

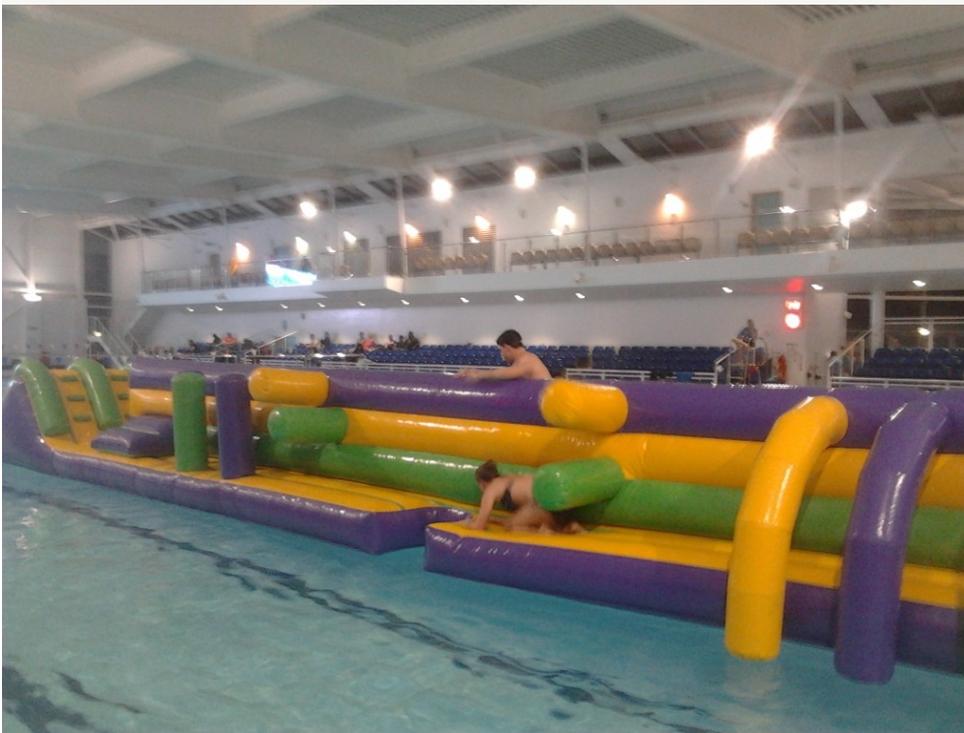


TURTLES NEWSLETTER

Ruislip Turtles Swimming Club for the Disabled

JANUARY 2013

Another Fun Session Scheduled for Sunday 6th January



Our Christmas Fun Session was a great success, enjoyed by all ages. Please turn to page 4 to see some more photos from the event.

We were able to organise the extra session on Sunday 2nd December because our regular swim session on the 8th December had to be cancelled (early pool closing). So when we heard that our session on the 15th December was also cancelled (due to a gala booking) we requested the use of the above inflatable obstacle course for another Sunday Fun Session.

So on Sunday 6th January at 4pm we will be holding another Fun Session. You can of course just come along for an extra swim should you wish as we allocate 4 lanes to the inflatable and 4 lanes to swimming.



Club Dates

Early Pool Session
Saturday 29th
December (4.30)

Special Sunday Swim
& Fun Session
Sunday 6th January
(4pm)

Committee Meeting
Wednesday 16th
January

Feltham & Hanworth
Gala
Sunday 10th
February

Evening Meal
Black Horse,
Iver Heath
Tuesday 12th
February

Hatfield Platypus
Gala
Saturday 13th April

Turtles AGM
Saturday 18th May

Summer Coach
Outing
Saturday 9th June

Turtles & Region 1
NASCH Gala
Saturday 14th
September

NASCH
Championships
Leamington Spa
Saturday 2nd
November



Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty

Registered Charity Number 1055585



2013 Long Distance Swim



From the 5th January through to 23rd February (8 weeks) Peter Jones will be recording for the above annual event. If you wish to participate please book a Saturday time slot with Peter (or via Marion). Peter will then monitor how far you can swim in one hour. Please do not leave it too late as there is a limit to how many Peter can monitor and we all have a habit of overloading the February dates — so book those January dates! One lane of the pool is therefore used specifically for this purpose for the duration of the BLDSA event. Peter then submits our results to the above association who then calculate the category awards. For more information please visit the BLDSA Website:

<http://www.bldsa.org.uk>

British Long Distance Swimming Association

Swim Teacher Training Qualification

If you are still considering taking the **ASA Level 1 Award for Teaching Aquatics** qualification there is now a choice of course dates:

