



# TURTLES NEWSLETTER

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

**JUNE 2013**

Registered Charity Number 1055585

## Congratulations to all our 2013 Award Winners!



**MENS 1 LENGTH CHAMPION  
MENS 100 METRES  
CHAMPION  
& SENIOR IMPROVER  
TROPHY  
DON LAMB**



**DIVING CHAMPION  
AARAN MADOX**



**JUNIOR 100  
METRES CHAMPION  
TOM REGAN**



**LADIES 1 LENGTH  
CHAMPION  
& LADIES 100 METRES  
CHAMPION  
GYLLIAN LUCAS**



**VOLUNTEER OF THE  
YEAR  
MARION BECKWITH**



**JUNIOR 1 LENGTH  
CHAMPION &  
JUNIOR IMPROVER TROPHY  
SOPHIE GREY**



**HELPERS 100 METRES  
CHAMPION  
SARAH HARRINGTON**



**FAMILY  
RELAY  
CHAMPIONS  
THE GREY  
FAMILY**



**RELAY  
CHAMPIONS  
JUNIOR B  
TEAM**



**JAMIE WOODHOUSE, SOPHIE & AARAN**

*Thank you to all our 2012/13 Sponsors*



**Eastcote  
Community  
Association**



**Fourways  
Ladies  
Group**



Phoenix Ladies' Club  
Pinner

## *2013 Championships & Annual Awards*

The additional events that we added to the Championships for 2013 proved to be very popular and will be repeated again next year.

The full honours list for 2013 is listed below. Congratulations to all the medal winners and to all those who took part. The gold medal winners' names will all be added to the **Turtles Hall of Fame** and can be viewed on our website @: <http://www.ruislipturtles.org.uk/HallofFame.htm>

<b>Award</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
Junior 1 Length	Sophie Grey	Tom Regan	Ian Andrew Horne
Junior 100 Metres	Tom Regan	Aaran Maddox	Ian Andrew Horne
Junior Improver	Sophie Grey		
Ladies 1 Length	Gyllian Lucas	Jeannette Prentice	Anne Rourke
Ladies 100 Metres	Gyllian Lucas	Jeannette Prentice	Karen Hoffmann
Mens 1 Length	Don Lamb	Gary Lee	
Mens 100 Metres	Don Lamb	Gary Lee	
Senior Improver	Don Lamb		
Diving Championship	Aaron Maddox	Sophie Grey	Tom Regan
Relay Team Champions	<b>Junior B</b> Jamie Woodbridge Aaran Maddox Sophie Grey	<b>Junior A</b> Tom Regan Oliver Regan Ian Andrew Horne	<b>Ladies</b> Gyllian Lucas Jeannette Prentice Karen Hoffmann
Family Relay Champions	Grey Family	Horne Family	Regan Family
Helper Champion	Sarah Harrington	Alice Evans	Emma Harrington
Volunteer of the Year	Marion Beckwith		

## *Beaulieu Outing Update*

The coach will be at Highgrove Pool at 8.45 for departure at 9am sharp.

The coach will also pick up at:

Coach and Horses, Ickenham	@	9.10
Hillingdon Station	@	9.15
BP Garage Long Lane	@	9.20

If you wish to be picked up at one of the above points (other than Highgrove) please send an email or inform Alison Grey.

We should arrive at Beaulieu by 11.30am.

We will leave Beaulieu at 5pm and get back to Highgrove approx 7pm

# *Summer Lunch Outing - Sunday 7th July*



## *The Young Pretender Kings Langley Hertfordshire*

Our Sunday Summer Lunch will take place on the 7th July — 12.15 for a 12.30 Lunch. This year we have booked to go again to the Young Pretender Restaurant on the A41 at Kings Langley, Hertfordshire (WD4 8BR). The restaurant has good wheelchair access and a large car park. Please book your places by paying a £10 deposit per person to Alison Grey by Saturday 23<sup>rd</sup> June. Click on the link below to find out more about the restaurant and also view a map of the location.

<http://www.greatbritishcarvery.co.uk/our-pubs/young-pretender>

If you wish to travel on the mini-bus please let Alison know. We request a £4 contribution per mini bus traveller to help with the cost.

