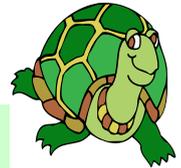




Ruislip Turtles Swimming Club for the Disabled



Turtles Newsletter

Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty
Registered Charity Number 1055585

October 2012

Double Header Gala— a great success.

Thank you to all the helpers and for the food donations that made our 'double' gala a big success on Saturday 1st September. We received good feedback and suggestions that we will be taking on board for next year when once again we will be hosting the NASCH Region One Gala following this year's successful retention of the trophy.

Congratulation to our very successful swimmers representing the two Turtles teams. Turtle 'A' Team won the NASCH Region 1 Trophy and Turtles 'B' finished 2nd.

The NASCH Gold medal winners all qualify for the NASCH Championships to be held at Leamington Spa on the 3rd November.

The Turtles Invitation Shield was won by Hatfield Platypus. The Turtles A Team finished second with Turtles B finishing 4th. Every member of the Turtles team won a medal with Turtles swimmers awarded a total of 61 medals in an outstanding overall performance.

The evening's events were sponsored by Ruislip St. Martins Masonic Lodge and we were delighted that Peter Binstead and some of his colleagues were able to join us for the evening and also stay to present the medals. We are very appreciative of their very generous support of our club.

Nigel and Alison Grey took responsibility for organising their first 'home' gala and can take great pride in the outcome. With the change of pool venue we had many new challenges to contend with including a number of first time helpers and even a club visiting us for the first time. But the evening was a great success due to the superb leadership of Nigel and Alison together with the great support from Peter and Judy Jones and all the many, many helpers and contributions. Thank You!



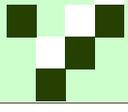
The victorious Turtles A Team



Oliver Regan (above) receiving a gold medal from Peter Binstead



Sophie Grey won 9 medals including 7 gold medals



Good luck at Newcastle University Tria



Tria Lawrence is leaving us to join Newcastle University to study English Literature. Tria has been a popular, enthusiastic trainer and helper for the club, mainly working with the gala squad during the Saturday swim sessions. Thank you Tria for all your good work and help and we wish you every success with your studies. Make sure you come back and see us during your holidays though!



Linda Clarke
Chief Instructor

A Warm Welcome to Sophie!



We are very grateful to Tria for helping us secure her replacement. Tria put us in touch with Sophie Schofield who we are delighted to announce has agreed to join the Turtles as a Trainer. Sophie is a Level One ASA qualified swimming teacher and she is looking forward to get to know everyone, especially those needing help and tuition. So be sure to say hello to Sophie and give her a warm welcome.



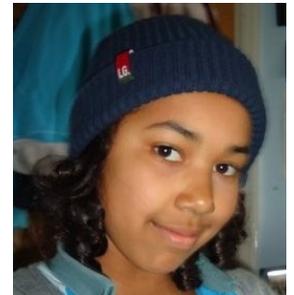
Dave Lee Instructor &
Gala Team Manager

Sophie joins Emma, Yasmin, Linda and Dave



Emma Harrington

Sophie will join Emma Harrington (Trainer) and Yasmin Francis (Helper) who we are very pleased to confirm will be continuing on for another year. We are very grateful to our young trainers and helpers who give up their valuable free time to support our 'mature' trainers (Linda Clarke, and Dave Lee). We are always looking for extra qualified trainers so if you would like to get involved, please talk to Linda or Dave at poolside.



Yasmin Francis

.....and introducing Fiona and Kate.....

