



TURTLES NEWSLETTER

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

Registered Charity Number 1055585

JULY 2013

Turtles win the Barracuda Potters Bar Gala



A magnificent team performance brought about a great victory for the Turtles Gala Squad at Potters Bar on June 22nd.

The team won medals in 10 of the 13 events including 4 Gold Medals.

The headline results can be viewed on page 8 with more detailed results available on our website.



Great performance from the whole team!

Club Dates

Committee Meeting
Tuesday 2nd July

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



Turn to pages 6 & 7
to see Beaulieu
Photographs

Dave Lee
(Chair)
07730 047500

Alison Grey
(Secretary)
07900 118812

Thank you to all our 2012/13 Sponsors



Eastcote
Community
Association



Fourways
Ladies
Group



Phoenix Ladies' Club
Pinner

Congratulations Geraldine and Tabla



Welcome to our newest Turtle! Baby Kamran was born at 10am on 12 June (weight 2.75kg). Mother and baby (and dad) all doing really well.

With Geraldine and Talha as parents, we can expect Kamran in the pool at a very early age! So really great news — Congratulations from all of your fellow Turtles.

Well Done Aaron!



Congratulations to Aaron Maddox who won a gold medal at the London Youth Games in the 50m event. Aaron has also just been classified by the ASA / IPC as an S8/ SB9 swimmer so can now compete in official ASA Galas (alongside Sophie Grey).

Success at the London Youth Games for the Turtles

This year saw the most successful London Youth Games for the Ruislip Turtles ever. This is an annual event with swimmers from all London boroughs competing in various strokes and distances in the Physically Impaired and Learning Impaired categories. Turtles had our largest ever representation with 3 swimmers taking part, Ian-Andrew Horn and Jamie Woodbridge for Harrow and Aaron Maddox for Hillingdon.

Jamie took 4th place in the 50m Backstroke (LI) and Aaron (see opposite) took the Gold in the 50m Free (PI) races our largest ever haul. Aaron's success was also featured in this weeks Gazette.

In other LYG news Sophie Grey picked up Bronze for Hillingdon in the Access 2.3 Disability sailing event allowing the Turtles to dominate the recent sports pages of the Gazette.

Distance Badges

Congratulations to the following members for the award of their distance badges:

Etham Crockford 10m & 25m
&
Vanita Ganesh 10 metres

Harrow Kingfisher Gala



The Harrow Kingfisher Gala takes place on Saturday 13th July at 5.30 @ Harrow Leisure Centre.

If you would like to participate in this event, please let Dave Lee know by the 4th July.

We will not be hiring a mini-bus for this event due to the close proximity of the venue.

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>

Award	Gold	Silver	Bronze
Junior 1 Length	Sophie Grey	Tom Regan	Ian Andrew Horne
Junior 100 Metres	Tom Regan	Aaron 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	Junior B Jamie Woodbridge Aaron Maddox Sophie Grey	Junior A Tom Regan Oliver Regan Ian Andrew Horne	Ladies 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		

This Year's Special Awards

- The Pitman Moore Trophy — Volunteer of the Year was awarded to Marion Beckwith for her many years of devoted service as a Turtles Committee member. Marion has recently moved away from the area and we wish her well in her new home. The award is therefore not so much as a 'volunteer of the year' but more as a recognition of an outstanding volunteer for many, many years. Good Luck Marion.
- The Rose Bowl – Senior Improver of the Year was awarded to Don Lamb who has had a tremendous year of competitive swimming. Don won a British Long Distance Swimming Gold Medal in his category and also was the Turtles Championship winner at both 100 metres and the one length.
- Junior Improver of the Year was awarded to Sophie Grey for the second year running. Sophie topped the Turtles medal table with a record 26 medals and improved on her personal best timings throughout the gala season. Sophie's achievement was recognised by the Mayor of Hillingdon and Sophie was awarded the honour of Hillingdon Disability Sports Person of the Year. Sophie is a member of the London Disability Swim Squad and has competed in 3 National Championships with the country's elite disabled swimmers. Sophie is the NASCH Junior Champion at both 50 metres and 100 metres making her a double National Champion. Sophie won the 1 length Turtles Championship in 2012 and 2013 and was also the Diving Champion in 2012 and runner-up in 2013.

These three awards are decided by the Turtles Committee.

Summer Lunch Outing

The Young Pretender

Kings Langley
Hertfordshire

Sunday 7th July

Our Sunday Summer Lunch will take place on the 7th July — 12.15 for a 12.30 Lunch. This year we have booked to return 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 29th June.

Follow the link below to find out more about the restaurant and also view a map of the location.

If you wish to travel on the mini-bus please let Alison Grey know.

We request a £4 contribution per mini bus traveller to help with the cost.

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



Help needed with TV Prog.

Pool Time

From: Rosa Monckton <rosa.monckton@btinternet.com>

I am researching a series for BBC2 at the moment - a 3 part programme on where people with learning disabilities can live. The idea is to challenge the current thinking (supported by Mencap and all of the main learning disability charities) that it is alright for people with learning disabilities to live on their own, with little support. If any of the families you mention would be happy to talk to me about their experience of their children living in flats, please do put them in touch with me at the above email address.