William Penn Leisure Centre (Rickmansworth WD3 8JN) — 4-8 February
Closing Date: 21st January ([Go to IOS Website](#))

Harrow Leisure Centre (HA3 5BD) — 18 –22 February
Closing Date: 3rd February ([Go to IOS Website](#))

Harrow Leisure Centre & St Helens School Northwood Fridays (Harrow 1845-22.00) 1st, 8th & 15th March
Sundays (Northwood) 9.30-16.30) 3rd, 10th & 17th March ([Go to Survive & Save Website Course ref L1T0313](#))

We are always looking for trainers so if you are interested in becoming a Turtles swim teacher please approach Dave Lee for information regarding club support.



Institute of Swimming



SURVIVE & SAVE
TRAINING



Our February Evening Meal

We have decided to return to the Black Horse, Iver Heath (Post Code SL0 0DH) for our evening meal that is scheduled for Tuesday 12th February. If you require transportation please book early for seats on the mini-bus (cost £4 per person). Marion is now collecting the £10 meal deposits, so put your names down.

Road Directions (SL0 0DH)

- *Join the A40 heading west and then leave the A40 at the Denham Roundabout
- .*At the roundabout take the 2nd exit A412 (Denham Road)
- *Continue for 1 mile until the roundabout and take first exit onto Bangors Road North (0.3 miles)
- *At the next roundabout take the first exit Bangors Road North (0.2 miles)
- *Bear left onto Bangors Road South (0.1miles). The Black Horse is on the junction/roundabout with Slough Road (on the right)

A word about our Committee and Helpers

We are very grateful to all those who help with the running of the club but please be reminded that all our helpers are volunteers and not paid employees. Recently some of our volunteers have been subjected to rude and aggressive behaviour from some of our members. The Committee has issued a policy statement (Page 6) to clarify some of the issues that have been raised but we would ask our members to treat those giving up their time to help others with the proper respect.

Thank you Harsh!



Harsh Ganesh has raised £200 for the Turtles from his trampolining fundraising activities. Previously, Harsh and his family organised a sponsored walk of over 5 miles that raised over £130 for the Turtles. But this time Harsh managed to bounce 200 times on the trampoline raising valuable sponsorship money for the club

This was Harsh's way of saying thank you to those who have helped him with his Saturday swimming, but a massive thank you goes to Harsh for his terrific support and fundraising activities!

A very big thank you and well done also goes to Vanita (Harsh's mother) for such a generous gesture.



Alison Grey (Secretary)

07900 118812

Dave Lee (Chair)

07730 047500

Turtles website:

<http://www.ruislipturtles.org.uk/>

Turtles email:

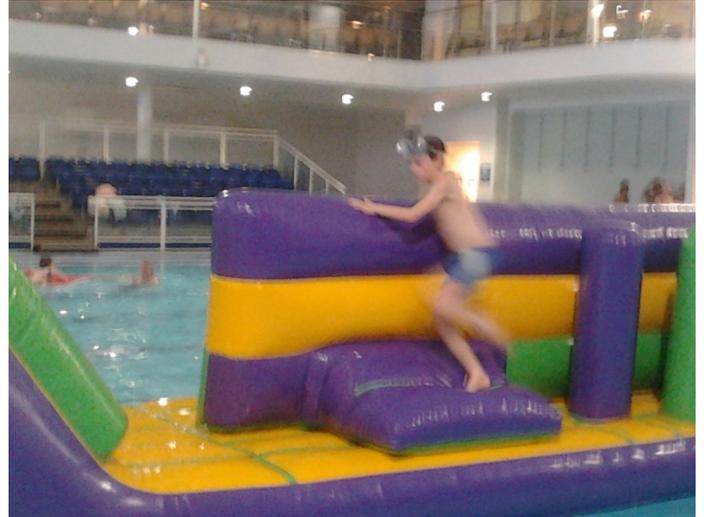
turtlesswimming@yahoo.co.uk

We are a swimming club for anyone with a physical, mental health or learning difficulty. The Turtles Swimming Club is based at Highgrove Pool, Ruislip but due to the ongoing Highgrove refurbishment programme, the club currently meets every Saturday between 6pm and 7 pm at the Hillingdon Sport and Leisure Complex at Gatting Way Uxbridge (UB8 1ES)

Thank you to all our sponsors



Fun Session Photos



GOING, GOING.....ANDREW REGAN CLINGS ON AS HIS SON, OLIVER SKIPS ON AHEAD



OLIVER MAKES IT TO THE END SLIDE HAVING COMPLETED ONE OF THE TWO COURSES AVAILABLE



DON LAMB PROVED THAT AGE WAS NO BARRIER COMPLETING THE COURSES SEVERAL TIMES

The 2nd December Fun Session was deemed a great success by the many who attended.

