building up and getting regular clients in and have recently started doing three days a week. It's really lovely to watch someone progressing from beginner level and gaining more and more independence each week.

Through working for DSUK I have met so many interesting people and had so many great experiences that I would never have done before.

I am heading out on an activity trip to La Plagne with DSUK in March and am really looking forward to doing a bit of teaching on some real snow!

**SKI SCHOOLS**

The 7 Adaptive Ski School are in full swing across the UK. If you would like to book your lesson at one of the 6 snow centres across the UK or access skiing outdoors in Cairngorm Mountain please contact:

Cairngorm Ski School: 01479 861272 or [skischool@disabilitysnowsport.org.uk](mailto:skischool@disabilitysnowsport.org.uk)

Central Belt Scotland: 0141 886 7289 or [keira@disabilitysnowsport.org.uk](mailto:keira@disabilitysnowsport.org.uk)

Manchester/Castleford: 0161 749 2290 or [dave@disabilitysnowsport.org.uk](mailto:dave@disabilitysnowsport.org.uk)

Hemel Hempstead: 07792 320 583 or [Nicholas@disabilitysnowsport.org.uk](mailto:Nicholas@disabilitysnowsport.org.uk)

Milton Keynes: 07810 263 768 or [Charlie@disabilitysnowsport.org.uk](mailto:Charlie@disabilitysnowsport.org.uk)

Tamworth: 07810 263 357 or

[Holly@disabilitysnowsport.org.uk](mailto:Holly@disabilitysnowsport.org.uk)



## LOCAL GROUPS

### Funding for Volunteer Training

DSUK holds funds to support Volunteer Training at any level for Local Groups. Whether you want general helper training, to set up first aid training or you would like support to become a fully qualified Adaptive Instructor DSUK have funds available on a first come first served basis. We can also help book in a training day at your local slope. Please contact National Coordinator [sophiewood@disabilitysnowpsort.org.uk](mailto:sophiewood@disabilitysnowpsort.org.uk)

Our Trusts & Grants Fundraiser Ruperta Melville would like to hear from Local Groups who require funds for specific items such as equipment or training. Please contact Sophie Wood if you have any requests.

Check out the photos of our Local Groups in action at Hemel Hempstead and Manchester



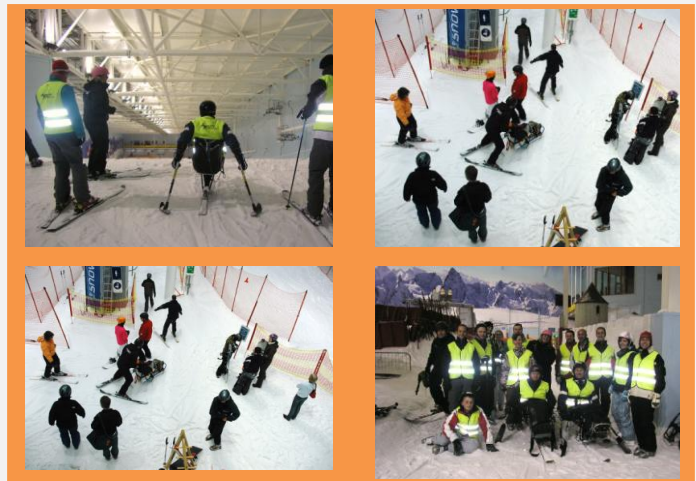
## SEE WORK DIFFERENTLY AND SUPPORT DSUK

One of our members, Jim Wigg, has trained and coached in business since 1997. Informally he has helped many people to find a new job, get promoted or simply be happier and more productive in the job they have. These include people made redundant, Mums going back to work, salespeople, project managers and a golf professional.



The most recent was a sales director who Jim helped prepare for an interview to secure the MD job.

He takes them all through the same exercise, Personal Tuning (see [www.personal-tuner.co.uk](http://www.personal-tuner.co.uk)). It's a relaxed conversation over a coffee, beer or on the phone at the end of which people get a written summary of what they bring to a role and what they want from it. It sounds simple but these are the keys to securing a job and being happy and successful in it. If booked personally he doesn't charge for the session but simply asks that if the person finds it valuable (and everyone does!) they make a contribution to DSUK.



