

# Turtles Newsletter

November 2009 Newsletter

Newsletter for the members of the Ruislip Turtles Swimming Club



## Sylvia's Royal Appointment

Friday 4th December 2009 is a very important day for Sylvia Smith because she will be travelling with her son and two of her daughters to Buckingham Palace, to collect her OBE (Order of the British Empire Medal).

Sylvia was notified of her award in June when the Queen announced her Birthday Honours List following the nomination by the Turtles Club.

The Turtles Club was founded in 1964 and Sylvia attended the club from the outset as a 'young' Red Cross poolside volunteer. Her award is for her 45 years of dedication and commitment to the development of swimming for those with disabilities, not just for the Turtles but also at a national level through the NASCH organisation (National Association of Swimming Clubs for the Handicapped)

Sylvia was appointed to the position of President of NASCH in 2007. Prior to this time, Sylvia was the Vice President of NASCH (from 1999 to 2007) and Vice Chairman from 1991 to 1998. From 1976 to 1988 Sylvia was the NASCH Social Secretary.

Sylvia Smith has therefore become synonymous with the development of swimming for those with disabilities on a national level. Through NASCH, Woodlarks and the various swimming galas, Sylvia has worked tirelessly to ensure that everyone enjoys themselves, can participate in new opportunities and events and in doing so optimise their abilities in an equitable and challenging environment.



As a former primary school teacher and later as a teacher for the deaf and hard of hearing, Sylvia has dedicated her life to those that are less fortunate than herself.

The OBE is richly deserved, so enjoy your day at the Palace Sylvia!

**Highgrove Pool** Management of the centre was taken over by Greenwich Leisure Ltd. from the 1st October.

The new team are yet to decide on Christmas opening hours

However there will be no club session on Saturday 26th December (Boxing Day).

We will advise about other club sessions over the festive period once we are informed by Greenwich.

**The Long Distance Postal Swim** will commence again at the end of November and run though until the last week of February

Sylvia Smith organises the event on behalf of our club, monitoring how far our swimmers can swim in the allotted one hour.

The first lane of the pool is therefore used specifically for those wishing to participate during this period.

If you wish to participate please contact Sylvia.

## Hillingdon Sports Council Grant

The Ruislip Turtles Gala Team has recently been awarded £950 by the Hillingdon Sports Council. The grant is to be used to fund the cost of mini-bus travel to galas over the next 12 months and also to contribute towards the cost of Gala Team shirts for the entire team.

The grant enables the club to provide a mini bus to 8 scheduled away events in the gala season.

To see the full gala season schedule and results please visit the Turtles website at:

[http://www.ruislipturtles.org.uk/Gala\\_Dates/Gala%20index.htm](http://www.ruislipturtles.org.uk/Gala_Dates/Gala%20index.htm)

The club is very grateful to Hillingdon Sports Council for their financial support.



The club hires a Hillingdon Community Transport minibus for galas, funded by Hillingdon Sports Council until July 2010



## November 2009 Newsletter

### Stevenage Gala Results (24/10/2009)

The Turtles team finished 3rd winning 8 medals with Hatfield Platypus winning the gala for the 2nd year running.

#### Gold Medal Winners

Karen Hoffmann (1 Length)  
Anne Rourke (2 Lengths)

#### Silver Medal Winners

Neil Dew (1 Length)  
James Lesnek (1 lengths);  
Erica Beckwith (4 Lengths)  
Junior Relay Team (Sophie Grey, Neil Dew & Jack Locket).

#### Bronze Medal Winners

Jack Locket (2 Lengths)  
Carl Richards (4 Lengths)

Badge Winners Jeanette Prentice & Gary Lee



Congratulations to Sophie Grey who took part in her first Turtles gala at Stevenage. Pictured above with Neil and Jack winning silver medals for the Junior Relay.



Please send your  
email details to:

turtlesswimming@  
yahoo.co.uk

to receive email  
updates about the  
Turtles

### OtherNews

#### Uxbridge Pool

The new Uxbridge Pool is on schedule to be open by March 2010. The Turtles Club intend to remain at Highgrove and not switch to the new pool. The committee has met with Hillingdon Council and Fusion (Management Company) and we hope to secure some additional swimming time for disabled groups at the new 50 metres pool.

#### Hillingdon Swimming Club

We are co-operating with Hillingdon Swimming Club regarding the development of the Uxbridge Pool. Hillingdon Swimming Club is looking to build an Olympic Disabled Swimming Team for 2012 and as a consequence we are looking at a closer relationship with the mainstream club going forward.

#### Waitrose Ruislip

Waitrose Ruislip celebrated the 1st anniversary of their Community Matters Scheme on Wednesday 21st October. Rosemary Noyes, Sylvia Smith and Anne Rourke represented the Turtles at the event and had their photograph taken by the local press. Earlier this year Waitrose Community Matters donated £260 to the Turtles for purchase of the 'Helper' swimshirts.

#### Evacuation Drill

In August we carried out a successful evacuation of the pool. The drill highlighted some areas of weakness and confusion and we will be organising another drill in the future with the co-operation of the Highgrove management. It is important that we carry out these drills so that we are prepared should there ever be an emergency or a need to evacuate the pool when our club is in session.

