



JANUARY 2014

Registered Charity
Number 1055585

TURTLES NEWSLETTER

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

celebrating

50
years...

The Singing Turtles!



Phoenix
Ladies
Club Help
Turtles Again

A really great turn out on Saturday 14th December saw the Turtles singing carols at Sainsburys South Ruislip as part of our fundraising partnership.

The Turtles 'choir' was directed and assisted by St Joseph's Harrow Weald Church Folk Group and also the Harrow Harmony choir.

Apart from raising valuable funds for the Turtles, the event was really great fun — and judging by the feedback and the donations, it also sounded really good!

A huge thank you to Peter and Catriona Horne for organising a really special event.

For more Sainsburys snaps turn to page 5.

The Phoenix Ladies Group has donated a further £500 to the Turtles Swimming Club following on from the £1000 donated in 2012. When presenting the cheque, Sue Lowe commented, 'We were all so impressed by the work that you all do at the Club, that it has been decided that we will again support you, with a cheque for £500'.

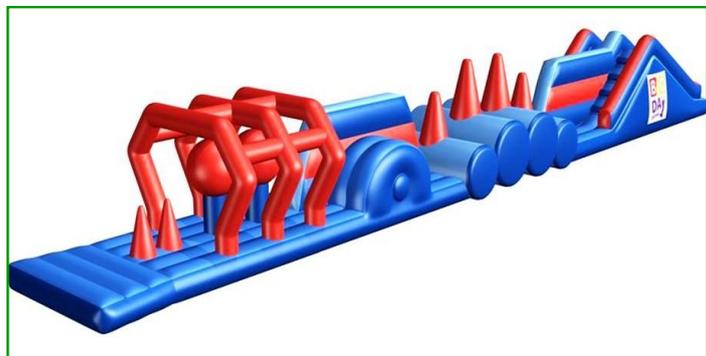
Thank You Phoenix!

New Year Fun Session

Don't forget that we have another New Year Fun Session scheduled for Sunday 5th January at the Hillingdon Sport & Leisure Centre, Gating Way, Uxbridge.

These Fun Sessions have proved popular with our members — young and old! This is an extra Turtles session and will run on Sunday from 3.15pm until 4pm (registration between 3pm and 3.15pm only) and our usual Highgrove Saturday session will go ahead as normal on the 4th January.

Hillingdon Pool has a new island this year (design below) so a new challenge awaits! The pool hire will cost the club £150 and so we will be requesting a £1 per person contribution towards the cost, payable on the day. The session is open to Turtles club members only (i.e. no guests allowed). Photos from last year's Fun Session at Hillingdon can be viewed on our website.



NASCH Affiliation

The Turtles Committee has decided that the Turtles Swimming Club will continue as a NASCH affiliated club for a further year. This follows the decision by NASCH to allow clubs to secure their own insurance arrangements whilst remaining part of the NASCH group of disabled swimming clubs.

The decision will cost our club approximately £300 p.a. but our hope is that over the next year that NASCH will review the insurance cover that they provide to clubs. It is our intention to continue to lobby the NASCH Committee and the NASCH Administrators for substantial change.

The decision will also mean that the Turtles Gala Team will be able to participate in the NASCH Region 1 Gala in September and also, should any individuals qualify, the National Championships at Leamington Spa in November.

March Evening Meal

Advanced notice that the date for the evening meal outing has been set for Tuesday 18th March.— so please mark it off in your diaries! We will be hiring a mini-bus for this event (and making a small charge) but we have not as yet decided on the venue.

If any of you have any suggestions for this year's venue, please let Dave or Rosemary know.

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.

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

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Well done Aaron and Sophie!

Pair of Turtles smash their PBs in Sheffield

Maddox and Grey lift London to fourth in ASA Nationals



■ **HIGHEST FINISH:** Ruislip Turtles' Sophie Grey and Aaron Maddox

Contributed

SWIMMING

by **Matt Lewis**

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TWO Ruislip Turtles swimmers helped the London region to record their highest finish at the ASA National Disability Championships.

Aaron Maddox and Sophie Grey smashed their personal best times to propel the capital to fourth place at the event in Sheffield.

Maddox, recently classified S8, was diagnosed with the bone cancer osteosarcoma in his right upper arm in March 2011.

His right arm does not elevate or extend owing to his having a prosthesis fitted, which means he can only swim using one arm.

In his first National

Championships he announced his presence by smashing his PB in all four of his S8 races and taking silver in the 100m Individual Medley (IM), fourth in the 50m IM, fifth in the 200m IM and sixth in the 100m freestyle.

