



RUISLIP TURTLES IS A HILLINGDON GOLD
STANDARD CLUB AND IS A REGISTERED
CHARITY NUMBER 1055585



ESTABLISHED 1964

NEWSLETTER ISSUE 196 APRIL 2026

Congratulations Janet!!!!



Janet Evans is now a Level Two Swim Teacher having passed the course in March. Big congratulations to Janet for her perseverance and for being able to stay with a very tough course when she has so many other personal commitments. We should give her another award for spinning plates!

Janet's course received financial support from Ruislip Turtles S.C. Training our volunteers is a very important use of the subscriptions you pay.

Our poolside support is stronger than it has ever been before!

Established in 1964, the Ruislip Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty. Based at Highgrove Pool in Ruislip, the club is run by a group of dedicated volunteers and meets every Saturday between 5pm and 6pm.



Membership Subscriptions



Subscriptions for 26/27 are due on April 1st 2026.

We have increased the subscriptions for the first time in 4 years so that carers / parents will pay £25 and children and registered disabled members will pay £12.50. It is only the second increase in 14 years as the chart below demonstrates and still represents tremendous value, especially when compared to mainstream swimming activities.

We do not have any staff costs because all our helpers, teachers and administrators are volunteers, but other costs continue to rise, especially gala costs, training, and pool costs.

Date	Disabled/Child	Carer
1 st April 1993	£5.00	£10.00
1 st April 2006	£7.00	£14.00
1 st April 2012	£8.00	£16.00
1 st April 2022	£10.00	£20.00
1st April 2026	£12.50	£25.00

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Disabled & Juniors £12.50
Adults & Carers £25
Trainee Helpers Nil

Please bring cash or cheque to our Saturday reception, or if you wish to pay by Bank Transfer, the details are as follows:

Bank details as follows:

Account name: RUISLIP TURTLES SWIMMING CLUB

Sort code: 60 07 25

Account No: 35869259

Please state your surname as the reference.

It would also help front desk & Treasury if you send an email confirming your bank transfer.

Thank You for your co-operation.

If you do not renew your membership, then we will offer the space(s) to families on the waiting list and should you wish to rejoin in the future, you will have to join the waiting list.





2025 Trophy Winners

Could all 2025 award winners, please return their trophies to our Saturday front desk reception.

2026 Key Events

- **Hitchin Gala - 18th April 2026**
- **Club Championships (Diving) - 9th May 2026**
- **Club Championships (Main) - 16th May 2026**
- **Drowning Prevention Week 13th June 2026**
- **AGM - Saturday 20th June (tbc)**
- **Special Olympics - 7th November 2026**
- **Turtles Invitation Gala - 14th November 2026 (tbc)**

Hitchin Lions Gala

The first of our gala events this year will be Hitchin on the evening of Saturday 18th April. The following will be representing our club:

William Davies, Frankie Patmore, Josh Arends, Gary Lee, Anthony Or, Shaida Ghorbanian, Jeannette Prentice & Karen Hoffmann.

We Need More Committee Members

We need more help to keep this great club running. If you think you could help, please speak to Heather or one of the current team. The current committee is listed in this issue.



Orla

Yet Another 2026 New Helpers...

Our fifth new helper to join the team this year is Orla. Orla has been introduced to the club by Peter Horne. Orla joins Amina, Hannah, Nikhil and Shreya as our 2026 intake. We have one other helper joining the team in the Summer and that will take the current squad of trainees to 16, the most we have ever had. Credit to Cheryl, as ever, for her administration of the scheme



Swim England – Fiona McIntyre **(Club Secretary & Welfare Officer)**

As the designated safeguarding lead for Ruislip Turtles Swimming Club, I recently completed a safeguarding course with Swim England. This experience truly reinforced the significance of swimming and aquatic activities as cherished recreational pursuits across the country. People of all ages—including parents, siblings, and carers of individuals with disabilities—benefit immensely, both physically and mentally, from participating in these activities. It is essential that everyone enjoys them in a safe, welcoming environment.

The course underscored my responsibility to protect club members and highlighted the importance of creating a supportive atmosphere where everyone feels secure. With this newfound understanding and clarity about what safeguarding entails, I am now more confident and prepared to implement these practices effectively for our club. Below are a few things regarding Safeguarding from for the benefit of our members and helpers:

- Volunteers over 16 needs a DBS Check and Safeguarding Training every 3 years when working with Adults and Children. If under 16 years old there are safeguarding courses you can attend if you wish. But you will still need to attend the official course once you turn 16.
- The certificate of exemption and what it means for disabled swimmers for competitions (see below)
- No mobile phone policy in changing rooms (and no photography)
- Organisations/ Charities that can help (see logos below)

The Certificate of Exception is a key resource for disabled swimmers participating in competitions. It allows swimmers with impairments that prevent them from competing against non-disabled competitors on terms as equal as possible to participate without being penalized for rule infractions beyond their control. This certificate is particularly beneficial for swimmers who do not wish to have para-swimming classification. The recent updates to the certificate include the removal of the need for medical evidence and the extension to include swimwear exception.