#### Turtles Website

There have been over 1000 visitors to our website since the launch in November 2008. It has helped a great deal with the fund raising activities over the last year. Please make sure that you visit at:

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

#### Club Wheelchairs

The 2 club wheelchairs are to be put into the storeroom at Highgrove at the request of the new pool management. The wheelchairs will still be available if required but will no longer be kept in the disabled changing rooms. Highgrove Pool now own a mobile pool chair that is kept by the diving boards should anyone wish to make use of it.

Waitrose

Hillingdon Swimming Club

# November Newsletter 2009



## Turtles Invitation Gala & Region I NASCH Championships Results (Saturday 19th September)

It was the responsibility of the Turtles to host the Region I NASCH Gala for 2009 as the Turtles were the 2008 Region I Champions. So the gala this year was a combined event of the Invitation Gala and the NASCH Region I Final.

Harrow Kingfishers won the Invitation Gala, the Turtles team finished 4th.

Watford Sea Lions won the Region I Trophy and will now host the event in September 2010. The Turtles were 3rd in the Regional Gala.

### Invitation Gala

The Turtles won 7 medals (3 Gold, 2 Silver and 2 Bronze). The gold medal winners were: Jack Locket and Gary Lee plus the Mens Relay (Gary Lee and Carl Richards).

### NASCH Region I Gala

The Turtles won 12 medals (3 Gold 4 Silver and 5 Bronze) with every member of the team winning a medal. Gold medal winners were: Jack Locket; Gary Lee & the Mens Relay Team (Gary Lee & Carl Richards).

### The Turtles Gala Team

Juniors Neil Dew; & Jack Locket

Ladies Erica Beckwith; Anne Rourke; Karen Hoffmann; Sandra Woodehouse; Gyllian Lucas & Jeanette Prentice

Men Gary Lee & Carl Richards

### The National Championships

The Turtles swimmers participating will be: Neil Dew; Jack Locket; Gary Lee; Carl Richards; Anne Rourke and Karen Hoffmann. The event takes place at Leamington Spa on Saturday 7th November.



Please remember that diving is only permitted at the deep end of the pool between 5.45pm and 6.00pm at our Saturday club sessions. Children should not dive into the pool without adult supervision

## September Outing to Cotswolds Wildlife Park

We are grateful that our July and September 2009 outings were made possible by a grant to cover the cost of the transportation received from Grassroots, managed locally by North West London Community Foundation. As a consequence, we were able to hire a special 49 seater coach from Chalfont

Coaches with chair lift facilities and space for electronic scooters allowing more of our members to participate in the Cotswolds Wildlife Park outing.

We hope to secure a similar grant for the 2010 outings.



## Your Turtles Committee

The Turtles Committee meets every month. The next meeting is scheduled for Wednesday 9th December.

If you have any issues or comments for the committee or wish to contribute to future newsletters please contact one of the officers or committee members or email:

[turtlesswimming@yahoo.co.uk](mailto:turtlesswimming@yahoo.co.uk)

The committee and officers are elected by the membership at the Annual General Meeting in May.

### The Current Club Officers

David Lee  
Rosemary Noyes  
Marion Beckwith  
Linda Clarke  
Anne Rourke  
Sylvia Smith

Chairman  
Vice Chair & Treasurer  
Secretary  
Chief Instructor  
Assistant Secretary  
Competition Organiser

### The Current Club Committee

Pauline Dew (Youth Development)  
Elisabeth Richards  
Lyn Thomson  
Ann Chivers  
Erica Beckwith  
Malcolm Yates

Photos of the officers and committee members can be viewed in the picture gallery of the Turtles Website:

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



The Turtles Swimming Club is based at Highgrove Pool, Ruislip and meets every Saturday from 5pm to 6pm



**The Turtles Swimming Club is a registered charity:  
Number 1055585**

**Telephone:**  
Chairman (Dave):  
07730047500  
Secretary (Marion):  
0208 866 8606

### Turtles Website:

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

### Turtles Email Address:

[turtlesswimming@yahoo.co.uk](mailto:turtlesswimming@yahoo.co.uk)

If you have articles for future Turtles Newsletters, please send to the above email address or contact one of the club officers

The aims of the club are to provide a safe, friendly, family atmosphere where the art of swimming can be taught to disabled persons and where disabled persons can enjoy swimming for pleasure, exercise, and if desired, can participate in competitive swimming. Help and tuition is available in the pool but this cannot be guaranteed on a one to one basis for the entire session in the pool.

The competitive instincts of many members are catered for by several annual swimming galas. These are mainly run under the auspices of the National Association of Swimming Clubs for the Handicapped (NASCH) and include the Annual Club Championships, friendly races against other clubs in the local region as well as the National Gala usually held in November at Leamington Spa. Badges for distance swimming are also available and every year the club participates in the British Long Distance Swimming Association 'postal swim' involving other swimming clubs throughout the country

**We are a swimming club for anyone with a physical or mental disability**

**A special 'Thank You' to the organisations listed below who have provided financial assistance to the Turtles Swimming Club over the last year.**

**Waitrose Ruislip**

**Hasbro UK**

**Hillingdon Sports Council**

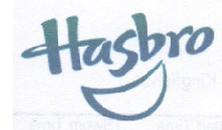
**Grass Roots Foundation**

**North West London Community Foundation**

**Pro-Active North London Training**

**National Skills Academy**

**Hillingdon Youth & Connexions**



Managed by the Community Development Foundation  
Funded by the Office of the Third Sector



HILLINGDON  
LONDON



The National Skills Academy  
NUCLEAR

