



TURTLES NEWSLETTER

Ruislip Turtles Swimming Club for the Disabled

Welcome Home!



MARCH 2013



Club Dates



Committee Meeting
Wed. 27th March

**Hatfield Platypus
Gala
Saturday 13th April**

Turtles Club
Championships
Saturday 11th May

**Turtles AGM
Saturday 18th May**

Beaulieu Coach
Outing
Sunday 9th June

**Turtles & Region 1
NASCH Gala
Saturday 14th
September**

NASCH
Championships
Leamington Spa
Saturday 2nd
November

We Return to Highgrove Pool on Saturday 6th April

Highgrove Pool will re-open to the public on Easter Monday (1st April) and the Turtles will return for their first Saturday pool session on 6th April at our new regular time of 5pm until 6pm.

The refurbishment has cost £4.5m and has taken a year to complete, but we have now been given the go ahead to return to the venue where the Turtles have been resident since 1964.

We are very grateful to Hillingdon Sports Complex, Fusion Leisure and the Hillingdon Sports Development Council for the provision of the temporary facilities over the last 12 months. We will certainly miss the recreation pool, sauna and also the 8 lanes that we enjoyed at Hillingdon.

We will be returning to Hillingdon for our September 14th Gala, but our internal Club Championships will be held at Highgrove Pool on May 11th. (see Page 3 for details of the plans for the Club Championships).

For more information about our return to Highgrove please turn to page 6.

Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty

Registered Charity Number 1055585



Next Coach Outing—Beaulieu - Sunday 9th June

Our next social coach outing has been arranged for Sunday 9th June. Our destination this time will be Beaulieu (New Forest, Hampshire). There is a great deal to see and do at Beaulieu and we have been able to negotiate good rates for our club (see below). We will be hiring a 53 Seater coach with a wheel chair lift as usual (Chalfont of Harrow). The cost of the coach will be met by the Turtles Club, funded from the generous donations that we have recently received, making the trip tremendous value.

	Door Price	Turtles Price
Adults	20.00	14.00
Senior Citizens	18.50	13.00
Youth 13-17	12.00	9.50
Child 5-12	9.95	8.00
Carers (Proof required)		Free

Our tickets cover us for entry to The National Motor Museum, Bond in Motion, World of Top Gear, Palace House and Gardens, Beaulieu Abbey, The Secret Army Exhibition, Veteran Bus and Monorail.