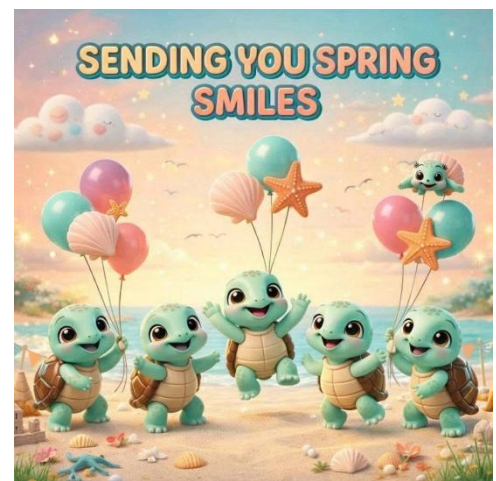
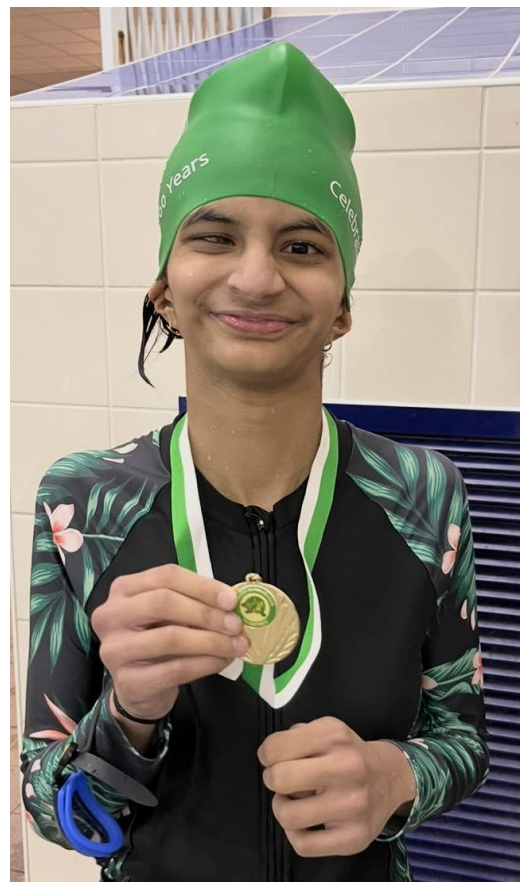
Easter Saturday

The club will operate as usual on Saturday 4th April 2026

Club Championships

The internal Club Championships will take place on Saturday 16th May 2026. If you would like to take part, please email the club's email account.

Photo Gallery





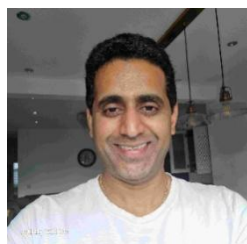
Ruislip Turtles Committee



HEATHER JOHNSTON
CHAIR



CHERYL LEE
CHIEF INSTRUCTOR



AJAY JOGINIPALLY
TREASURER



DAVE LEE
COMPETITION SECRETARY & CLUB PRESIDENT



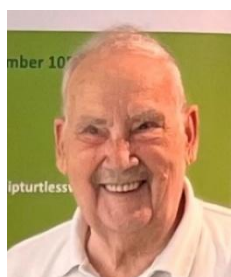
FIONA MACINTYRE
VICE CHAIR, SECRETARY & WELFARE OFFICER



BIJAN GHORBANIAN
ASSISTANT SECRETARY



PETER HORNE
HEALTH & SAFETY OFFICER



TERRY CHESHIRE, JANET EVANS, & ANDY WALLIS
COMMITTEE MEMBERS



Poolside Support

Level Two Teachers



CHERYL LEE
CHIEF INSTRUCTOR & HEAD OF TRAINEE SCHEME



JANET



RACHEL



KRISHA



ANOUSHKA



ESHA

Level One Teacher



JORDAN



PETER



DAVE

Poolside Support Teachers

Trainees 2026

Our President, Dave Lee started the trainee scheme back in 2010. We have had 47 trainees through the scheme and even survived the tricky Covid-19 time to rebuild the scheme once again. We have more trainees today than ever before. We are very grateful to these wonderful youngsters who give up their time for free to help the club. In return, the club supports their Duke of Edinburgh applications and provides financial support for swim teaching training. Cheryl Lee is a Swim England & Swim Teachers Association Tutor and our scheme is dependent on her to provide the necessary skills and mentoring.



28. Katie 2023



37. Sienna 2024



38. Adib 2024



40. Mahi 2025



41. Julie 2025



42. Harry 2025



43. Amina 2026



46. Nikhil 2026



44. Shreya 2026



45. Hannah 2026



47. Orla 2026



Ruislip Turtles Facebook Page:

<https://www.facebook.groups/239441714565996>

Ruislip Turtles email: turtlesswimming@yahoo.co.uk

Ruislip Turtles Website: <http://www.ruislipturtles.org.uk>

Ruislip Turtles Instagram page:

<https://www.instagram.com/ruislipturtlesswimming/>