



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



RUISLIP TURTLES
SWIMMING CLUB



JULY NEWSLETTER ISSUE 138

The 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

Not Full Speed Ahead — But Soon

We are all obviously disappointed that the growth in the Delta Variant has postponed the government's plans to allow us to fully reopen, but we are pleased to announce that we will be continuing with our phased expansion to get everyone back in the pool and to allow the waiting new members to sign up.

We are still limited by the same pool number restrictions and so we will be continuing with the current booking system and where necessary, splitting our hour session into 2 thirty minute session for both Highgrove Pools.

We are in the process of submitting a revised Risk Assessment to the Highgrove Management that will allow us to use some of our pool equipment again. But all equipment will need to be sanitised before and after use and can only be issued on an exclusive basis i.e. equipment can not be passed around and only belts, flippers and arm bands will be permitted. **Please turn to Page Seven for further details.**

2021 AGM & Committee Appointments

For the second year running, our Annual General Meeting was conducted on-line due to Covid restrictions. **Please turn to Pages Two to Six for further details.**

RUISLIP TURTLES AGM 14TH JUNE 2021



AGM Report from the Honorary President – Dave Lee

It has been a year that none of us will ever forget, a year where-
by any problem relating to our swimming club has been se-
riously overshadowed by the impact of Covid-19 on the United
Kingdom and the World. I hope that you have all managed to stay safe through
these dreadful times.

But even though the Turtles did not manage a single pool session in the last
financial year, the period was not uneventful for the club. We were saddened by
the passing of three senior Turtles. Audrey Buckingham was the last remaining
founder from when the club was formed back in 1964. Marion Beckwith was a
long serving Club Secretary whereas Ann Chivers had been a Turtle for 18 years
and was still a co-opted committee member up until her passing. We are deeply
saddened by their passing, grateful for their tremendous contributions, and they
will be sadly missed by us all.

We are also grateful for the substantial contribution made by Alison and Nigel
Grey who resigned as Chair and Vice Chair in November 2020. Nigel was also the
Gala Organiser, running our home gala event. Peter Horne also decided to step
down as Health and Safety Officer at the same time but decided to continue on as
a committee member. We covered all the roles on an acting basis, but we
therefore have a number of vacancies to fill at the Annual General Meeting.

The Committee continued to meet monthly (via Microsoft Teams) and the club
joined Swim England as an associated club enabling us to receive advice and seek
guidance through these difficult times.

We successfully changed the name of the club to 'Ruislip Turtles Swimming Club'
because to be associated with Swim England we were required to have our
location in our club name – we were previously registered with the Charity
Commission as 'Turtles Swimming Club' although our Gala team has always been
'Ruislip Turtles'.

We were delighted to receive Gold Accreditation from Hillingdon Council
following an evaluation of the activities, standards, governance and general
running of the club. A tremendous achievement by all involved.

There were of course, no galas to report, but we did receive the results of the
2020 British Long Distance 'Postal' Swim event that was completed just before
the first lockdown. Gold Medals were won by Momoka, Don and yours truly. It
was the 10th year in a row that Don Lamb has won a Gold Medal in his category –
a fantastic achievement.

We believe that Covid-19 brought about the one and only closure since the club
was formed 56 years prior. We tried to keep in contact with the membership
with newsletters full of activities and health and fitness advice. We hope that you
found the newsletters useful or entertaining.

Report from the Honorary President – Dave Lee (Contd.)

A great deal of planning was necessary before we could re-open our Saturday swim sessions and we were grateful for the guidance of our Chief Instructor for steering us through these unprecedented events.

In closing, I would like to thank all committee members for their hard work and application over the last 12 months, particularly those who have taken on extra responsibility to help cover the gaps. I would also like to thank Lesley Taylor who has already stepped forward and joined the committee as a co-opted member. We have lost several helpers and our pool resources will be very stretched, so we will be trying to attract and recruit more volunteers, so please do not be shy about stepping forward!

Report from the Honorary Treasurer – Rosemary Noyes

As there hasn't been any swimming during this last year, there hasn't been any income generated for the club. We have incurred some administrative expenses but also been fortunate to have received some donations during the year. As a result the club's finances are largely unchanged to those prevailing at the yearend in 2020.

So it is great to be finally returning to the pool after such a long closure. Sadly, the financial future for all community clubs is now uncertain following the pandemic and Ruislip Turtles Swimming Club is no exception to that uncertainty.

We have always relied heavily on donations, grants and local fundraising and it is likely that the landscape for such activity is going to be much tougher for a few years.

We have therefore looked at how we can generate more internal funds from our operations and the links to Easy Fundraising and Smile Amazon are included again in this newsletter. Just by searching and purchasing through Smile Amazon (rather than the usual Amazon search) and by then selecting Ruislip Turtles as your nominated charity you will raise additional funds for our club at no extra cost to you. Similarly, on-line searching and purchasing through Easy Fundraising will generate funds for us.

At present, our annual membership subscriptions stand at £8 for a disabled member or child and £16 for adults / carers / family members. We will be retaining the above rates for 21/22, but we will be increasing the subscription rates to £10 and £20 with effect from 1st April 2022.

