



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



RUISLIP TURTLES
SWIMMING CLUB



OCTOBER NEWSLETTER ISSUE 140

A Return to Competitive Swimming!

The Ruislip Turtles Gala Team finally got to swim competitively again when the in-house championships took part on Saturday 11th and 18th September. Over 30 turtles took part—turn to pages 2 and 3 for details.

Changes to the Pool Set-up

Our sessions are now very busy, so we have had to make some changes to how we allocate our pool space. See details on page 4.

Meet the Family...

In this issue, we have taken the opportunity to introduce the many volunteers to our new members, and to remind others about ‘who does what—and why!’ Turn to pages 5—12

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

Ruislip Turtles Championships 2021

The Ruislip Turtles 2021 Club Championships took place on the 11th September, with the diving taking place on the 18th. The last time we held our Championships was in Spring 2019, and due to the pandemic, those taking part this year had not swum competitively for over 18 months. The start times used for this year's races were taken from their pre-Covid recorded achievements, with the exception of Johnny Walker who only joined the team this year, his times were based on his earlier swim test.

All 30 participants performed wonders on an evening of great achievements. Special mention goes to our team of trainees who supported us through the evening's events and then showed how it should be done in the Helpers race with an amazing display of speed and technique. A very close finish saw Emma win gold with Hannah 2nd and Laura 3rd

The novice race started the proceedings with the usual degree of excitement and chaos. The event was won by Ethan, who last won the trophy in 2018, hopefully, Ethan will progress to the juniors for next year.

Momoka won both the junior one length and the three lengths events, with Stuart awarded the silver medals. Tillie won the one length ladies race and Shaída won the three lengths ladies race. Jeannette took the silver medals for both events with Shaída & Tillie picking up the bronze awards.

Johnny won gold medals in both the one length & three lengths mens races. Anthony won silver in both events, Josh and Gary won bronze medals.

The Ladies beat the men and the juniors to win the relay and the Lee team won the fun Family Relay, with the East family second and the Ghorbanian family third. Momoka won her third trophy of 2021 beating Anthony (silver) and Jamie (bronze) for the diving championship.

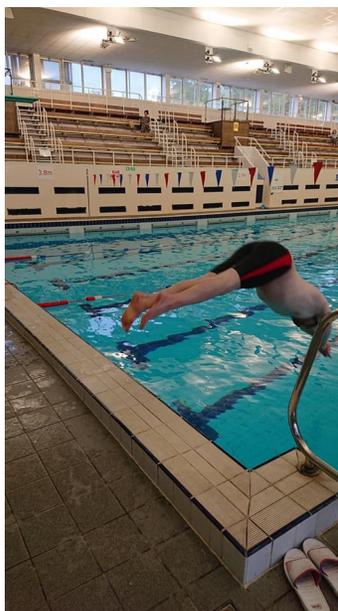
Thank you to all the swimmers, organizers and helpers.

Championship Results:

	Gold	Silver	Bronze
Novice Race	Ethan	Paige	Jake
Junior 1 Length	Momoka	Stuart	
Ladies 1 Length	Tillie	Jeannette	Shaída
Mens 1 Length	Johnny	Anthony	Josh
Junior 3 Lengths	Momoka	Stuart	
Ladies 3 Lengths	Shaída	Jeannette	Tillie
Mens 3 Lengths	Johnny	Anthony	Gary
Helpers Race	Emma	Hannah	Laura
Relay	Tillie, Jeannette, Karen & Shaída	Johnny, Josh & Ian Andrew	Stuart & Momoka
Family Relay	Lee Family	East Family	Ghorbanian Family
Diving	Momoka	Anthony	Jamie

45 Medals awarded at the 2021 Championships:

	Gold	Silver	Bronze	Total
Momoka	3	1	0	4
Johnny	2	1	0	3
Shaida	2	0	2	4
Tillie	2	0	1	3
Jeannette	1	2	0	3
Karen	1	0	1	2
Gary	1	0	1	2
Ethan	1	0	0	1
Stuart	0	3	1	4
Anthony	0	3	1	4
Josh	0	1	1	2
Ian Andrew	0	1	0	1
Paige	0	1	0	1
Jake	0	0	1	1
Jamie	0	0	1	1
Sub Total	13	13	10	36
Helpers & Families				
Emma	1			1
Hannah		1		1
Laura			1	1
Lees	2			2
Easts		2		2
Ghorbanians			2	2
Total	16	16	13	45