### **Club Dates**

Committee Meeting  
Tuesday 4th June

Beaulieu Coach  
Outing  
Sunday 9th June

Potters Bar  
Barracuda Gala  
Saturday 22nd June

Summer Lunch  
Outing  
Young Pretender  
Sunday 7th July

Harrow Kingfisher  
Gala  
Saturday 13th July

Turtles & Region 1  
NASCH Gala  
Saturday 14th  
September

NASCH  
Championships  
Leamington Spa  
Saturday 2nd  
November

## *Swimming Lessons for the Disabled*

If you are over 16 and interested in swimming lessons for the disabled, you may be interested in the 'On your Marks' initiative supported by DASH (Disablement Association of Hillingdon) sponsored by Sport England and Lottery Funding. There are currently 3 courses available:

Hillingdon - Mondays 2.45, Botwell, Hayes - Fridays 12.30 and Highgrove - Saturdays 12.00

These sessions are organised by the Hillingdon Sports Development Council, not the Turtles Swimming Club. Cost is £20 for 10 week course.

If interested, please contact:

Yolanda Gutteridge  
Sports Development Officer, Resident Services  
4W/08 Civic Centre, London Borough of Hillingdon

Telephone: 01895 277372

Email: [ygutteridge@hillingdon.gov.uk](mailto:ygutteridge@hillingdon.gov.uk)

# 2013 AGM Chairman's Report

## Headlines

It has been another very successful year for the Turtles Swimming Club and I would like to thank the committee, volunteers and members for the help and support they have given me in my 5th year as Chairman of the club.

The Treasurer, Rosemary Noyes, will explain the financial situation in her report, but suffice to say we have been working hard to raise funds with pleasing success and we are very grateful to all the organisations and individuals who have supported us over the last 12 months.

We are now back at Highgrove Pool following a very successful 12 month relocation to Hillingdon Sport & Leisure Complex. We were initially concerned about how the membership would re-act to the temporary re-location but the reaction has been very positive and we were able to take advantage of the extra pool space and enhance the training activities.

It has been a triumphant year for the Gala Team and we also organised popular social outings.

## Club Administration

Alison Grey has now completed her first successful year as Club Secretary. The Turtles were very fortunate that Alison stepped forward to take on the role when long serving Marion Beckwith stepped down at the last AGM. Alison (with help from husband, Nigel) has been getting all the club records transferred to an Access Database and has also completely overhauled our CRB registrations. We have also revised our rules and regulations in relation to our registered constitution. Alison was also instrumental in securing a substantial grant to cover the cost of our Invitation Gala and (with help from Peter Jones and Nigel) took control of the evening's proceedings. Our records with the Charities Commission are up to date.

## Volunteers

The club only exists because of the fantastic volunteers who support the Turtles. As Chairman, I am encouraged by an enthusiastic Committee who are totally committed to moving the club forward and securing the long term future.

Thank you to Patricia Bonney who has managed the club raffle for yet another year with her usual dedication and diligence, raising important funds for the club.

Outside of the Committee, Peter and Judy Jones have been tremendous supporters of the Turtles for so many years but this year they excelled by nominating our club for 2 very substantial donations. Peter also handles the organisation of the competitive data for our in-house Gala and Championships and also for the NASCH Championships at Leamington Spa.

At poolside, our link with Hillingdon Swimming Club has again served us well, because having lost Tria Lawrence (to Uni.) we have recruited Sarah Harrington, Kate Wilson, Sophie Schofield and Fiona McAndrew. The above 4 helpers join fellow youngsters Emma Harrington and Yasmin Francis representing our largest team of helpers and teachers since we expanded the training activities. We now distinguish those who are qualified to teach at poolside with 'Swim Teacher' shirts (Emma, Sophie, Sarah, Linda and yours truly) but all our poolside helpers are able to provide valuable support and advice.

Huge thank you to all of the above—and all those not listed who have helped the club over the last year!

# 2013 AGM Chairman's Report

## Pool Activity/ Hillingdon Re-Location

Our re-location to a new pool (for the first time in nearly 50 years) provided us with many new opportunities. The Fun Pool and Sauna proved very popular on a weekly basis but we were delighted with the response to the two Fun Sessions that we organised for special Sunday sessions. We will be trying to organise similar activities at Highgrove in the future. The extra space at Hillingdon allowed us more space for teaching and training and with the extra Helpers we were able to put in place more formal training reporting and session planning. We also invested in more swimming /teaching aids and we also purchased our own equipment trolley.

