



# TURTLES NEWSLETTER

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

Registered Charity Number 1055585

SEPTEMBER 2013

## Your Help Needed!

Our first round of Sainsbury fund raising commences on Saturday 21st September. We will be organising a bucket collection outside Sainsbury's South Ruislip Store and so we need volunteers to take turns to represent the Turtles with the collection buckets.

Patricia Bonney and Bijan Ghorbanian are organising the day and so if you are able to help (even for just one hour) please let one of them know or send an email to the Turtles Email address.

We appreciate your support.



Sainsbury's



### Club Dates

Committee Meeting  
Wednesday 4th  
September

Highgrove Pool  
Swim Session  
Cancelled  
Saturday 14th  
September

Turtles & Region 1  
NASCH Gala  
Hillingdon Sports  
Centre  
Saturday 14th  
September

Stevenage Dolphins  
Gala  
Saturday 26th  
October

NASCH  
Championships  
Leamington Spa  
Saturday 2nd  
November

## No Highgrove Swim Session on Saturday 14th September

Our annual gala takes place on Saturday September 14th at Hillingdon Sports and Leisure Centre. This means that our regular Saturday Pool Session at Highgrove will not take place on that day. Sorry for any inconvenience. The sessions will resume as usual on Saturday 21st September.

However, we do need your help with the catering for the gala and we are also likely to need poolside volunteers as well.

Please turn to Page 5 to see how you can help with the catering!



## *Club Insurance—a big decision for the Turtles.*

The Committee has now taken advice from several insurance brokers and insurance companies, asked the opinion of Hillingdon Sports Development Council, followed the direction of the Charities Commission and listened to the experiences of other swimming clubs for the disabled.

The advice we have received has been consistent in concluding that in today's world, clubs like the Turtles need more than the minimum insurance provision. We currently receive our insurance cover through our affiliation to NASCH, but that cover is only for Public Liability Insurance (the minimum requirements to operate a swimming club). Our advisors believe that we also need Employers Liability Insurance, Child and Vulnerable Adult Protection and Trustee Protection. We have discovered that other organisations (e.g. Amateur Swimming Association—ASA) offer all of the above cover to their member clubs although the cost of affiliation to these organisations is far more expensive (more than double) than the cost of affiliation to NASCH.

Since last December, we have been trying to persuade NASCH to review their insurance arrangements and widen the scope and cover, but unfortunately they are not prepared to do this.

We have therefore been investigating alternative insurance arrangements and hopefully have identified some alternatives. However, in order to get the full insurance coverage that we are seeking, we would need to secure the complete package of insurances (i.e. including Public Liability Insurance). We can not 'double insure' and so we would have to drop the NASCH Public liability Insurance in order to secure the alternative proposals on offer.

We asked NASCH if we could retain our club affiliation without taking their insurance cover but unfortunately that request has been declined. So we have concluded that if we wish to increase the insurance cover for our club, and we do consider that to be essential, we have no alternative but to sever our 48 year association with our governing body (NASCH). We have made this point to the NASCH Committee and they remain unmoved on the issue.

We were first alerted to this issue by the Watford Sea Lion Club who ended their long association with NASCH last December and the Sea Lion Club has subsequently secured independent insurance covering the full range of risks listed above. The Committee will now spend the rest of this calendar year trying to secure alternative insurance arrangement to come into being from 2014 onwards. Unless something dramatically changes, our NASCH affiliation and current insurance cover will end on the 31st December 2013.

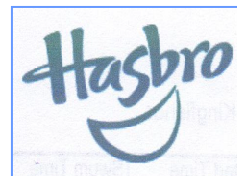
As a consequence, our gala team will not be eligible to compete in the NASCH Region 1 Gala, The NASCH Championships at Leamington Spar and our members will not be able to attend the NASCH Annual Conference & AGM or the Woodlarks Camp from 2014 onwards.

## *Thank you to the organisations who sponsor our club!*

The United  
Reformed  
Church of  
Eastcote &  
Northwood  
Hills



Hillingdon, Early  
Intervention Services  
for Children & Young  
People



Fourways  
Ladies  
Group

Eastcote  
Community  
Association

## *Kamran meets the Turtles....*



**Geraldine and Talha brought baby Kamran along to meet the Turtles on Saturday 10th August. No doubt it only a matter of time before he has his first Turtle swim!**

## *Sainsburys Update*

We have received a £50 Sainsburys gift voucher as a contribution towards the cost of our September gala.

Some of the Sainsburys team will be coming along to watch and support the Turtle Gala Team on the 14th September.

Danny Marks (South Ruislip Store Manager) and Katie Thorne (PR Ambassador) will present the medals at the end of the swimming.

We are grateful to Sainsburys for their support, so please lend your support to our fund raising activities (see page 1).