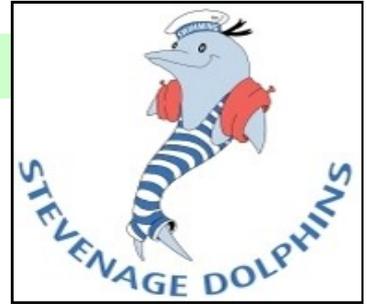
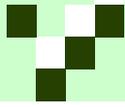


Fiona McAndrew

We are very grateful to Debbie Wilson and Hillingdon Swimming Club (HSC) for their tremendous support. We are delighted to welcome two new helpers from HSC: Fiona McAndrew and Kate Wilson. Both of our new helpers have been competitive swimmers in the HBEST Elite squads from a very young age and have competed at a high level both regionally and nationally. They are both qualified Lifeguards having successfully completed the NPLQ qualification this summer; they are also interested in gaining their ASA Level 1 aquatic teaching qualification later this year. Fiona & Kate follow in the footsteps of Ricky, Pippa, Tria, Emma and Sophie as Turtles volunteers joining us from HSC.



Kate Wilson



Stevenage 50th Anniversary Gala

The Stevenage 50th Anniversary Inter-Club Gala takes place on Saturday 20th October, report time 6pm for the 6.30 start. Team sheet below:

Stevenage Dolphins
St.Georges Way, Stevenage,
Herts. SG11XY
6pm Saturday 20th October

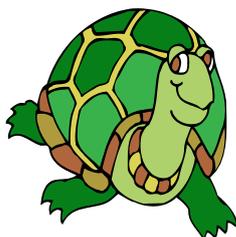
Event	Swimmer
Junior 25 Mtrs	Oliver Regan
Ladies 25 Mtrs	Karen Hoffmann
Mens 25 Mtrs	Jack Locket
Junior 50m Mtrs	Ian Andrew Horne
Ladies 50 Mtrs	Jeannette Prentice
Mens 50 Mtrs	Don Lamb
Junior 100 Mtrs	Sophie Grey
Ladies 100 Mtrs	Shaida Ghorbanian

Event	Swimmer
Mens 100 Mtrs	Gary Lee
Junior Relay	Oliver Regan Tom Regan Ian Andrew Horne
Ladies Relay	Shaida Ghorbanian Anne Rourke Karen Hoffmann
Mens Relay	Jack Locket Gary Lee Don Lamb
Ladies Diving	Sophie Grey
Mens Diving	Tom Regan

Mini bus Pick Up	Time
Bushey Road	4.30
Ruislip Station	4.35
Victoria Road	4.40
Linden Avenue	4.50
Durley Avenue	5.00
Kenton Lane	5.15

Delays to Highgrove Refurbishment

The Highgrove refurbishment work is currently running 7 weeks behind schedule and likely to drop even further behind. The Hillingdon website is displaying the original re-opening date of November 2012, but we have been advised that Highgrove Pool will not now re-open before the February half term holidays. We have therefore extended our stay at Hillingdon Sport & Leisure Complex until March 2nd 2013.

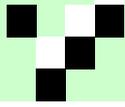


More Flotation Aids Purchased



Thanks to the donation from Eastcote Community Association, we have been able to purchase some more swimming aids. We have purchased 2 sets of Aqua Twin floats, 1 Noodle Neck Collar (with a Nylatex Strap) and 1 'Konfidence' Jacket. These aids should only be used under trainer supervision but if you would like to try them please don't hesitate to ask one of the trainers.





Turtles Invitation Gala & NASCH Region 1 Gala Results

An impressive set of results from the double header gala with the Turtles winning 61 medals between them.

The updated medal table can be viewed on our website but with just two more galas to go this season, Sophie Grey is currently leading the table. The detailed timings can also be viewed on the website. Congratulations to all our swimmers and to Hatfield Platypus, the winners of the Invitation Gala by 4 points.