Grey, who is classified S7 has right-sided hemiplegia, which means she has very little use of the right side of her body and has to swim using her strong side.

The current Hillingdon Disability Sports Person of the Year was returning to Sheffield for the fifth time and beat her PBs in four out of five S7 races with a fourth in the 100m backstroke, fifth in the 50m butterfly, sixth in the 100m breaststroke, 10th in the 50m freestyle and 11th in the 100m freestyle.

This success comes off the back of the Turtles' recent success at the NASCH national Championships, where Grey took

three golds, Jack Locket got two, Jamie Woodbridge added another and the junior relay team and Karen Hoffman bagged a bronze each.

Ruislip Turtles swim at Highgrove Leisure Centre on Saturday evenings and are open to anyone with a disability for social, leisure and competitive swimming.

For more information visit www.ruislipturtles.org.uk, or to help support their work, donate by texting TURT13 £, followed by an amount to 70070.

Alternatively, you can donate via the collection buckets at Sainsbury's South Ruislip, where Turtles are the current charity of the year.

The Turtles will be on hand themselves at Sainsbury's on Saturday, December 14, between 11am and 1pm, for a carol singing session.

St. Lawrence Players Choose the Turtles

The drama group 'St Lawrence Players' has selected the Turtles Club as their charity for 2014.

The Players are based at St. Lawrence Church, Eastcote and will raise funds for the Turtles at their 2014 productions.

'Combined Charities Of Ruislip' make a Christmas Donation

The organisation 'Combined Charities of Ruislip' has informed our club that we have been selected as one of the local charities to receive a Christmas donation of £200.

We really appreciate the support that we receive from the local community.

Thank You Phillip Heard

Phillip recently purchased and donated a flotation jacket to add to our swimming aids trolley. Thank you Phillip for this kind gesture!

A Warm Welcome to our new Helpers



Hi, my name is Jordan Mason and I am 15 years old. I started swimming lessons when I was 3 and I joined a swimming club when I was 7. I have been a poolside helper for the past 2 years and really enjoy helping people to swim. I heard about the Turtles Swimming Club and felt this was something I would like to do.

I have only been helping for a short while but I really enjoy it, everyone has made me feel so welcome. I look forward to helping for a long time.

My name is Cheryl Lee and I recently re-joined the Turtles. I originally joined with my brother Gary, 24 years ago when I was only 8 years old and he was just 6.



Gary has continued swimming with the Turtles throughout all that time and has really enjoyed the friendships, the galas, the outings and especially his successes at the NASCH Championships. He also tells me non stop about all the great girls who coach him of a Saturday! I decided it was time for me to get involved as a Helper and give something back to the club that has meant so much to my little (big) brother over the years.

Our third new helper is Danielle Hillsden who joined the Turtles at the same time as Jordan.



Warm welcome to all our new Helpers!

Wishing you all a healthy and prosperous 2014

Thank you to the Organisations who support our club

The United Reformed Church of Eastcote & Northwood

Combined Charities of Ruislip



Phoenix Ladies' Club
Pinner

Live Well For Less



Hillingdon, Early Intervention Services for Children & Young People

Trefoil

Sainsbury's

Fundraising at Sainsburys



Organised by Andy and Julie Wallis, the 'Bagpack' raised £260 on the 21st September.



Thank you to St Joseph's Harrow Weald Church Folk Group and also the Harrow Harmony Choir for their support with the carol singing:

Gerry Teague, James Teague and Gary Prazer on Guitar,
Ellen Teague conductor and occasional guitar,
Mary Prazer and Clare Fry on vocals and bells,
Elaine Mulholland on vocals and tambourine,
Ray Frogley and Mary O'Gorman on vocals,
Catriona Horne on back stage organisation,

And of course Peter Horne for organising the event!



Organised by Linda Clarke, the Tombola Stall raised £103 on the 21st September.



British Long Distance Swimming Association



Our club will be taking part in the BLDSA Long Distance 'Postal' Swim following our fantastic record over the last few years. We will again be competing against swimmers from swimming clubs throughout the country. In 2013 members of the Turtles Swimming Club won 6 BLDSA national gold medals.

The event will run from 4th January through to the 22nd February. If you wish to participate please book-up a Saturday time slot with Alison. Peter Jones will then monitor how far you can swim in one hour. Please do not leave it too late as

there is a limit to how many Peter can monitor and we all have a habit of overloading the February dates (and it only runs for 8 weeks this time).

