



Congratulations to our 2019 British Long Distance Swimming Association Gold Medal Winners!

Well Done to Don, Karen, Shaida & Dave!



Turn to Page 2 to view the 2019 Results



And..... Congratulations to Sophie Grey who topped the 2019 Medal Table!

Turn to Page 3 to view the 2019 Final Medal Table

Happy Holidays!





2019 BRITISH LONG DISTANCE SWIMMING ASSOCIATION



Congratulations to all our participants in the 2019 British Long Distance Swim and well done to our 4 Gold Medal winners who topped their National category (Disability within Age Grouping). The detailed results (below) have been very delayed this year and the Gold Medals will be sent to the club in due course.

Swimmer	2019 BLDSA					
	Swim National Position Within Category	2019 Distance (Metres) Swum	2019 33 Metre Lengths Swum	2018 Lengths Swum	2017 Lengths Swum	2016 Lengths Swum
Dave Lee	Gold (1st)	2640	80	78	78	75
Anthony Or	2nd	2046	62			
Alison Grey	30th	1716	52			
Sophie Grey	2nd	1584	48	45	56	-
Don Lamb	Gold (1st)	1419	43	45	48	43
Gary Lee	2nd	1320	40	43	42	42
Karen Hoffmann	Gold (1st)	1320	40	41	46	45
Jeannette Prentice	4th	1221	37	39	40	42
Heather Johnston	36th	1056	32	43		
Shaida Ghorbanian	Gold (1st)	1023	31		32	40
Ian Andrew Horne	7th	660	20			
Jamie Woodbridge	8th	594	18			
Tillie Hewlett	2nd	561	17	37	35	33
Gyllian Lucas				33	32	30

CHRISTMAS POOL FUN & GAMES — SATURDAY 21ST DECEMBER



Our final 2019 pool session will be on the 21st December. We will be organising some fun and games, so be sure to come along!

Of course, you do not have to participate and you can still enjoy your usual swim, should you wish.

There will be no swim session on December 28th.



SOPHIE TOP MEDAL WINNER ONCE AGAIN!



Congratulations to Sophie Grey who has topped the 2019 Medal Table, just as she did last year!

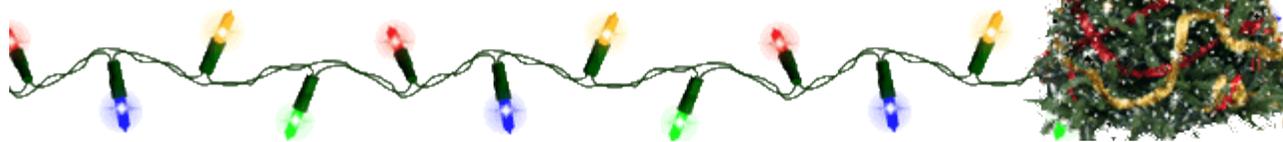
Special mention goes to Stuart East in his first gala season, who also won 14 medals in 2019, Sophie won more Gold Medals than Stuart and so takes the top slot.

Well done to all our competitive swimmers!



FINAL 2019 MEDAL TABLE

Swimmer	Total 2019	Gold	Silver	Bronze	Other	Gala Evnts
Sophie	14	6	5	3		7
Stuart	14	3	3	7	1	7
Shaida	13	6	3	4		8
Anthony O.	13	2	7	4		6
Matthew	12	5	2	5		4
Jeannette	12	4	3	5		8
Josh	12	3	7	2		7
Karen	11	3	4	4		7
Dominic	11	3	2	6		4
Estelle	10	1	3	5	1	4
Gary	9	3	4	2		8
Don	8	4	1	3		6
Jamie	7	3	2	2		5
Ian Andrew	4	1	2	1		4
Solomon	2	1	0	1		2
Tillie	2	0	1	1		5
Kirah	2	0	1	1		2
Gaby	1	1	0	0		1
Dave	1	1	0	0		1
Charlie	1	0	0	1		1
Tom	1	0	0	1		1
Antony L.	0	0	0	0		1
Totals	160	50	50	58	2	8



WE NEED YOUR SUPPORT!

We will be fundraising at ASDA South Ruislip on Saturday 14th December as once again we are going out carol singing with our buckets.