Plenty of Judges for the Diving Championship

Managing Our Pool Space

Our Saturday pool sessions are getting very busy, particularly in the main pool training area. To try and improve the situation we will be making the following changes with immediate effect:

- The small pool will now be open from 5 pm.
- We will direct new members (non-swimmers) to the small pool from 5pm for their trial sessions and we will set up an equipment station there, as well as in the main pool training area.
- Non-swimmers in the main pool training area will continue to need the use of belts, armbands and flotation devices, for their own safety and the safety of others.
- Youngsters will transfer from the main pool training area to the small pool from 5.25 onwards.
- The main pool training area from 5.30 will be designated a quiet swim area, for adults who are less confident or vulnerable in the water. We will encourage such swimmers to target the 5.30 to 6pm time, especially if they find it difficult to exercise when it is so busy.
- We hope that you will all support these measures as we believe the alternative may have to be the splitting of the swim session into two separate events and / or having waiting lists.

Get Well Soon Emma



One of our new trainees tested positive for Covid on the 14th September and had to isolate as a consequence.

So we wish Emma a speedy recovery and hope to see her back in the pool ASAP!



RUISLIP TURTLES
SWIMMING CLUB

'Meet the Family' - Ruislip Turtles Volunteers

The Ruislip Turtles could not exist without the dedication and hard work of the team who give up their time to carry out the many functions required to keep the charity functioning. Bouncing back after Covid lockdown has probably been the biggest challenge that the club has faced in its 47 years existence.

Our Saturday pool sessions are now very busy and we are still operating under restrictions. Some members are yet to return, and some of our committee members and gala team swimmers decided against continuing on with the club.

We also had a gap in our supply of young trainees, with all but one of the intended 2020 intake lost. As a consequence the class of 2021 is bigger than ever as we start to rebuild..

Against all that, the club is still here and performing really well, we can almost say now that we have survived well. So, no better time to remind and / or introduce you to the team who keep the club going. Big thanks to them all!



Cheryl Lee—Chief Instructor

I originally joined with my brother Gary, 31 years ago when I was only 8 years old and he was just 7. Gary has continued swimming with the Turtles throughout all that time and he has really enjoyed the friendships, the galas, the outings and especially his successes at the NASCH Championships. I returned to the Turtles as a volunteer in 2014 and by then I was working as a Swimming Coach & Teacher. I subsequently became Chief Instructor in 2018. I know

how much my brother has benefitted from the Ruislip Turtles and I wanted to pass that enjoyment on to as many others as possible.



Jordan Mason—Senior Swim Teacher

I started swimming lessons when I was 3 years old and then joined a squad a few years later. I love swimming so much and loved competing at galas, especially in butterfly and backstroke events. After an injury I started to coach at my squad and decided that I wanted to spread my love and knowledge of swimming further, so I joined the Turtles in January 2014. I love being a part of the Ruislip Turtles team and am very grateful for their support over the years.

The club helped me go from a young water lover to a level 2 swimming teacher. They have provided me with so much knowledge and have allowed my love for swimming to grow. Teaching people how to swim and being with the Turtles confirmed my love for teaching and was one of the reasons why I have become a physical education teacher. I have so many fond memories from teaching people to swim, racing against fellow helpers and all the fun pool sessions on the inflatables. I look forward to continue to work on poolside and help out other helpers just like everyone helped me.



Heather Johnston—Secretary

My involvement with the Turtles began sometime around 2013 when I brought Josh along for his first swim with the Club. He was very anxious about swimming, but his dad had taught him to swim and he was relatively confident in the water. After a couple of years, I began to swim regularly, and received my first ever swimming badge for the British Long Distance Swim in 2018 which was a very proud moment.

Josh was invited to join the Gala Team in 2017. He is now an established member of the Gala Team and has grown in confidence and ability and no longer anxious with his Turtles friends!

I began to wonder if I could lend any of my administrative and HR skills to the Turtles and joined the Committee as a Co-opted member later in 2018, in 2019 I was elected to the Committee and subsequently took over the Club Secretary role later that year. I thoroughly enjoy being part of such an established and respected Club and will continue to do as much as I am able to support their endeavours.