One lane of the pool will therefore be allocated specifically for this purpose for the duration of the BLDSA event (see below). Peter then submits our results to the above association who then calculate the category awards. For more information please visit the BLDSA website @ <http://www.bldsa.org.uk>

Changes to the Pool Set-Up

For the duration of the 2014 Long Distance Swim (8 weeks) we will be making a change to the pool set-up for the Saturday swim sessions.

We will still maintain the separate shallow end section of the pool and we will also have the two 25 metre lanes sectioned off, as now

But we will be keeping the two lanes out for the full 60 minutes of the session throughout January and February.

One lane will be dedicated to the Long Distance Swim and the other lane will be

used for Gala Team Training for the first 30 minutes and then dedicated to the vulnerable swimmers for the second half of the session.

The vulnerable swimmers can make use of the shallow end (or the general pool area should they prefer) for the first 30 minutes.

If the general pool area becomes too crowded during this period we may need to suspend the diving activity for that particular session.

Thank you for your co-operation.

Turtles 2014 Gala Calendar

Sunday 9th February
Harrow Lions Gala

Saturday 15th March
Hitchin Lions Gala

Saturday 12th April Hatfield
Platypus (NASCH) Gala

May—date tbc
Turtles Championships
(NASCH)

June—date tbc
Potters Bar Barracuda (AST)
Gala

July—date tbc
Harrow Kingfisher 1 (NASCH) Gala

September—date tbc
Turtles Invitation (NASCH) Gala

September—date tbc
NASCH Region 1 Gala

October—date tbc
Stevenage Dolphins (NASCH) Gala

Saturday 1st November
Leamington Spa NASCH
Championships

Other Diary Dates

Saturday 4th January
Long Distance Swim Commences

Sunday 5th January @ 3pm
Fun Session, Hillingdon Pool

Tuesday 14th January
Committee Meeting

Saturday 22nd February
Long Distance Swim -Last Session

Tuesday 25th February
Committee Meeting

Tuesday 18th March
Evening Meal Outing

Hanworth (Feltham) Gala Teamsheet



The Lions Club International (District 105A, Region 2 Zone C) Gala is scheduled for Sunday 9th February. The gala takes place at Hanworth Air Park Leisure Centre, Uxbridge Road, Hanworth, Middlesex TW13 5EG.

Competitors are required to report for 3pm with the first race commencing at 3.30pm. As this gala is organised by Lions International the rules are slightly different to NASCH Galas. The plus side is that we are not limited to one competitor per event under Lions International rules and following a good response we will have a team of 17 swimmers for the gala.

Girls 25 Metres Freestyle	Sophie Grey						
Boys 25 Metres Freestyle	Oliver Regan	Anthony Laws	Charlie Laws	Jamie Woodbridge			
Ladies 25 Metres Freestyle	Anne Rourke	Megan Treherne	Erica Beckwith	Shaida Ghorbanian	Jeannette Prentice	Karen Hoffmann	Geraldine Leong
Mens 25 Metres Freestyle	Gary Lee	Carl Richards	James Lesnek	Ian Andrew Horne	Jack Locket		
Girls 50 Metres Freestyle	Sophie Grey						
Boys 50 Metres Freestyle	Oliver Regan	Anthony Laws	Charlie Laws	Jamie Woodbridge			
Ladies 50 Metres Freestyle	Anne Rourke	Megan Treherne	Erica Beckwith	Shaida Ghorbanian	Jeannette Prentice	Karen Hoffmann	Geraldine Leong
Mens 50 Metres Freestyle	Gary Lee	Carl Richards	James Lesnek	Ian Andrew Horne	Jack Locket		
Girls 25 Metres Backstroke	Sophie Grey						
Boys 25 Metres Backstroke	Oliver Regan	Anthony Laws	Charlie Laws	Jamie Woodbridge			
Ladies 25 Metres Backstroke	Anne Rourke	Megan Treherne	Erica Beckwith	Shaida Ghorbanian	Jeannette Prentice	Geraldine Leong	
Mens 25 Metres Backstroke	Gary Lee	Carl Richards	Jack Locket				
Junior Relay	Sophie Grey	Oliver Regan	Charlie Laws	Jamie Woodbridge			
Senior Relay 2	James Lesnek	Gary Lee	Jack Locket	Ian Andrew Horne			
Senior Relay 2	Karen Hoffmann	Geraldine Leong	Megan Treherne	Shaida Ghorbanian			

New Gala Venue – Hitchin

We have been invited to the Hitchin Lions Gala for the first time.

The event takes place on Saturday 15th March—more details to follow closer to the time!

The full Gala Schedule for 2014 is listed on Page 6