We have always tried to encourage disability swimming by keeping subscriptions to a bare minimum. The chart below puts this increase in context as this is only the third increase to the subscription rate since 1993. It is ten years since the last increase, and membership represents tremendous value for money.

Report from the Honorary Treasurer – Rosemary Noyes (contd.)

We understand that times are hard and that the pandemic may have hit some families far harder than others. So, if you are experiencing financial hardship, please make the Assistant Secretary (Bijan) on the front desk aware, and he will arrange for you to speak, in confidence, with the Treasurer (Rosemary) so that we can find a way for your continued participation with the Ruislip Turtles.

| Date | Disabled / Children Members | Adults / Carer / Family Members |
|-----------------|------------------------------------|--|
| 1/4/1993 | £5 | £10 |
| 1/4/2006 | £7 | £14 |
| 1/4/2012 | £8 | £16 |
| 2021/22 | £8 | £16 |
| 1/4/22 | £10 | £20 |

We don't publish our Statement of Account in the Newsletter but if you would like a copy of the Independently examined accounts you can request a copy or attend our AGM.

Report from the Club Secretary – Heather Johnston

As the pool was closed we were obviously not able to collect membership subscriptions and similarly it has not been possible to report on membership numbers this year. On a positive note, we have had a number of requests from potential new members who wish to join as soon as it is possible to do so.

Due to uncertainty around whether/when we would be returning to the pool, we continued with our insurance, and were able to negotiate a discount for 2021 when renewing.

Report from the Chief Instructor – Cheryl Lee

Returning to the pool after such a long lay-off has not been without its challenges. We worked very closely with the management of Highgrove Pool who have been very supportive.

The restrictions imposed have facilitated a slow phased return, and that too has gone very well so far, thank you all for your co-operation and support. We all hope that a return to normality will follow shortly.

After such a long lay-off our bodies face unusual challenges, and I hope that you found the exercises and advice in the interim newsletters to be of some small help. I look forward to seeing you all back as soon as possible.

Officers & Committee Members Who Were Re-elected



**ROSEMARY
NOYES
TREASURER**



**CHERYL LEE
CHIEF
INSTRUCTOR**



**HEATHER
JOHNSTON
SECRETARY**



**BIJAN
GHORBANIAN
ASSISTANT
SECRETARY**



**TERRY
CHESHIRE
COMMITTEE
MEMBER**



**DON LAMB
COMMITTEE
MEMBER**



**LINDA CLARKE
COMMITTEE
MEMBER**



**PETER HORNE
COMMITTEE
MEMBER**

Officers & Committee Members Who Were Elected



**ANDY WALLIS
CHILD
PROTECTION
OFFICER**



**CHERYL LEE
HEALTH &
SAFETY
OFFICER**



**DAVE LEE
COMPETITION
SECRETARY**



**LESLEY
TAYLOR
COMMITTEE
MEMBER**

Other Offices & Appointments

Chair and Vice Chair

We did not receive any nominations for either of the above positions. The intention is to rotate the Chair for Committee Meetings until further notice.

Honorary President

Dave Lee is to continue as Club President for a further year.

Co-opted Committee Member

It is their intention to co-opt Patricia Bonney to the committee in a non-voting capacity, for a further 12 month term.

Minutes of the 2020 AGM

Were approved and can be viewed on the Ruislip Turtles Website.

Turtles email:

turtlesswimming@yahoo.co.uk

Ruislip Turtles Website:

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

Ruislip Turtles Facebook Page:

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

Ruislip Turtles Instagram page:

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

**And we have a new logo to
reflect our changed name.....**



RUISLIP TURTLES

SWIMMING CLUB

Established 1964

Our Return to Saturday Swimming

Our phased return has gone smoothly to date and we are grateful to all returning members for their co-operation.

Sadly, the restrictions are set to continue for at least another month and so we will be severely limited by the numbers we are permitted to allow in the individual pools. All of the existing precautions will continue, as outlined in the May Newsletter and anyone returning for their first post-lockdown swim session will be required to complete a swim assessment. We are grateful to Highgrove Pool Management for the extra support they have afforded us with swim assessments and pool presence.

In order to expand to our next category of returning members we have requested the use of some of our swim equipment (belts, fins and arm bands only). We are in the process of submitting a revised Risk Assessment to include the sanitisation and storage precautions that we will be taking. Once signed off, we will notify you all by email and through social media. You can of course bring your own swim equipment but it must not be shared with others outside of your group bubble.

It is our intention to invite all remaining members back on Saturday 26th June. It will be necessary to book all swim sessions by email and depending on numbers applying, we may have to split the session into two thirty minute sessions. Those returning for the first time back in the main pool, should request the 5pm slot. Those families returning for the first time to the small pool, should request the 5.30 slot.

It will not be possible to utilise the main pool shallow area for tuition until we return to normal operations.

It is hoped that we will be able to open up to new members by the 24th July (latest).

All members who have already made their successful return to pool should continue booking their preferred session time.

We are getting there.....

THANK YOU TO THE ORGANISATIONS AND INDIVIDUALS WHO SUPPORT THE TURTLES

**Hillingdon
Council**

**Ruislip
Combined
Charity**

**IBB
Charitable
Trust**



ASDA

Tesco

Eastcote Methodist Church

Waitrose