The large inflatable obstacle course was very popular with a queue of juniors keen to make it to the other end.

As the session progressed it was noticeable that the queue was increasingly made up of seniors of all ages, some desperate to complete the course. The good news though is that most managed it by the close of play.

If you missed the session or are keen to have another go, you will be pleased to note that we have arranged [another Fun Session for Sunday 6th January 2013 from 4pm until 5pm.](#)

Meet the Committee

This month we have 2 Committee Members to tell you about, although we are not entirely sure though that one of the respondents took the questions too seriously.....

First up is Marion Beckwith.....



So Marion, when did you join the Turtles? *I joined 30 years ago when my disabled daughter, Erica, was just 10 years old.*

Tell us about your role on the Committee. *I joined the Committee in 1990 as Club Secretary but I am now the Assistant*

Secretary with special responsibility for the attendance register.

Where do you live?

I was born in Lancing, Sussex but I now live in Pinner.

And your profession?

Before I retired I was a Nurse, Midwife and Health Visitor.

Tell us your favourite enjoyments ... **TV:** *History, Art, Wild Life, Thrillers & Documentaries.* **Music:** *Classical, Opera (anything really).* **Books:** *Murder Mysteries, Biographies.* **Films:** *Sound of Music, Gone with the Wind.* **Sport:** *watching Tennis, Snooker but NOT football.* **Hobbies:** *Gardening, Painting & Drawing.* **Humour:** *Watching the antics of my cat really makes me laugh!*

What is your biggest claim to fame? *I was a witness at an Old Bailey Arson case.*

And your biggest frustration? *Buttons to access a utility service (hold on, your call is important to us).*

And finally your Pride and Joy is? *My family.*

But then we sent Nigel Grey some interview questions.....



Q1. Name? *Nigel Grey*

Q2. Your Committee Responsibility? *Marketing and general dogbody.*

Q3. When did you join the Turtles? *2000—but it feels longer!*

Q4. Reason for joining the Turtles? *To keep the wife happy.*

Q5. Where do you live? *Ickenham.*

Q6. What do you do for a living? *I.T. Stuff.*

Q7. Favourite Film? *Debbie Does Dallas.*

Q8. Favourite Books? *I enjoy reading the Turtles Committee Minutes.*

Q9. Your Pride and Joy is...? *My stopwatch and clipboard.*

Q10. Most inspirational person? *I think it's Werner Heisenberg (1901-1976) but I'm not sure.....*

Q11. What is your best kept secret? *See question 17.*

Q12. If you could be invisible for a day what would you do? *Check out Area 51.*

Q13. What do you like about Turtles? *Great soup.*

Q14. What is your biggest claim to fame? *Fame is over rated.*

Q15. And your biggest frustration? *How long have you got?*

Q16. What or who makes you laugh? *Satire and observational comedy.*

Q17. What has been your most embarrassing moment? *See question 11.*

Turtles Committee—Policy Clarification

Over the last few weeks various members of the Committee have faced a number of issues regarding the organisation and administration of our Saturday club swim sessions.

As a consequence, at the meeting on the 4th December, the Committee agreed to clarify the policy to be operated for all future swim sessions.

The Turtles Swimming Club's Constitution (extract) states the following:

Objects

To encourage, promote and develop the art of swimming and provide respite for disabled persons.

Membership

1. Membership shall be open to: -

(a) All persons suffering from a disability

(b) All persons who undertake to give instruction on behalf of the Club and/or assist in the running of the Club

2. Persons will be admitted to membership by decisions of a Sub-Committee of:- The Chairman, Secretary & Chief Instructor.

3. Persons admitted under clause 1 (a) shall be required to complete a membership form, which will include a declaration of suitability to undertake pool activities.

4. Each disabled member shall be entitled to bring two relatives/friends to each session. These relatives/friends are not entitled to be present in the absence of the disabled member, or if the disabled member is unable to swim. These relatives/friends shall be enrolled as club members.

5. (a) Juniors (16 years or under in the year of payment) shall at all times be accompanied by, or be under the supervision of a responsible adult.