Andy Wallis – Child Protection Officer

I joined as a member in 2011 to support my three Foster children who had some learning needs and disability. I enjoyed seeing them progress with swimming as they were unable to swim at all. The Turtles club helped in their progress, eventually making the Gala team, by then I had wanted to help on the committee, although I had less experience it was inspiring to see the club thrive and I am very pleased to see things happening again and our members being able to go swimming once more.



Linda Clarke—Swim Teacher

My first contact with Turtles came in the early 2000 when I regularly swam with a friend at Highgrove and met Lynne Thomson, a long-time member. She suggested that I should come along on a Saturday and see what happened and maybe become a helper, well the rest is history. A few years later, I was asked whether I would like to do a course and gain a level 1 in Teaching

Swimming, ever ready to get a certificate I said yes, little did I know how much work we would have to do, but at the ripe age of 58 I passed, this was over 12 years ago. Later, again to my surprise I became Chief Swim Instructor. This position I held till 2018 when I happily passed it on to Cheryl who has much more experience in being an instructor and in organising our sessions. I still enjoy being in the water and teaching but with-out the worry of the paper work!



Bijan Ghorbanian—Assistant Secretary (Membership)

I joined the Turtles March 2011 and was elected to the Committee at the 2011 AGM. Then at the 2012 AGM I was appointed to the position of Vice Chairman and switched subsequently to my current position of Assistant Secretary where I look after the register and check the members in for their swims. I get to see and talk to everyone at the front desk.

After 30 years in the computer industry working for others, I now work for myself. I have two children who are my pride and joy, my daughter Shaida, has Down's Syndrome and likes swimming. At Ruislip Turtles, she gets a chance to do what she enjoys, make friends!



Rosemary Noyes—Treasurer

I first became aware of Ruislip Turtles in 1978 when a friend, knowing that I was a keen swimmer, suggested that I might like to become involved; so I did.

In the early days the club was a much more social affair with dinners and outings and various other activities. However as time went on and with the advent of 'Health and Safety' and stricter insurance regulations and more and more red tape, the club had to change in order to remain viable. Today the club is a far more professional organization with all the proper controls in place and complying with all the necessary regulations.

I have had various roles during my years with the club including Chief Instructor, when the training was not so demanding, and Vice Chairman. Currently I am the Treasurer, a post that I've held for about forty years, and also assist on poolside. Once or twice a year at our galas and championships I can usually be found 'starting' the races. Turtles has been a way of life for me for over forty years and I just love it!



Terry Cheshire —Front Desk / Reception

I met Don Lamb back in 2015 at a Weightwatchers meeting where I was complaining that there was not enough organized exercise for local disabled people. Don suggested that I join the Turtles and I came along as a non-swimmer and was delighted when Dave taught me to swim. I went on to win 3 swimming medals and the Senior Improver Trophy in 2017. I joined the committee in 2017 and I love being involved with the running of the club and being part of such a dedicated group of volunteers. My main

responsibility is the Saturday reception desk where I get to chat to all the members. The club has helped me so much, making me feel so much better about myself, enjoying my contribution, the companionship and of course the swimming!



Don Lamb—Swim Teacher

I learnt to dislike swimming when I was seven years old, after my big cousin threw me into the now gone Potters Bar open air pool. I had to be rescued! When I moved on to secondary school I was transported to school swimming lessons in a Victorian pool in Ealing. An unsmiling sports “master” stood on the side and just watched while the class shivered in the unheated water. must have made some progress because I have later memories cycling to Heston baths with teenage mates on

my new second hand cycle. I had cashed in National Savings Certificates, with my mother’s approval of course.

I left school at 16 years of age. This is what you did in the 1950’s and sailed off in the merchant navy. There followed lots of opportunities to swim around the world including in mid-Atlantic thousands of miles from land and across the Suez Canal.

Clearly after time I had developed a love of swimming. I married and had fun with my wife Veronica and our children on holidays at the sea side and Highgrove pool. Later, in the 70’s, while undertaking secondary teacher training, I followed the Amateur Swimming Association (ASA) swimming courses to achieve my Advanced Teacher’ Certificate in 1978. At about the same time I was awarded a Royal Life Saving Society Teachers’ certificate. These qualifications enabled me to enter paid employment at Highgrove Pool, teaching in the little pool before the glass wall was built, and helped with finances while studying to become qualified as a teacher.