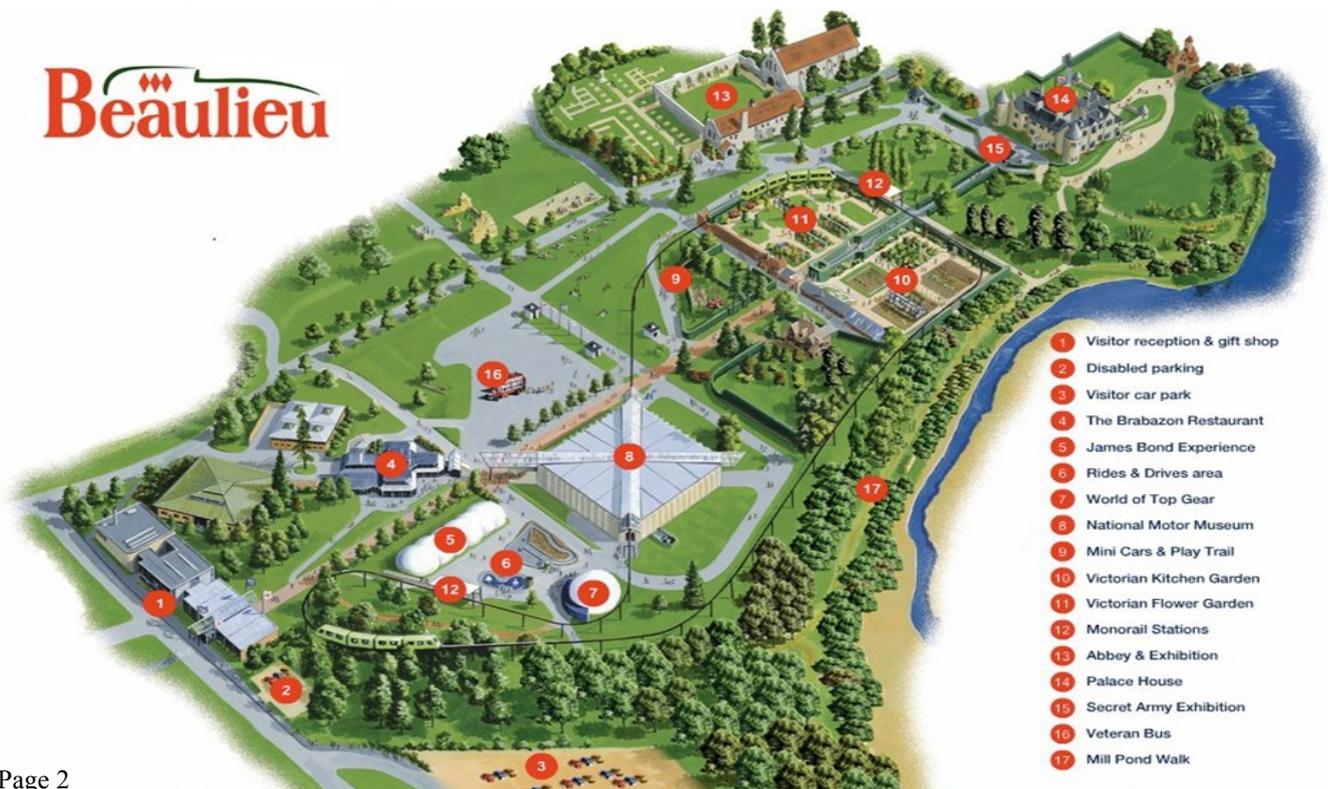
So book your places with Marion or Alison as soon as possible to be sure not to miss out. We have a number of pamphlets available and you can also view the facilities @ www.beaulieu.co.uk.

Beaulieu is committed to providing access for all visitors and wheelchairs and powered scooters can be pre-booked from the facility, or transported in the luggage hold of the coach should you prefer.

Beaulieu is a great day out for all the family. Get up to speed with Formula One racing cars and other great motoring treasures in the National Motor Museum including 50 vehicles from the James Bond films in BOND IN MOTION before exploring World of Top Gear with vehicles from some of the show's most ambitious challenges and behind the scenes footage from the Top Gear Production Zone.

Enjoy historic Palace House, home of the Montagu family, before exploring the colourful Victorian Flower Garden and Kitchen Garden. Take time out to relax in the peaceful Cloisters before learning about the lifestyle of the Cistercian monks of Beaulieu Abbey.

Beaulieu



Turtles Club Championships

This year's Turtles Club Championships are scheduled to take place on Saturday 11th May at Highgrove Pool. Our club swim session will be limited to 30 minutes on that day (finishing at 5.30) and then we will commence with the Club Championships with a pool extension until 7pm.

We have decided to make it a more fun event and so we will be holding more races and awarding more trophies. The Turtles Club Championship programme for 2013 is as follows:

- Event 1 Junior 1 Length
- Event 2 Ladies 1 Length
- Event 3 Mens 1 length
- Event 4 Junior 3 Lengths
- Event 5 Ladies 3 Lengths
- Event 6 Mens 3 lengths
- Event 7 Helpers 3 Lengths Challenge*
- Event 8 Relay Team Race (Junior v Ladies v Men) 4*1 Lengths
- Event 9 Family Fun Relay 4*1 Lengths *

Event 10 Diving contest (separate event to be held on the 4th May)

* Events 7 and 9 will not involve staggered starts

The results will be announced and trophies awarded at the Club AGM on the 18th May.

