

Happy New Year



Turtles Newsletter

FOR MEMBERS OF THE RUISLIP TURTLES SWIMMING CLUB

JANUARY 2011

DIARY DATES

Committee Meeting
Wednesday 5th
January

Feltham Gala
Sunday 6th February

Committee Meeting
Wednesday 9th
February

Black Horse
Evening Meal
Thursday 17th
February

Cadbury World
Outing
Sunday 27th March

Hatfield Gala
Saturday 16th April

Watford Gala
May tbc

Turtles
Championship
Saturday 4th June

Turtles AGM
Saturday 4th June

Turtles Invitation
Gala
Saturday 10th
September

NASCH Region 1
Gala
Saturday 10th
September

NASCH
Championships
Leamington Spa
Saturday 5th
November

Book Now for Cadbury World

Our outing to Cadbury World is scheduled for Sunday 27th March and the rates that we have agreed are as follows:

Adults £8.50
Children 4-15 £6
Under 4s Free

This is a big discount on the usual admission charge of Adults £13.90 and Children £10.10 and our price also includes the cost of the special coach thanks to the grant from Grass Roots.

Please see Marion at the pool to book and pay for you and your family's seats on the coach.

All areas of Cadbury World are accessible to wheelchair users, with the exception of the full Packaging Plant

tour, where only limited access is possible.

Cadbury World consists of 14 zones, and provides for one fantastic day out. You will experience hands-on fun, interactive zones and the chance to get touchy feely with real liquid Cadbury chocolate.



The Cadbury World 14 zones are:
Aztec Jungle
Journey to Europe
Bull Street 1824

The Cadbury Story
Making Chocolate
Manufacturing
Packaging Plant
Cadabra

Demonstration Area
Advertising
Purple Planet

World's Biggest Cadbury Shop
Bournville Experience
Essence/ Children's Playground

More information about the zones was listed in the October Turtles Newsletter that can still be view on the Turtles website:

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

For more information visit:

<http://www.cadburyworld.co.uk>

.....and the Black Horse as well!

This year's Evening Meal has been arranged for **Thursday 17th February**. The location this year will again be The Black Horse, Iver Heath (Postcode SL0 0DH). Aim to get there at 7.30 for 8.00 meal.

If you would like to join us please give your name and a **deposit of £10.00 per**

person to Marion as soon as possible - (no later than Saturday 5th February).

There is ample parking and good facilities for wheelchairs. However, if you need transportation please book early for the mini-bus. Turn to page 3 for details of the mini-bus arrangements and car directions.



Funding Problems Ahead.....



Chalfont Coaches supply a coach that can accommodate wheelchairs and scooters for the outings

The government cut backs have had an immediate impact on our club.

Since April 2009 we have raised grants totaling over £8k The bulk of our funding has come from Hillingdon Sports Council and the Grass Roots Foundation. However, we have been informed that beyond March 2011 we will not be receiving financial support from either of these organisations.

Hillingdon Sports Council provided the financial support

for our gala mini-bus transport. This costs about £800 a year and enables club members to participate in the gala team programme.

Grass Roots (NWLFC) has provided £950 p.a supporting the transport cost for our outings allowing us to provide specialist coaches.

We will try to approach other organisations for support but the current environment is very tough and there are many others chasing for support so fundraising is

proving to be very competitive. If you know of any organisations / funders that would be willing to step in to support or partially support our two financial problems please let one of the committee members know.

The club has limited funds and so it is unlikely that we can continue with the same level of activity without external help.

So any help would be appreciated!



For the evening meals and galas we use Community Transport mini-buses, supplying our own driver to save money

In case you were wondering why.....

.....we are not holding back some of the Grass Roots Funding for the future.....

well we would have preferred to have done just that, but the terms of our grant make clear that we must use the funds by no later than 31/3/2011 otherwise we are required to return any unspent balance.

Hence, we scheduled the Cadbury World outing for 27th March, shortly ahead of

the closing of the Fund.

We are very grateful to the Grass Roots Organisation (Managed locally by the North West London Community Foundation) because with their help we have provided transport to: Cotswolds Wildlife Park;; Longleat House and Safari Park; Cadbury World; 2 Summer Lunches (Marlow and White Waltham) and 2 evening Meals (Iver

Heath).

So please take advantage of the remaining events covered by the Grass Roots grant and book for the Cadbury World Outing Sunday March 27th and also if you require transport to the evening meal please book early for a seat on the mini-bus.



Gary Lee helps Anne Rourke at one of the 2010 galas

We will keep you updated.....

.....through the Newsletters, the Website and provide a full report at the AGM in June,

As it stands at present, for the 2011/12 financial year we do not have any funding other than the membership subscriptions and that is a stark contrast with the

previous two financial years where we secured funding from: Hillingdon Youth & Connexions; Hillingdon Sports Council; Hasbro UK; Pro-active North London; National Skills Academy; Lions International (Ruislip); Waitrose and Grass Roots (NWLFC)



Pool Evacuation Vulnerability

Thank you to everyone who participated in the pool evacuation on November 20th. It is important for your safety that we carry out these drills so that you all know what to do in the event of an emergency. It is also useful for the lifeguards experience an evacuation involving disabled swimmers as part of their training.