Please come along and join in and sing some carols or if you would rather, just hold a Turtles collection bucket!



We will be starting at 11am and singing and collecting for a couple of hours or until our voices give up!

Special thank you to St. Joseph's Harrow Weald Folk Group who will support us and hopefully keep us in tune!



Opposite are some photos from our carol singing fund raiser a few years ago at another South Ruislip supermarket.

Please come along and support the Turtles — the more the merrier!

ASDA South Ruislip

FROM 11AM SATURDAY 14TH DECEMBER

HITCHIN LIONS GALA

We have our first gala date for 2020. The Lions will be holding their Invitation Gala at Hitchin on Saturday 22nd February.

More details nearer the time.

PUBLIC HEALTH ENGLAND

World Antibiotic Awareness Week (WAAW) took place between 18-24 November 2019 and is part of International and National Public Health awareness week that is held in November each year, To find out more about this issue, go to our Newsletter Page on our new website. Link: <http://www.ruislipturtles.org.uk/post.php?s=our-latest-newsletter-no-122-november-2019>

DRAFT 2019 AGM MINUTES

The draft 2019 AGM minutes can now be viewed on our website.

Link: <http://www.ruislipturtles.org.uk/archive.php?cat=newsletters>

**Please note that there will be no
swim session on
Saturday 28th December**

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

Based at Highgrove Pool in Ruislip, the club is run by a group of dedicated volunteers and meets every Saturday between 5pm and 6pm





Cheryl's Chief Instructor's Tips Deaf Friendly Swimming



We try our best to help all our members at the Turtles. This month, I would like to share with our members some information regarding deaf friendly swimming.

There are two types of deafness

Conductive (Temporary)

The most common type of deafness in childhood.

Sound cannot pass through the outer and middle ear to the vestibule cochlear nerve.

Fluid builds up in the middle ear and it is known as glue ear. It can clear up naturally, but may need longer term surgical intervention with grommets or hearing aids.

Sensorineural (Permanent)

Most common in adults .

A person may be born with it but can develops later in life.

Sound is not processed effectively by the Vestibule (Cochlear Nerve) due to loss or damage to the hair cells in the inner ear. The semi-circular canals can also be effected and this effects the individual's balance.

Causes can be:

Long term exposure to loud noise

Ageing process

Genetic

Illness/infection – Cytomegalovirus (CMV), Measles, Mumps, Rubella and Meningitis

Swimming & Technology

The main aids given to deaf people are Grommets, Hearing Aids and Cochlear Ear Plants. Below I have outlined what they are and what it means in relation to swimming.

Grommets: These are surgically implanted in the ear drum to relieve hearing difficulties. These fall out after 6 to 9 months as the child grows. Swimming can resume two weeks after having surgery from grommets being implanted. Swim moulds are also available to buy (High Street or on the NHS) and further protect ears for those who suffer infections. They tend to come in a variety of colours, sizes and with a neck cord or handles for easy insertion. However, they can temporarily, further reduce hearing in the pool environment. Furthermore, they are not suitable for underwater swimming and should never be shared with others To hold them in place they should be used with a tight-fitting swim hat or neoprene headband. **Swimmers with grommets should always seek advice from their doctor or audiologist.**





Deaf Friendly Swimming (Contd.)

Hearing Aids: These work by amplifying the sound going into the ear. So, they do not restore normal levels of hearing and will amplify all sounds. Some hearing aids do have a facility called the 'T' setting to use on a hearing loop, meaning it cuts out background noise, which is good to have on poolside where acoustics can be poor. Most hearing aids are not waterproof and cannot be used when swimming. If this is the case, we would always ask you to bring your hearing aid to poolside to place on the side in a waterproof box. If we have a pool evacuation for any reason you should then be able to retrieve them and be able to receive communications. In addition, there have been some more recent technological advances with some hearing aids being waterproof. But you would need to check this with your doctor.

Cochlear Implants: These are electrodes that are planted in the inner ear to provide electrical stimulation of the nerves that the brain interprets as sound. Please ensure that Cochlear implants are stored in a waterproof box at poolside. Just so you can retrieve them with ease should we need to communicate with you.