As we only have 6 lanes at Highgrove it will have to be a case of giving priority to those who register first .

So please either send an email to the club's email address (below) or let Dave Lee know that you wish to participate.

We will also need helpers for the Championships (timekeepers, place judges etc.) so please let Peter Jones or Nigel Grey know if you are able to help.

Alison Grey (Secretary)

07900 118812

Dave Lee (Chair)

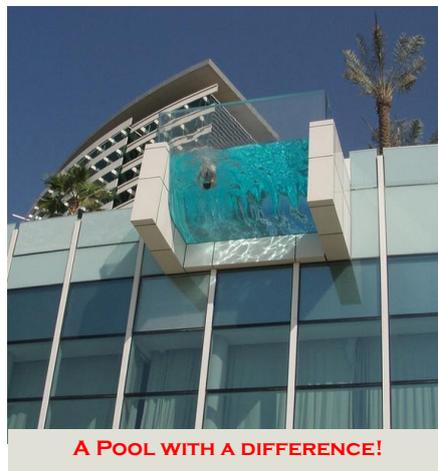
07730 047500

Turtles website:

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

Turtles email:

turtlesswimming@yahoo.co.uk



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 meets every Saturday between 6pm and 7 pm at the Hillingdon Sport and Leisure Complex at Gatting Way Uxbridge (UB8 1ES) . We return to Highgrove on Saturday 6th April.

Thank you to all our sponsors



Meet the Committee

This month we have an interview with the Turtles Club President, Sylvia Smith OBE



<i>Name?</i>	<i>El Presidenti (OBE)</i>
<i>Position Held / Duration?</i>	<i>Various roles — founder member 49 years ago</i>
<i>Reason for joining the Turtles?</i>	<i>Red Cross Nurse duties</i>
<i>Where were you born and where do you live now?</i>	<i>Newcastle— but now live in bed!</i>
<i>What do you do for a living?</i>	<i>Lounge about receiving guests</i>
<i>Favourite TV & Music?</i>	<i>Lewis (TV) Gilbert & Sullivan (Music)</i>
<i>What would your Karaoke Song be?</i>	<i>Jake the Peg (with my only leg)</i>
<i>And your Pride and Joy is?</i>	<i>My Son (who filled in this form)</i>
<i>And your most inspirational person?</i>	<i>As above...</i>
<i>Tell us your most embarrassing moment Sylvia.</i>	<i>Meeting my surgeon after he had a sex change and became Sarah (true story!)</i>
<i>What is your biggest claim to fame?</i>	<i>Meeting Princess Anne at 'Buck House'</i>
<i>What is your biggest frustration?</i>	<i>Not being able to eat properly</i>
<i>If you could be invisible for a day what would you do?</i>	<i>Be a member of Girls Aloud</i>
<i>What makes you laugh?</i>	<i>Dad's Army</i>
<i>Do you have a hobby ?</i>	<i>Collecting family photos</i>
<i>Any secrets you would like to share?</i>	<i>I am afraid I cannot stand swimming.....</i>
<i>What are your sporting interests outside of swimming?</i>	<i>Darts, Sumo Wrestling, Rugby League and Weight Lifting ... (one too many questions?)</i>



Hanworth (& Feltham) Gala

This year's Feltham and Hanworth Gala proved to be something of an endurance test for the competitors and spectators. Always the longest of our gala events, this year excelled by some way with a six hour event.....

The swimming was halted due to a serious illness to the starter 'Chase' but we are very pleased to inform all those who were there and witnessed his collapse that he was allowed home from hospital on the following Monday evening and he is recovering well. This was the 21st running of this event and 86



year old Chase has been the starter for all 21 gala events. So thank you for your patience, what was meant to be an extended celebration, ended somewhat sadly.

In terms of the swimming, The Turtles finished 2nd in the Senior Event and also 2nd in the Junior Event.