However, we do apologise for the inconvenience that the drills cause you all, but we try to keep the disruption to a minimum.

Just a reminder that children and/or vulnerable adults should always be supervised in the changing rooms. We also require your help to ensure that children and vulnerable members do not return to the changing rooms unaccompanied during the Saturday sessions or at gasal.



Most people now receive the newsletter by email. This helps us to keep our printing costs down and also allows us to notify you should the pool be closed for any reason.

However, in some cases we still do not have your email contact details.

Please let Marion have your email address so that we can add you to the distribution list or simply email your details to:

turtlesswimming@yahoo.co.uk

Weekly Raffle

The raffle raises valuable funds for the club so please support the club by buying a ticket from Patricia (pictured opposite) or maybe by donating a prize.

Message from Sylvia....



Sylvia Smith wants you all to know that she has not forgotten you all and she says that she can not wait to see you all again.

Sylvia is sorry that she was not able to send Christmas cards this year but none the less hopes that you all had a great time at Christmas and she wishes you all a very happy New Year.

Sylvia is adjusting to life at home again and although progress is likely to be very slow, she is relieved to be in her own home rather than in hospital.

She has had a special bed installed in her living room as she can no longer get up stairs to her bedroom. She has also had her downstairs bathroom converted to a wet room. Sylvia is dependent on the care service coming in to

help her 3 times a day and has a steady flow of visitors.



We all look forward to seeing you back at Highgrove Sylvia.

Black Horse Travel Details

Mini-Bus Pick Up Schedule

| | |
|----------------------------------|-------|
| Highgrove Pool (depart) | 18.20 |
| Ruislip Manor Station | 18.30 |
| Ickenham (Coach & Horses) | 18.45 |
| Hillingdon Station | 18.55 |
| Hillingdon (Long Lane BP Garage) | 19.05 |
| Iver Heath | 19.30 |

Please see Marion to book a space on the mini-bus.

Road Directions (SL0 ODH)

Join the A40 heading west

Leave the A40 at the Denham Roundabout

At the roundabout take the 2nd exit A412 (Denham Road)

Continue for 1 mile until the roundabout and take first exit onto Bangors Road North (0.3 mls)

At the next roundabout take the first exit Bangors Road North (0.2 mls)

Bear left onto Bangors Road South (0.1 mls)

At the roundabout take the 2nd exit onto Slough Road (A4007) (0.1 mls to location)

The Black Horse is on the junction with Slough Road on the right



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

Turtles website: <http://www.ruislipturtles.org.uk/>
Turtles email: turtlesswimming@yahoo.co.uk

Chair (Dave): 07730 047500

Secretary (Marion) 0208 866 8606

British Long Distance Swimming Association

The Long Distance Postal Swim will conclude on Saturday 26th February.

If you wish to participate please book a Saturday time slot with Peter Jones or Marion Beckwith who will then monitor how far you can swim in one hour. We can only monitor 2 participants per Saturday session so please ensure that you have your date booked. One lane of the pool is therefore used specifically for this purpose for the duration.

We submit our results to the above association who then calculate the category awards. For more information please visit the BLDSA Website printed blow.



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

Feltham Team Sheet

The new gala season commences on Sunday 6th February with the Lions Swimming Gala at Feltham Airparcs Leisure Centre, Uxbridge Road Hanworth TW13 5EG.

Teams are scheduled to report to the Feltham Competition Secretary at 15.00 with the swimming gala due to commence at 15.30.

We are able to enter more than one swimmer per event at Lions galas and so we have submitted the following team sheet:

Erica Beckwith: Ladies 1L, 2L & 1LBk stroke
Neil Dew: Mens 1L, 2L & 1LBk stroke
Sophie Grey Girls 1L, 2L & 1LBk stroke
Ellen Groves Girls 1L, & 1LBk stroke
Karen Hoffmann Ladies 1L & 2L
Ian Andrew Horne Boys 1L & 2L
Gary Lee Mens 1L & 2L
James Lesnek Mens 1L & 2L
Jack Locket Mens 1L, 2L & 1LBk stroke
Jeannette Prentice Ladies 1L, 2L & 1LBk stroke
Oliver Regan Boys 1L
Tom Regan Boys 1L, 2L & 1L Bk. stroke
Carl Richards Mens 1L, 2L & 1L Bk stroke
Anne Rourke Ladies 1L, 2L & 1LBk stroke

Junior Relay Team:

Sophie Grey; Ellen Groves; Oiliver Regan and Ian Andrew Horne

Senior Relay Team:

Karen Hoffmann, Jeannette Prentice, Gary Lee and James Lesnek

25 Metre Pool



Badge Awards

Congratulations to two of our swimmers who have achieved another distance milestone.

Pat McCorry has now swum 50 metres

Oliver Regan has completed his 25 metres badge.

Please see Norman Abbott at poolside if you are interested in trying for a distance badge



HAPPY NEW YEAR