(b) Helpers may not bring visitors.

6. Concessions to Clauses 4/5 may be granted on application to the Committee. The decision of the Committee shall be final.

On approval, visitors may attend pool sessions on payment of the appropriate fee.

7. All persons admitted under Clause 6 above, shall be enrolled as temporary members of the club for insurance purposes.

At the Committee Meeting the following clarification was agreed:

- Family membership— although the general rule is that the club allow only 2 relatives or friends, the families of disabled members can apply for family membership to include up to 2 adults and any children under 16. All family members though are expected to pay membership subscriptions.
- We reserve the right to take action against members whose behaviour may be detrimental to others. Aggressive or unruly members will be warned as a first step but the club's Disciplinary Procedures will be enforced should there be a reoccurrence.
- Any non disabled member or carer may not attend the pool session without their disabled member. However a non disabled member may attend in the capacity of carer to another disabled member which needs to be communicated at session registration.
- Members acting in the capacity of a designated Club Volunteer Helper for that session shall be entitled to bring their children under the age of 16 for that particular swim session providing they are registered members.
- We are unable to provide 1:1 support for disabled members for the duration of the swimming session. Disabled members requiring a high level of support need to bring their own carer (who will also need to be a member) who will be responsible for that member both in and out of the water.
- The allocation of pool 'help & training' resource is a complex issue. The prioritisation and allocation of resources is decided by the more qualified instructors present at any swim session. These instructors wear Turtles shirts marked as 'Swim Teachers'. Swimming tuition is available to all members, but priority is obviously given to disabled members. No member has a 'right' to tuition or to a specific time period of tuition.
- All swim trainers and volunteers who coach/ help and do not swim for recreation will be exempt from membership fees.
- The committee and its volunteers can not be responsible for organising/ delivering transport to its disabled members.
- A request from a member for special swimming sessions for carers (without their disabled member) was discussed and it was agreed this would not be appropriate for our club.

Hanworth (& Feltham) Gala



The Lions Club International (District 105A, Region 2 Zone C) Gala takes place on Sunday 10th February. The gala takes place at Hanworth Air Park Leisure Centre, Uxbridge Road, Hanworth, Middlesex TW13 5EG. Competitors are required to report for 2.30pm with the first race scheduled for 3pm — so regulars please note the earlier start time this year.

As this gala is organised by Lions International the rules are slightly different to NASCH Galas. The plus side is that we are not limited to one competitor per event under Lions International rules and following a good response we will have a team of 18 swimmers for the gala.

Last year we won all three trophies (Junior, Senior & Gala) at this event (see photo opposite) so we are looking to successfully defend our silverware! Good Luck Team!



Team Sheet

Girls 25 Metres Freestyle	Sophie Grey					
Boys 25 Metres Freestyle	Tom Regan	Oliver Regan	Aaran Maddox	Ian Andrew Horne	Jamie Woodbridge	
Ladies 25 Metres Freestyle	Anne Rourke	Geraldine Leong	Erica Beckwith	Karen Hoffmann	Jeannette Prentice	Shaida Ghorbanian
Mens 25 Metres Freestyle	Gary Lee	Carl Richards	Don Lamb	James Lesnek	Jack Locket	Matthew McLaughlin
Girls 50 Metres Freestyle	Sophie Grey					
Boys 50 Metres Freestyle	Tom Regan	Oliver Regan	Aaran Maddox	Ian Andrew Horne	Jamie Woodbridge	
Ladies 50 Metres Freestyle	Anne Rourke	Geraldine Leong	Erica Beckwith	Karen Hoffmann	Jeannette Prentice	Shaida Ghorbanian
Mens 50 Metres Freestyle	Gary Lee	Carl Richards	Don Lamb	James Lesnek	Jack Locket	Matthew McLaughlin
Girls 25 Metres Backstroke	Sophie Grey					
Boys 25 Metres Backstroke	Tom Regan	Oliver Regan	Aaran Maddox	Jamie Woodbridge		
Ladies 25 Metres Backstroke	Anne Rourke	Geraldine Leong	Erica Beckwith	Jeannette Prentice	Shaida Ghorbanian	
Mens 25 Metres Backstroke	Gary Lee	Carl Richards	Don Lamb	Jack Locket	Matthew McLaughlin	
Junior Relay	Sophie Grey	Oliver Regan	Tom Regan	Ian Andrew Horne		
Senior Relay	James Lesnek	Karen Hoffmann	Jeannette Prentice	Jack Locket		