I have enjoyed recreational swimming for many years at home (Highgrove and Northolt) as well as on holiday in different countries particularly Australia where they really cater for swimmers.

My connection with Turtles Swimming club began in July 2008. My wife was suffering from dementia. We thought it would be a good idea to come along and enjoy time in the water together. We had many happy visits. When she could no longer cope I joined the club in my own right on account of my hearing loss. As a club member I was invited by Dave to join the Gala squad. This was a life changing experience for me. Not only could I enjoy the opportunity to swim but also give my water activity some clear-cut purpose, like winning medals! Apart from winning a book at primary school I had lived my entire life having never won an achievement prize, ever. Subsequently I discovered the annual National British Long Distance Swim contest and took part regularly. The purpose was to see how far I could swim in an hour.

From time to time I would assist with gala squad training. Our Senior Instructor, Cheryl, encouraged me recently to embark on the Swim England Level 1 teaching qualification course. This was a kind of revisit to my earlier swim training more than forty years previously. Most of the students were lovely teenagers, we didn’t have to compete against each other but they looked out for me. I was delighted to be successful in July 2019.



Peter Horne –Poolside Helper

I joined the Turtles in 2008 as Ian-Andrew, my boy with Down's Syndrome always enjoyed swimming and our friends, the Woodbridge's, brought us along for a taster session. I don't think we have missed many sessions since. I live in Stanmore with my wife Catriona (who rarely swims – she enjoys the peace and quiet whilst we are at the pool!), Ian-Andrew who is nearly 25 his sister Eleanor who is 18 and who was briefly a Turtles helper until a chronic illness curtailed her swimming.

Turtles has been great in encouraging Ian-Andrew to improve his swimming and indeed I've picked up some tips along the way. I started off just helping with the timing at Galas as I was there any way. I then joined committee in 2012, and I have served as Health and Safety Officer and Chair in my time on Committee and currently am content with being a committee member without portfolio as I work full time as a Civil Servant, and I am trying to help Ian Andrew to get a job.

When he went to college in Wales in 2015 the only way to stay involved (as he is the disabled member) was to be active at poolside so I qualified as a Level one instructor. For now, I'm content to help out poolside but I do miss the buzz of seeing our younger children progress from non-swimmers to ploughing up and down in the deep end and beating me for speed!



Dave Lee—President, Swim Teacher & Competition Secretary

I joined the Turtles back in 1990 when my son Gary was just seven years old. I was over the moon that Gary not only learned to swim with the Turtles but within 2 years he was representing the club at galas. Now 38 years old, he still loves participating in galas and joining in the Saturday swim sessions organized by Don. I wanted to give back something to the charity that had done so much for Gary and so I agreed to become the Chair in 2008, and then Honorary Club President from 2015. I am also the editor of the newsletter, one of the administrators of the Ruislip Turtles website and also the club's email account. I am one of the pool teachers and as we are now returning to competitive swimming, that currently falls to me as well. Over thirty years on, and now living in rural Hertfordshire, I am still an active Turtle, because I still enjoy it, and get a real buzz when I see the development of our members and also the development of our young helpers.



RUISLIP TURTLES

SWIMMING CLUB

Established 1964

Your Committee

CHERYL LEE
CHIEF INSTRUCTOR
AND HEALTH &
SAFETY OFFICER

ROSEMARY NOYES
TREASURER

HEATHER JOHNSTON
SECRETARY

BIJAN GHORBANIAN
ASSISTANT SECRETARY

ANDY WALLIS
CHILD PROTECTION
OFFICER

DAVE LEE
COMPETITION
SECRETARY & CLUB
PRESIDENT

**DON LAMB,
TERRY CHESHIRE,
LINDA CLARKE &
PETER HORNE**
COMMITTEE MEMBERS

Your Pool Help

SENIOR INSTRUCTORS:
CHERYL LEE
JORDAN MASON

POOL INSTRUCTORS:
LINDA CLARKE
DON LAMB
PETER HORNE
DAVE LEE

POOL HELPER TRAINEES:
**ALEXANDER, EMMA,
HANNAH, JULIA, LAURA,
NIHARIKA & SUHAYL**



RUISLIP TURTLES
SWIMMING CLUB

Established 1964

Pool Helper Trainee Scheme

The scheme started in 2010, when we approached Hillingdon Swimming Club who nominated two of their elite swimmers, Pippa and Ricky, to pioneer the initiative. Pippa qualified as a level two swim teacher with the Turtles and remained a Turtle for many years, becoming one of our most popular & qualified swim teachers of the time.

