



ASMK



Newsletter No. 6

ASMK AGM - Sunday 26th September 2010

The full Minutes and Reports from the AGM can be downloaded from the website - see below. The main points to note are:

1) That after we said a very big Thank You to Bob and Bridget for their tremendous hard work over the past three years, Angus MacKay has now taken over as Slope Organiser. We also expressed our thanks to the other officers who were stepping down - Dick as Equipment & Safety Officer and Alli as Fundraiser. As no-one has yet come forward to fill them, these positions are still vacant. If you would consider taking on one of these roles please speak to the Chair, Judy Ekins, J.M.Ekins@open.ac.uk

The current Committee is:

| Position | Name |
|---------------------------------|----------------|
| Slope Organiser | Angus MacKay |
| Equipment & Safety Officer | vacant |
| Chair Person | Judy Ekins |
| Treasurer: | Albert Antona |
| Records Officer/Secretary | Jan Jones |
| Administration: | Brian Hucker |
| Administration: | John Leonard |
| Administration: | Paul Stratford |
| Fundraiser: | vacant |
| Local Group Advisor: | Jan Williams |
| DSUK Trustee: | Steve West |
| Skier | Neil Haydon |
| Skier | Sue Brown |
| GHI | Bob Black |
| GHI | Bridget Owen |
| GHI | Dick Taylor |
| GHI | Alli Taylor |
| Co-opted for relevant meetings: | |
| Liftee Operator Liaison | Andy King |





PTIVE_{enjoy}
OWSPORTS_{ki}
MILTON KEYNES_{snowboard}



ASMK is a local group of DSUK

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2) There is now a DSUK Ski School at Sno!zone Milton Keynes - Lead Instructor is Charlie Laine - 01908 680827 charlie@disabilitysnowsport.org.uk

They offer lessons for anyone with any disability wishing to give skiing a try or wanting help improving their existing skills to enable them to achieve the required skiing standard for the local group. Lessons start from £36.00 for an hour which includes temporary membership to DSUK which covers skiers with insurance for the duration of the lesson.

They are currently able to offer lessons three days a week (Sunday, Monday 10.00-16.00 Tuesday 13.00-19.00), but may be able to arrange lessons outside of these hours.

New skiers will in future be expected to attend the Ski School before attending ASMK sessions. A Ski School Instructor will assess each new skier and will decide at which point they can attend ASMK for social skiing.

If there are any Adaptive Instructors who would like to work for DSUK at Milton Keynes please also contact Charlie for information.

Website

Slope Organisers' Reports, General News, Holiday Information and now also Minutes and Reports from the 2010 AGM and Committee Meetings can all be accessed from the Website - so check out www.asmk.co.uk

Video Star

The Volunteer Centre in Milton Keynes commissioned four videos to represent the diverse opportunities for volunteering in MK. Roddy Llewellyn agreed to be interviewed for ASMK and the resulting video can be viewed through the Video page of the ASMK website or on YouTube at <http://www.youtube.com/watch?v=3wB-aF85EIE>

It's well worth watching!

Sledge Hockey David Carmichael wrote "I am currently looking into setting up a Sledge Hockey group in Milton Keynes and feel there would be some synergy with yourselves. What I am trying to do at the moment is to see what sort of interest there would be in the sport, my background is in Junior Ice Hockey, where my son has played for many years, recently I have been in contact with the British Sledge Hockey Association and a group of us are very keen to see this growing sport come to MK. I am meeting with wheelpower to gauge the possible interest from potential disabled players, I would be very interested in your opinions and indeed problems that you have come across in developing your sport and if you know of anyone who may be interested in this exciting sport."

If you would like to know more contact David on 07538 639890 or david.c@forumretail.co.uk

Redpoint Holidays

Redpoint holidays, based in Ziller Valley, Austria, specialise in adaptive skiing for people with physical or learning disabilities, with a main aim of enabling families or groups of friends to go skiing together. They have a choice of using Monoski, Biski and Outtrigger's as well as standard ski's and snowboards, lessons, excursions and evening activities can also be pre-booked.

For information contact Holly Marlborough at Co-operative Travel, Milton Keynes on 01908 270056 or bletchley@co-operativetravel.co.uk or visit the website <http://www.redpoint.co.uk/>

Session Dates



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Sessions continue to be held on the second Sunday of the month. The dates for the next few months are:

| | |
|--|--|
| 9th January, 13th February, 13th March 10th April | Kitting-up from 6.30 pm Skiing is between 7 pm and 10 pm Cost - £15.00 for the 3 hour session No charge for Guides/Helpers (*see insurance) |
|--|--|

10 Days prior to the first monthly session an email reminder will be sent to everyone on the email list. Could you please state your intentions regarding attendance **AT YOUR EARLIEST POSSIBLE CONVENIENCE, NO FURTHER REMINDERS WILL BE SENT FOR THE SECOND MONTHLY SESSION.** This allows us to make sure that there are sufficient resources, and to pair-up skiers and guides/helpers/instructors before the event. If you find you can not make any session you are booked in for could you please advise ASAP, as we are now having to operate on a first come first serve basis due to the demand. Slope organisers can be contacted on 07795078271 (Bob) or 07900256491 (Bridget).

Safety

In any ASMK session the priorities are: **Safety Enjoyment Learning (SEL)**

Guides, helpers and skiers, please remember to:

1. **Register before** skiing - **if you are not registered you are not insured!!**
2. Have consideration for other slope users – take all precautions to ensure that you do not put yourself or other slope users in danger.
3. Wear a helmet, unless you have signed a waiver form.
4. Wear a florescent bib so you are easily identified by other slope users and Snozone staff.
5. If you have any concerns about safety **STOP** and see a Slope Organiser or Equipment & Safety Officer

Guides and helpers please make sure that our skiers are aware of all safety issues on and off the slope e.g. if at all possible only stop at the side of the slope not in the path of other skiers! Guides please complete the cards for your skier at the end of each session so that we have as much up to date info as possible for future session.

Membership

Skiers, guides and helpers please ensure you are paid up members of DSUK otherwise neither you, nor the person you are paired with are insured at the session. Bridget can supply membership forms or an electronic copy can be sent to you.

For insurance purposes non member skiers and helpers are required to pay **£1** at their first few sessions until they join.

ASMK Contacts

Slope Organiser: **Angus MacKay**
Secretary: **Janice Jones**

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