Certificates were awarded to the following:

- 1st Place - Ladies 2 Lengths Freestyle - Geraldine Leong
- 1st Place - Boys 1 Length Backstroke - Aaron Maddox
- 2nd Place - Ladies 1 Length Backstroke - Fiona Wilstead
- 2nd Place - Girls 2 Lengths Freestyle - Sophie Grey
- 3rd Place - Girls 1 Length Freestyle - Sophie Grey
- 3rd Place - Boys 2 Lengths Freestyle - Jamie Woodbridge
- 3rd Place - Boys 1 Lengths Backstroke - Jamie Woodbridge
- 3rd Place - Junior Relay Team -

Ian Andrew Horne, Sophie Grey, Tom Regan & Oliver Regan

Special Achievement Awards - Anne Rourke & Oliver Regan

The medal table for 2013 can be viewed on our website.

Junior Team Result	Pts.
Wandsworth Dolphins	24
Ruislip Turtles	20
Harrow Kingfishers	13

Senior Team Result	Pts.
Harrow Kingfishers	44
Ruislip Turtles	36
Hogarth Gateway	36
Wandsworth Dolphins	25
Barking Beavers	20
Spartan New Malden	19
Eltham Lions	12

Committee Members Needed

Following Lynn Thomson's decision to retire from the Committee last year we are currently one committee member short. We are also aware that at least two of our current Committee members are unlikely to stand for re-election at this year's AGM. So we are probably looking for a minimum of 3 new Committee Members. At least one of the new Committee members needs to be registered disabled (our Constitution requires us to have 3 disabled members on the committee and we believe that we may only have two remaining after the AGM).

The 2013 AGM has been confirmed for 18th May and will take place at Central Middlesex Skill Centre, Wiltshire Lane, Northwood Hills.

The Committee meets once a month, usually on a Wednesday evening in Ickenham, So if you would like to take a more active interest in your club please ask Dave Lee or Alison Grey for more information.

Highgrove Update

We had our first meeting with the management of the new Highgrove Pool recently. The new centre will be managed by Keely Shelton and swimming will be headed up Heather Whitehead.

The Highgrove pool will be handed over by the building contractors to Greenwich Leisure on the 22nd March. The pool re-opens on the 1st April with the Turtles returning to Highgrove on Saturday 6th April at 5pm.

We will have the use of both pools, arranged as before with 2 lanes of the main pool segregated (vulnerable swimmers & gala team). The gala team lane will be removed at 5.45 for the diving session. We will have the use of the fun floats in the small pool. We hope to have the disabled steps sorted out in time for our return. There are now two elevators (one with access to the auditorium).

The Disabled changing facilities are integrated with the main facilities now, so we all enter through main reception (no more pushing wheelchairs up the slope!). There will be pool hoists for both pools and also a Changing Room hoist. We will have 3 lifeguards on duty for our sessions and we will be organising an evacuation drill once we have settled back in.

There will be a 70% increase in parking spaces but sadly parking charges will be introduced (similar to Hillingdon Pool).

The information displays in reception will all be television monitors i.e. no notice boards.

The new centre is close to completion following a refurbishment that has cost £4.5m and members of the Committee will have their first tour of the facilities w/c 22nd March.



Hatfield Platypus Gala – Saturday 13th April 6pm



Our team for the Hatfield Platypus Gala is listed below. We will be defending the trophy that our team won last year. Good Luck!

Junior 3L	Sophie Grey
Ladies 3L	Fiona Wilstead
Mens 3L	Gary Lee
Junior 1L	Ian Andrew Horne
Ladies 1L	Jeannette Prentice
Mens 1L	Jack Locket
Ladies Diving	Shaida Ghorbanian
Mens Diving	Tom Regan
Junior 2L	Oliver Regan
Ladies 2L	Karen Hoffmann
Mens 2L	Don Lamb
Junior Relay	Sophie Grey, Tom Regan & Ian Andrew Horne
Ladies Relay	Anne Rourke, Jeannette Prentice & Shaida Ghorbanian