## *Junior Para Triathlon*

**We have received the email below regarding this new event. If you are interested in participating please contact Matt Kirby directly (.N.B. this activity is not organised by the Turtles Club).**

Dear Turtles Swimming Club

We are a newly formed Registered Charity called ArcticONE ([www.arctic1.co.uk](http://www.arctic1.co.uk)). We organise Sports Events and raise money to get able bodied and disabled people into sport and help fight cancer through Sport. Enclosed is our Brochure. Our Events have been established for many years and we are all active Triathletes.

We are organising a Junior Para Triathlon and 'Tri Day' at Chesham Leisure Centre, White Hill, Chesham, Bucks on September 1st 2013. Please find enclosed the Leaflet and Application Form. We think this is the 1st Junior Para Tri in the UK its all FREE and should be a lot of fun . The aim of the Event is to attempt to give all disabled children the opportunity to take part to some degree along with Family and Friends. It's all about taking part and trying something new. I was wondering if any of your Club Members and other contacts would like to take part ?

We are trying to get this out to as many groups as possible and we are totally flexible as to the swim bike and run we just want kids, siblings and parents etc to have a good time and get involved to some extent - you can even do a relay. We plan over the next few years to roll this out and expand the Tri Day concept to include swimming, cycling and running events in addition to Triathlon. If you have any contacts, groups or individuals that might be interested in taking part please let us know. If you can give the event a push or have any other suggestions it would be appreciated. I can be contacted on 07836 709584 Regards... Matt Kirby

## *The New Pool Set-Up*

The feedback on the new set-up for the shallow end of the main pool has been very positive. The sectioned off shallow end provides extra protection for the vulnerable and those receiving tuition or using flotation aids and the rest of the pool provides 25 metres lanes for those wishing to swim up and down.

So we will continue with the new set-up but we may at times set up 33 metre lanes for certain events e.g. Long Distance Swim / Gala Timings etc.

Our current membership is higher than it has been for many, many years and so the new set-up helps with the organisation of the Saturday sessions and provides for a safer environment.

## *Swim Teacher Training*

We still need more qualified swim teachers at pool side to provide tuition at our Saturday swim sessions. We obviously lose several of our younger teachers every September when the University year commences and although several come back and help during their holidays, we remain short during term time.

There are various relevant courses but the most recognised course is the **SA Level 1 Award for Teaching Aquatics (QCF)**. Ideally, all our teachers would then subsequently go on and gain level 2 qualification.

We have a number of helpers at pool side, some are qualified lifeguards but we distinguish those who are qualified to teach with red lettered Swim Teacher shirts (as opposed to green Helper shirts).

The cost of the level 1 course is approx. £350 and there has been some interest in the courses but obviously our club cannot afford to fund the training. All our Helpers and Teachers are volunteers and we therefore have no way of securing teachers for the future once qualified.

However, the club is able to support grant applications by individuals wishing to acquire the qualifications and there are various sources of funding available.

### Hillingdon Sports Development Council (HSDC)

HSDC will usually fund up to 50% of the cost of the course for a potential Turtles Swim Teacher. There are 3 deadlines per year. The next deadline is Friday 27th September 2013. Call the Sports Team on 01895 250453 or email [sportsdev@hillingdon.gov.uk](mailto:sportsdev@hillingdon.gov.uk) if you have any questions regarding applying to the council for funding.

There are a number of other organisations that can provide additional support e.g Living Sport / Gillette Coaching Grants. It is probably advisable to talk first to HSDC who can advise the best way to set about funding. If you make Dave or Linda aware of your interest, they can also make you aware of any new sources of funding that become available from time to time.



The next course.....

**SA Level 1 Award for Teaching Aquatics (QCF)**

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

Pre-requisites: - Age at least 16 years old on the final day of the course.

## *Swimming Lessons for Adults with Disabilities*

Hillingdon Sports Development Council are proposing to run a course of 10 one hour swimming lessons for adults with disabilities at Highgrove Pool. The lessons will take place at 4pm on a Saturday, immediately before the Turtles Swim sessions (at 5pm) and will run from October through to December.

The course will be heavily subsidised and likely to cost approx. £20 for the complete 10 week course.

If you are interested in taking part in these lessons please contact Yolanda Gutteridge @:

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

## Meet the New Committee Member.....

**Andy Wallis was recently co-opted on to the Turtles Committee. So we subjected Andy to the Twenty Questions treatment so that you can get to know your new Committee Member....**