## ADAPTIVE TASTER DAY - BRACKNELL DRY SKI CENTRE

On 22<sup>nd</sup> May 2011 from 1pm-5pm Snowhounds are setting up a taster day of Adaptive skiing including Instructors, helpers and adaptive skiers with the long term aim of setting up a monthly meeting- possibly a new local group? So whether you're an Adaptive skier or helper in the area and would like to have a go sign up for the afternoon at <http://snowhounds.org.uk>

## SKIATHON

Tuesday 17<sup>th</sup> May sees the return of the DSUK National Skiathon and the 666 challenge – a unique event now in its third year.

Teams of 6 are invited to take on the challenge of skiing 666 runs in 6 hours taking place at 6 indoor Ski Slopes across the country, so get involved at your nearest slope! Participating slopes include:

Chill Factore Manchester, Tamworth Snow Dome, Hemel Snow Dome, SNO!zone Braehead, SNO!zone Castleford, SNO!zone Milton Keynes.

The event was hugely successful in 2010 with participants raising just over £27,000. This year, we've set our sights even higher this year aiming to raise £35,000 and we need your help to do this.

There will be fun and frolics on the slope and prizes for the team who raise the most sponsorship money and for the team who skis the most amount of runs in the time given.

There will be opportunities for teams to win runs using their mental agility and general knowledge as well as physically so you don't have to be a world class skier!

Limited spaces are available so entries are on a first come first served basis so don't delay, get your place today! You can enter online at <https://regonline.activeeurope.com/disabilitysnowsportuknationalskiathon> or contact [fundraising@disabilitysnowsport.org.uk](mailto:fundraising@disabilitysnowsport.org.uk) for a paper entry form.

## RUNNING EVENTS

The Brighton Marathon is on Sunday 11<sup>th</sup> April is now sold out, so if you are looking for an alternative marathon to take part in why not check out the Loch Ness Marathon on Sunday 2<sup>nd</sup> October?

Spaces on the Manchester 10k are now filling up, so to guarantee your place in this iconic event, get in touch ASAP

## THANK YOU...

We are so lucky to have such loyal supporters, and our thanks go out to: Angelia York for raising £1734.78, Gordon & Debbie Mair for having the strength and courage to trek to Everest Base Camp and raising £2790 in the process, and Ellis Brigham for donating £600 from the auction of a limited edition ski suit! Other forthcoming fundraisers include Warwick Snow Snow Ball, Straiton Badminton Club's 24hr Badminton-athon and Gosling Ski & Board 80/20 challenge! Thank you for all your support!

If you would like to organise your own fundraising event or get involved with one of our events, please contact the fundraising team on [fundraising@disabilitysnowsport.org.uk](mailto:fundraising@disabilitysnowsport.org.uk) or call 0161 749 2290.

## EVENTS CALENDAR 2011

5 Peaks, Ski/Board all 5 Scottish Peaks in a day – Monday 7<sup>th</sup> March

3 Peaks Challenge, Climb Ben Nevis, Scafell Pike and Snowdonia in just 24 hrs – Sunday 15<sup>th</sup> May

BUPA Great Manchester Run, 10k run in the city centre – Sunday 15<sup>th</sup> May

National Skiathon, Ski/board 666 runs in 6 hours - taking part in all 6 indoor ski centres – Tuesday 17<sup>th</sup> May

British Gas Great North Swim, 1 mile open water swim of Lake Windermere – 18<sup>th</sup> & 19<sup>th</sup> June

Peak 2 Peak Cycle Challenge, 70 mile road cycle from Ben Nevis to Cairngorm Mountain – Saturday 17<sup>th</sup> Sept

BUPA Great North Run, Worlds biggest half marathon – 13.1 – Sunday 18<sup>th</sup> September

Loch Ness Marathon, 26 mile run along the shores of Loch Ness ending in Inverness – Sunday 2<sup>nd</sup> October