I am also looking at a Panorama programme about people with learning disabilities dying prematurely in NHS care. If any of your families have experience of that, please also give them my email address.

Pool Evacuation

Thank you to all of you who participated in the pool emergency evacuation drill on Saturday 15th June. Although inconvenient, it is an important procedure that we carry out for your benefit and safety.

This was our first drill since returning to Highgrove so it was even more important than usual, but all went smoothly.

Our pool attendance figures have increased by 25% since our return to Highgrove in April. Our membership numbers were also higher at the end of May 2013 than at the end of the financial year (31st March 2013). Usually our membership figures grow throughout the year and so it is likely that memberships will continue to increase.

This does mean that the sessions are more congested than we all would like and so we have been thinking of ways to accommodate the growth.

We approached the Sports Development Council to see if they would fund a thirty minute extension to our Saturday session at a cost of £2500pa. But unfortunately money remains tight and we were turned down.

We will continue to monitor our attendances and look at alternatives, but we do not want to be in the position of turning potential new disabled members away.

But it is a measure of our club's success that we continue to grow and develop when many other clubs in our sector are in grave danger of closing.

Welcome Alice....



We are very pleased to welcome Alice Evans to our team of young Saturday helpers.

Alice originally joined us as part of her Duke of Edinburgh course but has now decided that she would like to continue helping even after the completion of her award.

So even though you have already been with us for several months Alice, welcome to the Turtlesand thank you!

United Reformed Church of Northwood

We have been invited to attend a fund raising coffee morning at the above church on Saturday 6th July. Dave and Gary Lee will be going along to represent the club and spread the word.....

Dave & Gary Lee also presented to Sainsbury's on the 18th June regarding a Community Support Donation. We await news of their final decision — but we made it through to the final 3 for consideration.

Insurance Issues

We have now concluded our research into the insurance issues that impact on our club. We have summarised all our findings and recommendations in a letter to our governing body (NASCH) and await a reply. We hope to be able to update you next month.

Turtles Website

We recently received our 5000th visitor to our website since the launch in 2008. The website has proved to be invaluable to the club when we are fundraising and provides a very important source of information for all our members. We have recently added a new section 'The Turtles Hall of Fame' where you can view all the winners of the various club awards going back to 1964. We have also updated the Photo Gallery section with some more recent snaps, including the Beaulieu outing.

Pool Lighting

We are pleased to inform you that following concerns raised by some of our members, lighting shrouds have now been fitted and the lighting angles adjusted to reduce the glare in the Learning Pool.

The Charities Commission

We have filed our 2012/13 accounts and annual return with The Charities Commission following our AGM on the 18th May 2013.

AGM Minutes

This year's draft AGM minutes are available to view on our website in the 'NEWS' section. The minutes will not be formally signed and agreed until next year's AGM (May 2014).



Training

We need more qualified teachers so if you are interested in attending the course below, please speak to Linda Clarke (Chief Instructor).

SA Level 1 Award for Teaching Aquatics (QCF)

'Our summer course programme is proving extremely popular and now is fully booked.

We do have a further course scheduled in November which is open for bookings'

Ref: L1T1113 | Cost: £350

Dates: Sunday 10,17, 24 November & Fridays 15, 22, 29 November 2013

Times: Sundays 09:30 – 16:30 & Fridays 18:45 - 22:00

Venue: Sundays at St Helens School Fitness Centre, Northwood & Fridays at Harrow Leisure Centre

Spaces available: 15 **Pre-requisites:** - Age at least 16



*Beaulieu
Outing....Sunday
9th June*



Our Summer Outing took place on Sunday 9th June when 52 members, friends and family, enjoyed a really good sunny day out at Beaulieu. Thank you to all of you who supplied these photos. There are even more available to view on our website in our Picture Gallery section.



Beaulieu Outing



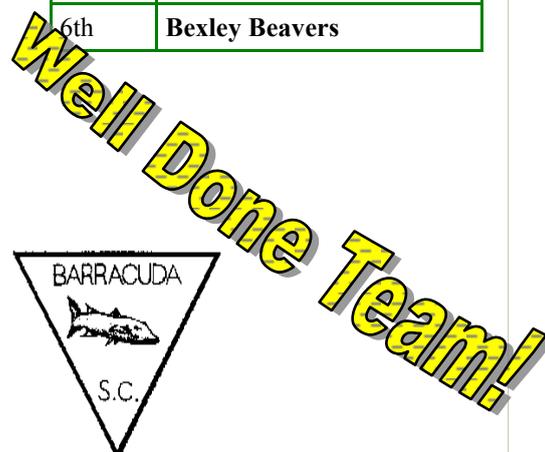
Potters Bar Barracuda Gala Results (22nd June)

The Turtles won the Potters Bar Gala with a magnificent team performance.