Individual Gala Results

Team	Event	Competitor	Invitation Gala	NASCH Region 1
1A	Girls 25 Metres	Sophie Grey	1 st	1 st
2A	Boys 25 Metres	Tom Regan	4 th	2 nd
2B	Boys 25 Metres	Oliver Regan	3 rd	1 st
3A	Ladies 25 Metres	Shaída Ghorbanian	4 th	2 nd
3B	Ladies 25 Metres	Karen Hoffmann	3 rd	1 st
4A	Mens 25 Metres	Gary Lee	1 st	1 st
4B	Mens 25 Metres	Neil Dew	3 rd	2 nd
5A	Girls 50 Metres	Sophie Grey	1 st	1 st
6A	Boys 50 Metres	Tom Regan	2 nd	2 nd
6B	Boys 50 Metres	Oliver Regan	4 th	3 rd
7A	Ladies 50 Metres	Jeannette Prentice	3 rd	2 nd
7B	Ladies 50 Metres	Geraldine Leong	2 nd	1 st
8A	Mens 50 Metres	Don Lamb	2 nd	1 st
8B	Mens 50 Metres	Jack Locket	3 rd	2 nd
9A	Girls 100 Metres	Sophie Grey	1 st	1 st
10A	Boys 100 Metres	Tom Regan	1 st	1 st
10B	Boys 100 Metres	Oliver Regan	3 rd	2 nd
11A	Ladies 100 Metres	Erica Beckwith	5 th	2 nd
11B	Ladies 100 Metres	Gyllian Lucas	3 rd	1 st
12A	Mens 100 Metres	Gary Lee	5 th	1 st
12B	Mens 100 Metres	Carl Richards	7 th	3 rd
13A	Junior Relay	Sophie, Tom & Oliver	2 nd	1 st
14A	Ladies Relay	Jeannette, Erica, Shaída & Anne Rourke	2 nd	2 nd
14B	Ladies Relay	Karen, Gyllian & Geraldine	1 st	1 st
15A	Mens Relay	Don & Gary	5 th	3 rd
15B	Mens Relay	Carl, Jack & Neil	4 th	2 nd
16A	Diving	Sophie Grey	4 th	2 nd
16B	Diving	Karen Hoffmann	5 th	3 rd

Team Results

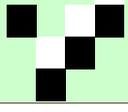
Invitation Gala

Hatfield Platypus	104 pts
Ruislip Turtles A	100 pts
Potters Bar Barracuda	76 pts
Ruislip Turtles B	72 pts
Harrow Kingfishers	52 pts
Stevenage Dolphins	42 pts
Chiswick Hogarth Gateway	22pts

NASCH Region 1

Ruislip Turtles A	121 pts
Ruislip Turtles B	87 pts
Harrow Kingfishers	73 pts





Turtles Outings

Warner Brothers / Harry Potter Tour Sunday 9th September



Some photos from our magical outing



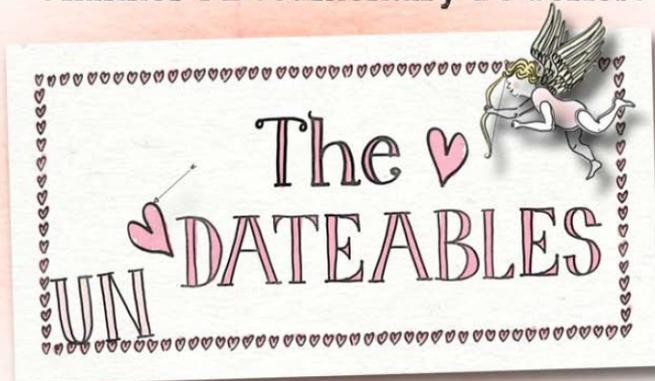
Love & Disability..... your chance to be a TV star?

We have recently been approached by the makers of the Channel 4 TV Documentary Series 'The Undateables'. They wanted to know if any of our members would be interested in participating in the next series that they are due to record over the next 3 months. The poster below explains a little more about the programme and the follow up email is also displayed opposite. If you are interested you can of course make direct contact with the TV production company or you could first have a discussion with Dave Lee on 07730 047500 who would be prepared to talk to the contact (Kathryn) about your interest (in confidence).