As ever, we successfully conducted a pool evacuation drill and we even had the use of the full 50 metre pool on a couple of occasions . We even ventured into the 50 metre Lido Pool one Summer evening when the indoor pool was unavailable.

We were privileged to swim with the South Korean Olympic Squad last July who even posed for photos with the Turtles.

This time last year we were worried and concerned, but looking back it could not have gone better and we are grateful to Fusion Leisure for their support over the last 12 months. We are now enjoying our new facilities back at Highgrove again following the £4.5m refurbishment investment.

## Gala & Competitive Activities

The Gala team enjoyed a very successful 2012 season taking part in 9 team galas, winning 6 trophies. The team won the Hatfield Platypus Invitation Shield, the Stevenage Dolphins Invitation Trophy, the NASCH Region One Trophy and all 3 trophies at the Lions Feltham & Hanworth Gala (Junior, Senior and Chairman's Trophy).

The Club was represented by 18 swimmers during the season, winning 174 medals (144 in 2011, 114 in 2010) of which 76 were gold medals. Sophie Grey topped the medal table with a record 26 medals in the season.

The club also produced two National Champions — Sophie Grey (NASCH Girls 50 metres and 100 Metres Champion) and Gary Lee (NASCH Mens 100 Metres Champion).

The club was represented by 17 swimmers in the 2012 British Long Distance Swimming Association and won 5 category Gold Medals. The Gold medal winners were: Erica Beckwith, Sophie Grey, Don Lamb, Jeannette Prentice and Gyllian Lucas.

Congratulations go to all our competitive swimmers who represented the Turtles and to the medal and award winners for a remarkable season but a very special mention has to go to Sophie Grey who on top of all her achievements mentioned above, was awarded the Mayor's prize as Hillingdon Disability Sports Person of the Year. A quite incredible year for Sophie who deserves all our congratulations for a brilliant club and personal performance.

Competitive Disabled Swimming has been on the decline in recent years and so Nigel Grey worked very hard ahead of our 'home' September Gala contacting other clubs to participate. Alison secured financial sponsorship of the event from Ruislip St. Martins Masonic Lodge and we were grateful to all those who stepped forward to help with the running of the event and the catering.

We have decided to hold our September 2013 Gala event at Hillingdon (8 lanes) rather than Highgrove (6 lanes) so that we can invite more clubs again and hopefully continue to grow the sport. We of course will need help and support from the membership to run this event so please step forward and make Nigel aware.

# *AGM Chairman's Report*

## **Social Activities**

We organised 4 outings during the year.

In May we visited Sheffield Gardens and the Bluebell Railway. We hired a special Chalfont coach with wheel chair lift but did not charge those attending for the coach travel. We were able to do this thanks to one of our member's generous donation who paid for the £595 coach hire.

We arranged 2 restaurant outings, the Summer Sunday lunch to the Young Pretender at Kings Langley and the February evening meal to the Black Horse at Iver Heath. For both of these events we arranged mini-bus travel with home collection. Bijan Ghorbanian passed his MIDAS driving test during the year so the club now has 2 mini-bus drivers again.

We also visited the Leavesden Studios to see the Harry Potter Experience. This was very much enjoyed by those attending but as we did not provide transport for this event, it was less well attended than our usual Summer outings.

Our next outing to Beaulieu on the 9th June is fully subscribed and we will again be providing the special Chalfont coach for this event thanks again to the Felix Ladies Club donation.

## **2014 Subscriptions**

We have become concerned about the insurance cover that we receive from our governing body (NASCH) and it is highly likely that our costs are going to increase as we seek greater cover. As a consequence, the Committee has agreed that subscriptions will be increased from April 2014 to £18 for able-bodied membership but we will retain the membership fee for disabled and juniors at £8 for another year. The increase for able-bodied members is the first increase for 2 years.

## **Communication**

The website continues to be both useful and popular. We recently recorded the 5000th visitor to the site (over 1000 visitors a year) proving to be invaluable when we are fundraising and a great communication tool for the membership. Our web hosting company, Namesco Ltd, agreed to provide our hosting for free in return for sponsorship recognition.

The monthly Newsletter remains popular and we had a very positive response to the 'Meet the Committee' articles that we ran throughout the last year.