Most people with hearing difficulties are able to swim on the surface of the water without taking additional precautions to protect their ears from the water. Some of our swimmers with sensorineural hearing, recommend Putty Buddies ear putty. See picture opposite. It is advisable that swimmers do not go under the water or dive with ear plugs in.



Facilities we offer & health & safety

We have a 25-metre swimming gala lane to the left of the pool (next to the window) that our competent swimmers regularly use. In addition, for our non-swimmers we have a training area in the shallow end of the main pool. This is shared with all our other members and their carers.

We do not offer teaching lessons as such, but we do have volunteer helpers that will work with you and your carer in the pool. Currently, we do not have sign language specialists at the club. So please bring someone with you if you need an interpreter to communicate. We will always ask you how you would like to communicate e.g. via lip reading, demonstrations or cue cards. We would always run through with you how you would like to be communicated with in the event of an evacuation and discuss pre-agreed signs. With most of our deaf swimmers we tend to ask others in the pool and on poolside to attract their attention (usually by waving) if there is an evacuation. We appreciate that evacuations are mainly auditory sounds with a whistle or alarm.

Please do let us know if you have balance difficulties that are associated with your hearing, as this may impact whether or not you can orientate yourself in the water. Getting in and out of the pool, a tumble turn or jumping and diving can be challenging. Furthermore, establishing the surface of the pool from under water can also be an issue especially following a dive.





Cheryl's Chief Instructor's Tips (Contd.)

Deaf Friendly Swimming (Contd.)

We have a variety of equipment that we can use to support your swimming aims from belts, aqua floats, noodles and floating toys. We also have spare goggles. However, we would always recommend that you bring along your own goggles.

Galas

At galas, we operate a touch start. We do not use strobe lighting for starts (as some swimmers may suffer with epilepsy). We will always ask how you would like to start a race. An official or volunteer will place a flat palm on the calf, ankle, front of the foot or middle of the back depending on your preference. For swimming backstroke, they could place a flat palm on the top of the swimmers hand. When the whistle is sounded they remove their hand indicating the start of the race.

Swimming Progression

Turtles is a grassroots community club that progresses swimmers (where possible) through to elite swimmers. If we see potential we will suggest other Swimming Clubs, in the locality who may be better placed to progress your swimming to the next stage (beyond Turtles). Swimmers who have a hearing loss of 55db or more can be classified as S15 and eligible to compete:

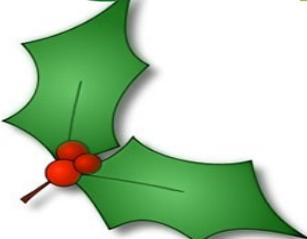
Regionally in pan-disability swimming championship.
Nationally and Internationally in deaf swimming championships, including the Deaflympics.

More information can be found on the GB Deaf Swimming website.

Source: Swim England website
<http://www.gbdeafswimming.org>

Happy Holidays!

THANK YOU TO THE ORGANISATIONS AND INDIVIDUALS WHO HAVE SUPPORTED THE TURTLES DURING 2019



TURTLES CHRISTMAS



TURTLES
SWIMMING CLUB

WORD SEARCH

T M E R L O G G E R H E A D
V W H A T C H L I N G S G T
C G T K Q V R F T P H C H S
A R E B I G V E F O Z F X N
S E R E N D A N G E R E D H
P E R L E A T H E R B A C K
I N A K N B T O R T O I S E
A K P Z R C H E L O N I A N
N M I S S I S S I P P I B A
P F N D F L A T B A C K B B
F S L I D E R U S S I A N F
C G A L A P A G O S J B T J
U T E G G S O F T S H E L L

Loggerhead
Eggs
Green
Terrapin

Chelonian
Hatchlings
Softshell
Mississippi

Galapagos
Tortoise
Caspian
Russian

Endangered
Leatherback
Flatback
Slider

TURTLES DIARY DATES

Committee Meeting

Wednesday 11th December

ASDA Carol Singing

Saturday 14th December

Christmas Pool Fun and Games Session

Saturday 21st December

No Turtles Swim Session

Saturday 28th December

Committee Meeting

Wednesday 22nd January

Hitchin Lions Gala

Saturday 22nd February





***THE COMMITTEE WISH YOU ALL A
VERY HAPPY CHRISTMAS AND A
PROSPEROUS NEW YEAR***



Happy Holidays!