



DINAS 2022 Welcome Pack

Welcome to DINAS 2022. To help the environment this year we are going paperless with the "Welcome Pack".

This year's Trade stands are...

Food

Oscars Mobile Catering, Firehouse Pizza, Roberto's Ice Cream, Mini Pinky's Doughnuts,
Chocs – Away Chocolates & Fudge

Caravan and Vehicle

Stowmarket Vehicle Installs Anglia Caravans & Accessories
K9 Transport Solutions

Everyone Else

Agility World Aint Misbehaving Clothing Akela (Pet food) D&D Regatta
Paws Trading Timet-ogo Dog Designs Taggles Woof Stuff Tuff Stuff
Jewlnick Leather Richard Weller-Poley Photography
JB Sports Massage & Kinesiology Taping (appointments only email JEBsportsmassage@gmail.com)

For the Kids

Sticky Fingers, and movies, Table Tennis.
Junior Training (please note this is fully sold out)

Medical assistance.

For the Dogs VET: Ipswich Veterinary Centre IP8 3LQ Tel: 01473 555000

For Us Local Hospital: Ipswich Hospital Heath Rd, Ipswich IP4 5PD Tel: 01473 712233

Local Pharmacy: Lloyds Pharmacy, Sainsbury's Felixstowe Rd Ipswich IP3 8TQ

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If you decide, that after a hard day's competing, you want to go out and about there are local shops, eateries and places to walk your dog's not far from the show ground.

## ***Shops***

Sainsbury's 1 mile      Waitrose 1 mile      Lidl 4.2 miles      Tesco Superstore 5 miles (A12)  
Aldi 4.5 miles (A12)

## ***Places to eat close by***

Miller & Carter,      Frankie & Benny's,      Harvester,      Nandos,      Toby Carvery,  
Ravenswood Fish n Chips (suitable for Vegans),      Jade Garden Take away,  
The regal Fish Bar & Restaurant Felixstowe (Not Suitable for Vegans)      Bay of Bengal

## ***Places to walk the dogs***

Orwell Country Park,      Newbury Road Dog Park,      Fentons Woods,  
Pin Mill – National Trust,      Landseer Park      The Grove and Abbey Grove Woodland,  
Mill Stream Nature Reserve  
Felixstowe Beach (What3 words location <https://w3w.co/heartless.shunts.increases>)




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## STICKY FINGERS CHILDREN'S ART ACTIVITIES

### DOGS IN NEED 2022

Lots of activities to do and fun crafts to make:

|             |                                                                                                                                       |                            |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------|
| Sand Art    | Glass painting                                                                                                                        | Scratch Art                |
| Painting    | Junk Modelling                                                                                                                        | Meeting new friends        |
| Sand Play   | Puppet making                                                                                                                         | Cress potato head/Planters |
| Pebble Pets | Pirates and Princesses<br><br>Including the Parade | And so much more<br>.....  |

Tuesday, Wednesday, Friday and Saturday.

Each session is from 10.00-12.00, drinks and snacks, super art projects to take home and all at a cost of £4.50 per child (pre-payment and family discount will apply)

The Crew - Steve, Vicki, James, Liz and Rebekah - are so looking forward to seeing you there. All members of The Crew are DBS checked, two members are designated safeguarding trained and two are first aid trained (adult and paediatric)<sup>1</sup>

<sup>1</sup> email for a registration form: [stickyfingersdinas@gmail.com](mailto:stickyfingersdinas@gmail.com)



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## Oscars Mobile Catering Menu

As well as a great selection of filled rolls and bap's, chips and drinks we will be offering the following take away meals on the following days.

- Monday - Pasta Bolognese
- Tuesday - Sausage mash and beans
- Wednesday - Sweet potato curry
- Thursday - Chilli con carne and rice
- Friday - Scampi and chips
- Saturday - Chicken curry

We have vegetarian available everyday





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## JB sports massage & kinesiology taping

Relax, Renew, Revive

Hi everyone, my name is Jess, and I can't wait to meet you all. A bit about me I am 20 years old 3<sup>rd</sup> year student studying Sports and exercise therapy degree at Loughborough university.

I was very fortunate to be able to complete other courses alongside my degree, I am trained in the following.

- First aid
- Sports trauma
- Sports rehabilitation
- Sports massage
- Kinesiology taping
- Strength and conditioning

Before all treatments I will be completing a subjective assessment and palpation assessment, to allow a more understanding about your injuries.

To pre book please contact my email address at [JEBsportsmassage@gmail.com](mailto:JEBsportsmassage@gmail.com)

In this email, please say if you would like a soft or deep tissue massage, what area and duration you would like.

Walk ins are available

please arrive 10 minutes before appointment so a consultation can be conducted.

See next page for treatments.



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## Treatments

Upper body: Shoulders, Neck, Back and Arms Lower body: Glutes, IT band, Ankle, Calfs, Quadriceps, Hamstring, and tibias anterior (Shine Area)

30 minutes: £25.00

45 minutes: £35.00

pre-event massage (undertaken before a workout or competition, duration: 10 minutes) - £15.00

Kinesiology taping:

All areas: £10.00

Date:

Time:

Monday (15<sup>TH</sup> August)

9am-6pm

Tuesday (16<sup>th</sup> August)

8am-6pm

Wednesday (17<sup>th</sup> August)

8am-6pm

Thursday (18<sup>th</sup> August)

8am-6pm

Friday (19<sup>th</sup> August)

8am-6pm

Saturday (20<sup>th</sup> August)

8am-1pm