- The team won medals in 10 of the 13 events with 4 Gold medals, 5 silver and 1 bronze.
- Gold medal winners were: Tom Regan (Junior 3 lengths), Aaron Maddox (Diving), Junior Relay Team (Ian Andrew Horne, Oliver Regan & Aaron Maddox), and the Mens Relay Team (Don Lamb, Gary Lee & Jack Locket).
- Silver medal winners: Karen Hoffmann (Ladies 2 Lengths) and Don Lamb (Mens 2 Lengths).
- Bronze medal: Ladies Relay Team (Anne Rourke, Shaída Ghorbanian and Karen Hoffmann).
- Detailed timings available on the website.

Swimmer	Event	Medal
Oliver Regan	Junior 1 Length	2nd / Silver
Anne Rourke	Ladies 1 Length	Repositioned
Jack Locket	Mens 1 length	2nd / Silver
Tom Regan	Junior 3 Lengths	1st /Gold
Jeannette Prentice	Ladies 3 Lengths	Repositioned
Gary Lee	Mens 3 Lengths	Repositioned
Sophie Grey	Junior 2 Length	2nd / Silver
Karen Hoffmann	Ladies 2 Length	2nd / Silver
Don Lamb	Mens 2 Lengths	2nd / Silver
Aaron Maddox	Diving	1st /Gold
Ian Andrew Horne, Oliver & Aaron	Junior Relay	1st /Gold
Shaída Ghorbanian, Anne & Karen	Ladies Relay	3rd / Bronze
Don, Jack & Gary	Mens Relay	1st /Gold

	Team Results
1st	Ruislip Turtles
2nd	Hatfield Platypus
3rd	Harrow Kingfishers
4th	Potters Bar Barracuda
5th	Stevenage Dolphins
6th	Bexley Beavers



2013 Medal Table—Current Leader Board

	Swimmer	Total	Gold	Silver	Bronze	Other/ Special
1	Sophie Grey	10	3	4	3	
2	Aaron Maddox	7	5		1	1
3	Ian Andrew Horne	7	2	1	4	
4	Don Lamb	6	5	1		
5	Tom Regan	6	2	2	2	
6	Gary Lee	5	2	2	1	
7	Oliver Regan	5	1	2	1	1
8	Karen Hoffmann	5		2	3	
9	Jeannette Prentice	4	1	2	1	
10	Jack Locket	3	2	1		

Sophie still leads the 2013 medal table with 10 medals

Aaron and Don lead the Gold Medals, both having won 5.

The results from this year's Long Distance (Postal Swim) should be received shortly and any Gold Medals awarded will be added to the Special Column.

So far 19 swimmers have represented the team this season receiving 72 medals in total.

The full medal table can be viewed on the website.

Meet the New Committee Member... Introducing Peter Horne



How was it that you came to join the Turtles Club?

Ian-Andrew, my boy with Down's Syndrome, always loved swimming and our friends the Woodbridges had been coming to Turtles for a little while and invited us along one Saturday back in 2008 and we haven't stopped coming since!

So what is it that you like about the club?

Everyone encourages everyone else and its always fun (especially the inflatable session – more please!)

Where were you born and where do you live now?

Bushey, Herts (They've knocked the old maternity hospital down now) and I live in Stanmore.

What do you do for a living?

I am an Inspector of Taxes (boo!) who works on the taxation of Banks (hooray!) all but one of the 15 offices I've worked in over the last 30 years

have been knocked down (do you see a recurring theme here?).

Tell us about your favourite pastimes...

TV- Doctor Who.....Film - The Italian Job (the original one)..... Book – the Tin Drum by Günter Grasse.....But my pride and joy is my music collection- I have over 30,000 mp3

What would be your Karaoke song?

Bohemian Rhapsody (Galileo Galileo will you do the Fandango!)

Who is your icon—your inspiration?

Jim Morrison of the Doors

What was your most embarrassing moment?

Too numerous to mention but just ask my kids

What is your biggest claim to fame?

I was sworn at by Sir Bob Geldof whilst carrying a lighting rig before a University concert. Consequently the Boomtown Rats were lit by a single light for that performance as the lighting crew went on strike into the bar.

What frustrates you Peter?

Everything (according to my wife who says I am constantly grumpy)

What are your sporting interests outside of Swimming? Do you support a football team – if so who?

I am a lifelong supporter of Wealdstone FC (I saw my first match at the age of 3) I have had to change my rugby allegiance from Wasps to Saracens as it's too far to High Wycombe and I am also a long suffering Middlesex Cricket Club Fan. I used to play a lot of Badminton and Squash but now that my kids are beginning to beat me more regularly I have hung up my racquets.

If you could be invisible for a day what would you do?

Find out what Ian Andrew really does at school (as all he ever says when we ask him what he has done at school is "Stuff!")

What or who makes you laugh?

Anything written by Douglas Adams or Spike Milligan. But Ian Andrew is the biggest comedian!

What are your hobbies and do you have any pets?

Reading (I have a degree in English literature), collecting and listening to music, No, no pets I'm allergic to dogs and hate cats. I used to like the children's goldfish until our neighbours killed them whilst we were on holiday.



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.