

Registered Charity
Number 1055585



SEPTEMBER
2014
NEWSLETTER
ISSUE 58

TURTLES SWIMMING CLUB

celebrating
50
years...

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

Last Few Tickets available for September Coach Outing

AMBERLEY
MUSEUM & HERITAGE CENTRE
DISCOVER • LEARN • HAVE FUN



There has been a very positive response to our next scheduled coach outing on Sunday 21st September and there are very few seats remaining.

The coach will be at Highgrove for 8.45 (leaving 9am sharp).

We will also pick up at Coach & Horses Ickenham (9.10), Hillingdon Station (9.15), and BP Garage Long Lane (9.20). You must inform us at the time of booking if you wish to be picked up anywhere other than Highgrove though.

We hope to get to Amberley Heritage Museum & Gardens by 11am. We will spend 3 hours at Amberley and then re-board the coach at 2pm and move on to Littlehampton and spend 2 and a half hours on the coast before returning to Highgrove for 7—7.30pm arrival.

Thanks to the organisations who support our club, we will not be charging for the £675 cost of the special 53 seater Chalfont Coach (with wheel chair lift). We also have obtained the following discounted rates for Amberley Museum (payable by you at time of booking).

Adults	£10	Over 60s and Students	£8.50
Children 4-15	£5	Under 4 years	Free

Carers 'Go Free', however, proof of disability / carer responsibility has to be produced when you make your booking and should also be carried on the day.

As we have to buy all the tickets in advance, we are sorry but we cannot refund any money for late cancellations. Amberley pamphlets are available and you can also find out more @:

<http://www.visitlittlehampton.co.uk/see-and-do> & <http://www.amberleymuseum.co.uk/>

Turtles Gala

Saturday 13th September 2014 5pm for 5.20

Hillingdon Sport & Leisure Centre

We need help in providing the buffet for after our gala.

Please let Alison know if you would be able to help provide any of the following on the day of the gala. Thank You.

(Alison's mobile number is 07900 118812)

Sandwiches Chicken Nuggets Sausages
 Sausage Rolls Cheese and Onion Rolls Individual Cakes
 Chocolate Biscuits e.g Penguins Individual box of Raisins
 Salads or Fruit (such as sliced cucumber /carrots/ cherry tomatoes /grapes)
 Individual packets of crisps Individual carton Drinks

Anything else you think may be suitable for swimmers after the gala.

Turtles will be entering 2 teams (Turtles A and Turtles B) as follows:

	Turtles A Team	Turtles B Team
Boys 25 Metres	Antony Laws	Charlie Laws
Ladies 25 Metres	Karen Hoffmann	Geraldine Leong
Mens 25 Metres	Don Lamb	Neil Dew
Boys 50 Metres	Antony Laws	Charlie Laws
Ladies 50 Metres	Jeannette Prentice	Gyllian Lucas
Mens 50 Metres	Don Lamb	Gary Lee
Boys 100 Metres	Jamie Woodbridge	Oliver Regan
Ladies 100 Metres	Shaida Ghorbanian	Sophie Grey
Mens 100 Metres	Ian Andrew Horne	Gary Lee

	Turtles A Team	Turtles B Team
Junior Relay	Jamie Woodbridge (2) Antony Laws (2)	Oliver Regan (2) Charlie Laws (2)
Ladies Relay	Shaida Ghorbanian Jeannette Prentice (2) Karen Hoffmann	Geraldine Leong Sophie Grey (2) Gyllian Lucas
Mens Relay	Ian Andrew Horne (2) Don Lamb (2)	Gary Lee (3) Neil Dew
Diving	Erich Hoffmann	Oliver Regan

Turtles Gala

Saturday 13th September 2014 5pm for 5.20

Hillingdon Sport & Leisure Centre

We also need volunteers to help with the running of the gala.....
....so please let Nigel Grey know if you are able to help.



It takes a team of 24 volunteers to host a gala:
Referee, Announcer, Starter, Check Starter, 3 Place &
Touch Judges, Chief Timekeeper, 2 Timekeepers, Whip,
Runner, 2 Recorders, Team Managers, Scoreboard,
Presenter of Medals, Raffle,
Catering Co-ordinator and at least 3 Catering Support

We are very grateful to
Hasbro UK for their donation
of the Annual Gala raffle
prizes for yet another year.



Car Parking

Car parking at the Hillingdon Leisure Centre is very expensive, especially for non-Hillingdon residents who do not have a Blue Badge. So this year we have secured parking in a private car park belonging to Uxbridge College. The car park is on the right hand side as you travel along Gatting Way towards the centre. We will mark the entrance with a Turtles sign – there will be no parking fees in this special car park for the evening but if you choose to park in the Leisure Centre car park, be sure to pay and display.

**No Highgrove Swim Session on
Saturday 13th September 2014**



The results of the 2014 British Long Distance Swim are yet to be published. Hopefully, we will have some news for the October Newsletter. We usually receive the results and medals during July so presumably the BLDSA is experiencing some problems this year.

Thank You Inner Wheel

We are delighted to have been selected once again by 'Inner Wheel' and to have been awarded a further £250.00.

Sadly this particular branch is closing and our award has come from their 'winding up' funds. However, we will always be grateful to 'Inner Wheel' for their support over the years.



Diary Dates

Saturday 13th September

Turtles Invitation Gala & NASCH Region 1
Gala Hillingdon Leisure Centre

Saturday 13th September

No Highgrove Swim Session

Sunday 21st September

Amberley & Littlehampton Coach Outing

Saturday 1st November

NASCH Championships, Leamington Spa



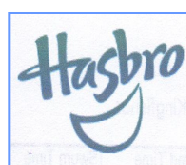
Continuing our year of celebrations, our Sunday lunch outing to the Young Pretender, Kings Langley took place on the 10th August.

Thank you to all the organisations who support the Turtles

The United Reformed Church of Eastcote & Northwood Hills



Combined Charities of Ruislip



Trefoil

Hillingdon, Early Intervention Services for Children & Young People

The Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty. The club is based at Highgrove Pool, Ruislip and meets every Saturday between 5pm and 6pm.

Turtles website:

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

**Dave Lee
(Chair)**

07730 047500

**Alison Grey
(Secretary)**

07900 118812

Turtles email:

turtlesswimming@yahoo.co.uk