We expanded the scheme to other local swimming clubs and organizations and there has been a steady flow of new trainees ever since. Jordan was part of the 2014 intake and remained with us throughout her university studies to become one of our two senior instructors today. So, we hope that some of the 2021 intake will go on to gain their swim teaching qualifications, the support available from the club can be viewed on the Ruislip Turtles website, under the club policies section (Poolside helpers and swim teachers policy and progression).

The trainees are all gifted swimmers who have performed with top clubs, usually in their elite squads. They are able to demonstrate great technique and share their swim coaching experiences. In return, the Ruislip Turtles, through Cheryl and Jordan, instruct and mentor the trainees in the skills of disability swim training.

It is important though that members of the club do not directly approach the trainees for help and assistance. Several of our trainees are under 16 years of age at present and they are here to help and learn under the direction of the club's senior instructors. They of course will be only too keen to help everyone, but it is not fair on them to expect them to respond and you should always seek help from one of our swim teachers present who are clearly identified by their shirts.

But please give the new trainees all your support and encouragement as it is really wonderful that they are prepared to give up their time for free to help us.



**Two Long Term
Trainee Successes**

Pippa
**& a very young
Jordan**



Pool Helper Trainee Scheme 2021



Alexander

I am Alexander and I swim for Hillingdon Swimming Club. I am volunteering at Turtles swimming club because I would like to help others in my local community improve their swimming and to enjoy the water as much as I do.



Emma

Hi, I'm Emma and I have been swimming at Hillingdon Swimming Club for almost 7 years. I heard about the Turtles scheme and thought that it was a brilliant opportunity to share my passion of swimming with others and learn a lot about volunteering and helping others in return. Although I haven't been with turtles for long I am really enjoying working with them.



Hannah

Hi, I am Hannah and I currently attend the Hillingdon Swimming Club (HSC). I am really pleased to have been accepted for the trainee helper scheme as I believe it will expand my skills and long-term desire to work with children and the teaching profession. This will also help assist me in attaining my Bronze DofE Award. I love swimming, and I have been competing for HSC since 2017. Having completed the theory session of the 'Young Aquatics Helpers Course', I am looking to complete the practical sessions of this course, this Autumn. Also, I have completed the Bronze, Silver, and Gold Awards in Rookie Life Guarding and the Levels 1 to 10 of the ASA Swimming Awards at Uxbridge Pool. I am really enjoying working with the Turtles.



Julia

'Hi, my name is Julia and I have been swimming at Hillingdon swimming Club for the last 5 years. After hearing about the scheme, I thought it would be a great way to help me expand my knowledge and support people in the process. I look forward to working with you Turtles!

Pool Helper Trainee Scheme 2021 (Contd.)



Laura

Hello, my name is Laura, I have been swimming for Amersham Swimming Club (ASC) for over 7 years. More recently, I have been supporting Cheryl (Turtles Chief Instructor) and helping her to coach one of the junior squads at ASC. I have really enjoyed my time coaching at the club and Cheryl suggested I might like to volunteer at Ruislip Turtles. I am very grateful for the opportunity to support the valuable work you do, and as I know quite a bit about swimming, I look forward to helping some of the Turtles improve their swimming, as I know it can make a big difference to their lives.



Niharika

Hi I'm Niharika and I swim with Hillingdon Swimming Club. I'm really happy to be part of the Turtles trainee scheme. I hope to help people improve their skills and expand my knowledge. I am really looking forward to working with the Turtles



Suhayl

Hi, I'm Suhayl and I applied to volunteer for the Ruislip Turtles because I have always been passionate about sports and, having come across this opportunity, I felt like it was a brilliant way to share this with others. I used to swim competitively, but after breaking my leg I have been unable to continue with this. As a volunteer I can still get involved and hopefully help young people to improve at swimming!

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/>

Thank you to the organizations and individuals who support the Ruislip Turtles:

Tesco

ASDA

Waitrose

**Hillingdon
Council**

**Ruislip
Combined
Charity**

**IBB
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**Eastcote Methodist
Church**