Nigel Grey has taken on responsibility for Marketing activities and has been busy contacting schools and other organisations. As a consequence, our membership numbers have remained strong even though some of our members chose not to move to our temporary new pool. Nigel also arranged for the creation of a Turtles marketing display board that can be used at fundraising or other marketing opportunities.

## **In Closing.....**

We will be losing some of our long standing Committee Members at this AGM and we hope that there will be others to come forward and continue the progress.

We have been very fortunate with the financial support that we have received and Rosemary will take you through the accounts shortly, but I would like to record my thanks to Harsh Ganesh who again raised money for the club (£200), this time though through sponsored bouncing on the trampoline.

So thank you to all those who have helped us through another very good year.

## *2013 Treasurer's Report—Rosemary Noyes*



Despite continuing problems with the country's economy, we have again been fortunate to have received donations from a variety of sources, many of which are new to us, during the financial year. Because of the donations received from Ruislip St Martins' Masonic Lodge this year, for the first time, it was not necessary to approach the London Borough of Hillingdon for the financial assistance for our galas that they have provided in the past.

We will always be grateful to all these generous people.

We hope that you approve of the new trophies that the club has purchased. The time had come to refresh some of the old ones and introduce new ones for the expanding club championship events. We have also purchased additional swimming aids and associated equipment.

Although numbers fell slightly when we moved to Hillingdon Leisure Centre for the year, our subscription and raffle income was only slightly lower than the previous year.

All in all, we enter the new year with a continuing healthy balance and look forward to another rewarding year ahead.

## *2013 Secretary's Report—Alison Grey*



Despite 2012/13 being a challenging year for Turtles, we continue to thrive and our membership numbers have continued to grow. At the end of this financial year we had 124 members, 62 of whom were disabled. At the end of the last financial year we had 115 members, 58 of whom were disabled. Now that we are back at Highgrove we hope to welcome back some of our previous members who were unable to move with us to our temporary home at Hillingdon Sports and Leisure Complex.

Turtles Swimming Club continues its affiliation with NASCH, Hillingdon Youth Service and Hillingdon Association of Voluntary Services.

Having been a member of Turtles for over thirteen years and taking over the role of secretary this year, I feel privileged for being associated with our swimming club and all it has to offer. I would also like to pay tribute to our Chairman, Dave, who works tirelessly for our club. It is due to his vision and hard work that Turtles Swimming Club is the successful, growing club that we all enjoy.

## *Club President*



Sylvia Smith OBE is the Turtles Swimming Club President.

Sylvia was one of the club's founders and subsequently a member of the Committee for the major part of the last 49 years.

Although unable to attend Saturday swim sessions or committee meetings, Sylvia retains a keen interest in the club and provides the current committee with advice and experience to help with the management of the club.

We are always very grateful to Sylvia and wish her all the very best with her recovery from long term illness.

Sylvia sends her love and says she misses you all terribly but thinks about everyone at the Turtles all the time.

**CLUB PRESIDENT  
SYLVIA SMITH  
OBE**

## Committee & Officer Elections

The following are prepared to stand for re-election



**CHAIRMAN &  
COMPETITION  
SECRETARY  
DAVID LEE**



**SECRETARY  
ALISON GREY**



**CHIEF INSTRUCTOR  
LINDA CLARKE**



**TREASURER  
ROSEMARY NOYES**



**VICE CHAIR  
BIJAN  
GHORBANIAN**

### COMMITTEE MEMBERS



**ASSISTANT  
SECRETARY  
NIGEL GREY**



**ANN CHIVERS**



**PATRICIA BONNEY**



**ANNE ROURKE**

Unfortunately, this year the Committee lost 3 of the longer serving Committee Members.

Lynn Thomson, Marion Beckwith and Erica Beckwith will not be standing this year for re-election.

Lynn stepped down late 2012 and Marion had warned us this time last year that she was looking to move away from the area and would be stepping down. But we have lost 3 very experienced and dedicated Turtles Committee members and I am sure that the whole club membership is very grateful for the years of service that all three have given to our club.

Erica will still be coming to the swim sessions and Lynn is hoping to come along in the future now that we are back at Highgrove.

But we all wish Marion all the very best of luck and good fortune in her new life in Wiltshire and hope that she too manages to come back and see us from time to time.

Thank you,

Lynn,

Marion

&

Erica



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

**Turtles email:**  
[turtlesswimming@yahoo.co.uk](mailto: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 and meets every Saturday between 5pm and 6pm.*