So if you are over 18 with either learning difficulties or a physical disability and you are interested in finding a partner or companion then you may be interested in this television fame opportunity.

Are you looking for love?

Are you interested in taking part in a
Channel 4 Documentary TV Series?



A Documentary series about love and disability

'betty' is making a second series of the
romantic and insightful documentary series
♥The UNDATEABLES♥ for Channel 4.

We will be following disabled people and those with a
variety of conditions through the highs and lows of finding
love.

If you are single and looking for love
please get in touch on **0207 290 0669**
or text **07795 233186** or email
undateables@betty.co.uk

Hello Dave

Good to speak to you just now and thanks for your help. Here is some information for you and a flyer that you could put in a newsletter. It would be great if you could think anyone who may like to talk to me as well.

I work for **betty**, an independent television production company that is in the process of making the second series of *The Undateables* for Channel 4. This vibrant, romantic and insightful documentary series will follow a number of individuals in their search for a partner, whilst also aiming to explore society's attitude towards disabled people and how this can affect relationships. The series will follow key milestones in our contributors' journeys and explore their thoughts and feelings about their experiences along the way. The intention is that there would also be accompanying information and help web-pages for viewers.

We're looking for inspirational single people who might be interested in taking part, and I wondered if you would be willing to assist us by spreading the word or passing on our flyer (attached) to any individuals you think might like to find out more. We would never put any pressure on anyone to be involved in filming and all conversations at this stage are confidential.

The first series was a huge success in both ratings and critical acclaim, being 'pick of the day' in most major newspapers. 'gentle, careful and respectful' – *The Telegraph*,.....'beautifully done' – *The Guardian*,..... 'The Undateables proved to be a highly worthwhile and rewarding series. The lesson? These people weren't really undateable at all.' – *Metro*

The entire series can be viewed online at <http://www.channel4.com/programmes/the-undateables/4od>.

We're really excited about *The Undateables* returning and feel it is a great opportunity to continue to create a greater understanding about the issues and prejudices that are faced.

Please feel free to pass my details on - we'd love to speak to as many people as possible. If you know anyone who would like to speak to me and is happy to give me their number, I would be glad to call them for a chat.

Many thanks and I hope to hear from you soon,

Warm regards,

Kathryn

Meet the Committee

This is the second in a series of articles designed to let you know more about those trusted to run your club. Every month we will have a questions & answers session with one of the club's committee members — this month it is the turn ofAnn Chivers

So Ann, how long have you been a Turtle? Not sure but in 2003 I swam my 1st Turtles gala and also joined the Committee.

Where do you live and what do you do for a living? I do a lot but don't get paid! They call it being retired in Northwood Hills!

Tell us your favourite music... I love rock, baroque, opera, concertos, heavy metal, trad jazz. military music in fact most music with a beat—so not modern jazz etc. which just meanders.

What is your biggest claim to fame? I last swam the mile at the age of 60.

Who or what is your pride and joy? My family.

Tell us your best kept secret... Sorry, it will go with me to my grave—not too soon, I hope!

Who is your most inspirational person All my disabled friends 'who just get on with it' and put me to shame.

What do you like about the Turtles? What is there not to like?

So what frustrates you Ann? Not being able to run anymore.

So there you have it! It turns out Ann is our heavy metal rock chic on the committee! Perhaps that is why we do not have any Turtles discos anymore!!!!



Club Contacts

Chair (Dave Lee)
07730 047500

Secretary (Alison Grey)
07900 118812

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

Turtles email:
turtlesswimming@yahoo.co.uk

Club Dates

Stevenage Gala
Saturday 20th October

NASCH Championships / Leamington Spa
Saturday 3rd November

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 but due to the ongoing Highgrove refurbishment programme, the club currently meet every Saturday between 6pm and 7 pm at the Hillingdon Sport and Leisure Complex at Gatting Way Uxbridge.



Thank you to all our Supporters and Sponsors