Q1 Name?	Andrew Wallis (Andy)
Q2 Position Held on Committee	New to the committee
Q3 Joined the Turtles when?	Joined as a member in 2011
Q4 Reason for Joining the Club?	To support my three Foster children who have special needs.
Q5 Where were you born – where do you live now?	Born in Hillingdon and live in Eastcote.
Q6 What do you do for a living?	Full time Foster Carer these days following on from career in Financial Services
Q7 Favourite TV / Film(s)? Favourite Music / Book?	Favourite TV = Blackadder, Life On Mars & Ashes To Ashes. Favourite Films = Original Star Wars trilogy, The Big Lebowski, The Cannonball Run and Stir Crazy. Favourite Music = The Cure, The Smiths and The Wedding Present Favourite Book = The Flashman Papers
Q8 What would be your Karaoke song?	“Say Hello, Wave Goodbye” by Soft Cell
Q9 My pride and joy is....	My family is of course my biggest joy and expense! Also my music collection which has grown since I bought my first single at the age of 12.
Q10 Most inspirational Person / Icon?	Equal billing to – Bobby Moore and John Peel
Q11 My best kept secret is (was)?	Maybe my hair would be slightly greyer if my wife and daughters were slightly less persuasive!
Q12 Most embarrassing moment?	A few years ago on a residential course I got locked out of a building at 3am and all the staff had gone home. I found a training room that was open and slept in there and dozed for a couple of hours, making sure I was up in time to get back into the building at 6.30am when the catering staff arrived for work and yes my mistake did involve alcohol!
Q13 What I like about the Turtles is.....	The level of enjoyment by all involved and seeing people achieve.
Q14 What is your biggest claim to fame?	Being on Channel Four racing with big John McCririck and appearing in David Beckham’s book (albeit a face in the crowd West Ham Vs Manchester United)
Q15 My biggest frustration is....	When I mislay items I go into meltdown! I hate it when things don’t go to plan and it goes without saying that being a West Ham fan is quite frustrating to!
Q16 What are your thoughts about Facebook, Twitter & Social Networking?	As a man with three daughters, I have become familiar with these sites. I think they are ok if used in the right positive way!
Q17 What are your sporting interests outside of Swimming?	I love Sport in general, especially Football, Rugby, Golf and Cricket. My football team and first love is – West Ham United
Q18 If you could be invisible for a day what would you do?	I would visit the White House and see what The President of the USA is up to! (thought of other things.....!)
Q19 What or who makes you laugh?	I love David Lloyd (Bumble) cricket commentator on Sky Sports. Simon Pegg and Nick Frost in “Spaced”
Q20 What are your hobbies and do you have any pets?	I play football every Thursday night, I watch West Ham as many times as I can during a season. I spend time looking through I tunes and buying used CD’s and new ones on Amazon! We have a cat called “Gromit” (Wallis and Gromit) and two rabbits called “Ben” and “Holly” yet the kids still want a dog!

# Turtles Gala

## Saturday 14<sup>th</sup> September 2013 5pm for 5.20

### Hillingdon Sport & Leisure Centre

We need help in providing the buffet for after our gala.  
Please let Alison know if you would be able to help provide any of the following on the day of the gala. Thank You.

(Alison will be at the pool every Saturday between now and the gala).

Tel. 07900 118812

Sandwiches	Chicken Nuggets	Sausages
Sausage Rolls	Cheese and Onion Rolls	Individual Cakes
Chocolate Biscuits e.g Penguins		Individual box of Raisins
Salads or Fruit (such as sliced cucumber /carrots/ cherry tomatoes /grapes)		Individual Carton Drinks
Individual packets of crisps		

Anything else you think may be suitable for swimmers after the gala.

## *Provisional Gala Team Sheets*

We will be entering 2 teams into our home gala 'Turtles A' and Turtles 'B'.  
The provisional teams are listed below:

### Turtles A

**Junior 1 Length:** Megan Trethane, **Junior 2 Lengths:** Jamie Woodbridge, **Junior 4 Lengths** Aaron Maddox

**Ladies 1 Length:** Anne Rourke, **Ladies 2 lengths:** Jeannette Prentice, **Ladies 4 lengths** Gyllian Lucas

**Mens 1 Length :** Jack Locket, **Mens 2 Lengths:** Jack Locket, **Mens 4 Lengths:** Carl Richards

**Junior Relay :** Jamie, Megan and Aaron (2)

**Ladies Relay :** Anne, Jeanette and Gyllian(2)

**Mens Relay :** Jack (2) and Carl (2)

**Diving :** Aaron Maddox

### Turtles B

**Junior 1 Length:** Oliver Regan, **Junior 2 Lengths:** Sophie Grey, **Junior 4 Lengths:** Tom Regan

**Ladies 1 Length & Ladies 2 Lengths:** Karen Hoffmann, **Ladies 4 lengths:** Shaida Ghorbanian

**Mens 1 Length :** Don Lamb, **Mens 2 Lengths:** Don Lamb, **Mens 4 Lengths:** Gary Lee

**Junior Relay :** Oliver, Sophie, Tom & Josh Arends

**Ladies Relay :** Shaida (2) and Karen (2)

**Mens Relay :** Don (2) and Gary (2)

**Diving :** Sophie Grey



*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.*

**Alison Grey**  
(Secretary)  
07900 118812

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

Turtles email:  
[turtlesswimming@yahoo.co.uk](mailto:turtlesswimming@yahoo.co.uk)

**Dave Lee**  
(Chair)  
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