



DINAS 2023 Welcome Pack

Welcome to DINAS 2023. This is your virtual “Welcome Pack”.

We would like to thank this year’s Sponsors who without their sponsorship we couldn’t run our show.

AGILITY WORLD **AKELA PET FOODS LTD** AIN’T MISBEHAVIN’ CLOTHING **Roger & Yvonne BAILEY (Jersey)**

CURLE ELECTRICALS **D&D TREADWELL – REGATTA** JEWLNICK **K9 PET SHOP** K9 TRANSPORT SOLUTIONS

K9 TIME MERRY MUTTS AGILITY CLUB **MINI PINKY’S DONUTS** OSCARS CATERING

PAWS TRADING PET-O-GRAPHY **PODIUM PANTRY** RICHARD WELLER-POLEY PHOTOGRAPHY **TUFFSTUFF**

THE DELANY FAMILY (In memory of Dick Delany) **VYNE AGILITY CLUB**

VALDUG SHETLAND SHEEPDOGS (Douglas & Valerie Johnson – Jersey) **WAREHILL AGILITY GROUP**

If you would like to sponsor our 2024 show please contact rosie.sleaford@gmail.com



DINAS 2023 Welcome Pack

This year's Trade stands are...

For your Sustenance

OSCARS CATERING (Breakfast Rolls, Burgers, Chips, Afternoon Teas, Evening Meals – *pre order*)

FIREHOUSE PIZZA (Pizza's)

GOOD VIBES COFFEE (Coffee, Hot Chocolate, Tea & Pastries)

MINI PINKY'S (Mini donuts, sweet & savoury crepe's & coffee)

ROBERTO'S ICES (Ice Cream, Lollies etc)

For your Caravan and camping needs

STOWMARKET VEHICLE INSTALLATIONS (Caravan & Motorhome Maintenance, *bookable 07902 541947*)

ANGLIA CARAVANS & ACCESSORIES (Caravan & Camping Parts)

K9 TRANSPORT SOLUTIONS (Vehicles converted for dog transportation)

For your Body and mind

MUSCLE MINDS - JB SPORTS & EXERCISE THERAPIST (Sports Injury treatments), COLLEGE OF ANIMAL WELFARE (Careers Information for the College)

For your pleasure (and purse)

AGILITY WORLD (Dryrobe, Leggings, Footwear, Dog Leads, Toys, Coats, Natural Treats), AIN'T MISBEHAVIN' CLOTHING (Personalised Clothing)

AKELA PET FOODS LTD (Pet Foods & Natural Treats), D & D REGATTA (Clothing, Beds & Mats) JEWLNICK (Toys, Treats, Beds, Leads, Collars & Polo Shirts)

PAWS TRADING (Toys, Treats, Vetbed, Harnesses, Leads & Beds),

PET-O-GRAPHY (Dog Photographic Portraits)

RWP PHOTOGRAPHY (Competition Action Photography),

TIMET-OGO DOGS DESIGNS (Handmade Dog Beds, Coats, Collars, Toys etc)

TUFFSTUFF (personalised embroidered Leads & Collars)



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Entertainment

For the you and the family

Quiet Dog Inn

Tuesday- Bar open

Wednesday- 3:00-5:00pm Princess Party **

Thursday- 80's Tribute Night: 'Sterio Jacks'

Friday- 3:00-5:00pm: Magic Show **

Saturday- 8:00pm Live Band: 'The Buskateers'

** Children to be accompanied by an adult.

Whispers

8:00pm Bingo

8:00-10:00pm Agility Does Shabba

8:00pm Quiz

Just For the Kids

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



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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 (Pharmacy) 5 miles (A12) Aldi 4.5 miles (A12)

Places to eat close by

Miller & Carter 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>)

Medical assistance.

For the Dogs **UPDATED VET:** The Woodbridge Veterinary Centre. 01394 814027 info@thewoodbridgevets.com

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

Local Pharmacy: Day Lewis Pharmacy. 26 Hening Ave, Ravenswood, Ipswich. IP3 9QJ Tel: 01473 279795



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Sticky Fingers – Childrens Art Actives

Lots of activities to do and fun crafts to make which include....

Sound Art **Glass Painting** Scratch Art **Painting** Junck Modelling **Sound play** Puppet Making
T-Shirt Painting Dinosaurs **Meeting new friends** and so much more.....



This year theme and parade is Superheroes and Princess

Tuesday, Wednesday, Friday and Saturday (Parade Day)

Each session is from 10:00 – 12:00, drinks and snacks, super art projects to take home and aal at a cost of £5 per child (Pre-payment for the week and family discount will apply)

Ask for a registration form at the show or via email at sickfingersdinas@gmail.com

The *crew Steve, Vicky, James, Liz and Rebekah are looking forward to seeing you there.

*All crew members are DBS checked and two members are designated safeguarding trained, two are first aid trained (Adult and Paediatric)



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Oscars Mobile Catering

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.

Oscars Catering will be preparing your evening meals, bookable until 3.30pm daily:

- Monday Sausage, mash & beans
- Tuesday Pasta Bolognese
- Wednesday. New York steak wraps & chips
- Thursday. Chilli con Carne with rice or chips
- Friday. Scampi & chips
- Saturday Chicken curry, rice or chips

Jacket potatoes with various fillings available all week

They will have a lot of options for all our vegan vegetarian and gluten free customers.

Homemade sweet potato curry which is vegan vegetarian and gluten free will be served all week either with rice or jacket potato. If anyone would like to discuss their dietary needs with them please do inbox the [Oscars fb page](#) and I'll be happy to help.



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Muscle Minds – JB Sports & Exercise Therapist

Muscle Minds
JB Sports & Exercise Therapist

SPORTS THERAPY

DEEP TISSUE MASSAGE
30 MINUTES - £25
60 MINUTES - £50

WITH MYOFASCIAL DRY CUPPING
30 MINUTES - £35
60 MINUTES - £60

KINESIOLOGY TAPING
PER APPLICATION £5



SPORTS THERAPY INFORMATION

WHAT IS DEEP TISSUE MASSAGE ?
A deep tissue massage is where deep pressure is applied rather than relaxation techniques. Sports massage is generally used to help relax the muscular skeletal system as well as being directed towards any problem.

BENEFITS
Release and relieve muscle tension.
Improves circulation.
Encourage removal of waste products.
Promotes recovery from exercise.
Reduces injury.

WHAT IS MYOFASCIAL DRY CUPPING ?
Cupping is whereby a local suction is created on the skin by application of cups.

BENEFITS
Helps increase blood circulation to the area where the cups are placed.
Relieves muscle tension.
Promotes cell repair.
Reduces pain and inflammation.

Why do you bruise?
Suction force breaks tiny blood vessels under the skin called capillaries, which causes redness upon the skin.
Darker suction circles indicate deep tissue injuries or increases toxin levels in that area.
Although the marks which are left look like bruises, these are not in fact true bruises which injure muscle fibres.

WHAT IS KINESIOLOGY TAPING ?
Kinesiology taping is a therapeutic tool utilised when an injury is present.

BENEFITS
Reduce pain.
Reduce swelling and inflammation.
Provides a support to the joints or muscles.



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So-Sandra's Bring & Buy Charity Stall is back for 2023
which can be found near ring 1

Your Tut is someone else's Treasure
Donate your unwanted items generously