



“Players at my club who play for Devon inspire me”

Name: Dee Holly Fernley Weiner

Date of Birth: 23/02/94

Where do you live?

Crediton

Dee's story:

Dee has a chromosome abnormality, which is unique worldwide. As a consequence Dee is hypothyroid and quickly tires. She also has Albrights hereditary osteodystrophy meaning that some of her bones are misshapen and her feet get very sore. There are difficulties with gross and fine motor skills and this can lead to her easily losing her balance. Dee stands at 4 ft 2 ins. She is vulnerable in society and can easily be frightened. When in conversation Dee can quickly feel overwhelmed and this often turns to worry and anxiety.

was born with a chromosome abnormality. 10 years ago my mum said to me that I would probably never be able to hit a shuttlecock.

Since then I have trained at Queens badminton club, playing up to 5 hours a week. I now play with Devon Racketeering and with Special Olympics. Last year I won a gold in doubles and a silver in singles and mixed doubles at 4 Nations badminton in Sheffield.

I also won gold in ladies singles in Bournemouth for South West Special Olympics followed by a gold in the ladies singles and a silver in mixed doubles in Plymouth for South West Special Olympics.

I have also been chosen to represent the South West at the Nationals Special Olympic Games this year and in Sheffield.

Why Did You Want To Get Involved In This Girl Can?

I would like to make people aware of disabilities

Who Inspires You?

Players at my club that play for Devon inspire me

Understanding Women's Lives, a piece of research by Women In Sport shows that women hold six core values which inform their behaviour and decision making

• looking good • feeling good • **achieving goals** • developing skills • nurturing friends and family • having fun .

These represent what is important to women in modern life and how they want to spend their time and energy. Our 2017 This Girl Can ambassadors each have chosen a value that best sums up why they have got active. Dee's value is **achieving goals**

What Are Your Top 3 Tips Of Getting/Staying Active?

1. Keep going

2. Keep fit

3. Keep friendly