



FEBRUARY 2014

Registered Charity
Number 1055585

TURTLES NEWSLETTER

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

Game for a Laugh!



There was a really good turn out for our New Year Fun Session at Hillingdon Sport and Leisure Centre on Sunday 4th January.

The new island float (above) proved a challenge but most of the Turtles present succeeded in making it to the final slide. There were of course the exceptions, but that didn't stop them trying as usual.

There are more photos on page 4 of the newsletter and also on our website.



*Turtles
Swimming Club*

celebrating
50
years...

Changes to Our Pool Fees

The Committee has been wrestling with a number of delicate issues over the last few months. Our fundraising and financial standing has been very successful of late and we are very grateful to our members who have helped with the Sainsbury's fundraising activities. But we remain concerned for the future of the Turtles as our membership continues to grow putting extra pressure on our finance and pool time.

We are pleased that our insurance concerns are now resolved and that we also remain affiliated to NASCH for at least another year, but unfortunately our costs are substantially increased as a consequence.

We had previously decided that the annual subscriptions would need to be increased from April 2014 by £2 per Family Member / Carer. We have now decided that we need a different approach and that instead of increasing the subscriptions as planned we should instead introduce an entrance fee charge for the Saturday swim sessions.

You will recall that we approached Hillingdon Council to try to secure a pool extension to our Saturday sessions due to the rise in attendances. The cost of the extra 30 minutes a week was £2500p.a and although the council was prepared to provide some help for the first 6 months, it was made clear that beyond that point the club would have to fund the full cost. It was also made clear to us that we should be planning to be more financially self sufficient and that the fees that the Turtles Club charge to members is currently way below that of other disabled sports. In particular, the other Disabled Swimming Club in Hillingdon (The Otter Club) charge a weekly admission fee and we were encouraged to move to that financial model.

So from April 5th 2014, we will be charging an entrance fee of £1 per swimmer per attended session. The fee for family entrance will be £3 per attended session and guest admission will also be increased to £2. We will not however, be recommending any increase to subscriptions for 2014 / 2015 or for 2015/2016.

To help make the changes even more palatable, we will continue to give a raffle ticket in return for the entrance fee and so there will be a chance of a small weekly prize. For those who currently contribute to Patricia's weekly raffle there will be little change of course.

By making these changes we believe that we will be in a stronger position to apply for Council support, protect our club in the coming year and have a financial model that supports increased membership numbers and participation and if necessary more pool time.

Turtles 2014 Gala Calendar

Diary Dates

Sunday 9th February
Hanworth Lions Gala

Saturday 15th March
Hitchin Lions Gala

Saturday 12th April Hatfield
Platypus (NASCH) Gala

Saturday 3rd May
Turtles Internal
Championships (NASCH)

June—date tbc
Potters Bar Barracuda (AST)
Gala

July—date tbc
Harrow Kingfisher 1 (NASCH) Gala

Saturday 13th September
Turtles Invitation (NASCH) Gala

Saturday 13th September
NASCH Region 1 Gala

October —date tbc
Stevenage Dolphins (NASCH) Gala

Saturday 1st November
Leamington Spa NASCH
Championships

Saturday 22nd February
Sainsbury's Bag Pack Fund raising

Saturday 22nd February
Long Distance Swim -Last Session

Tuesday 25th February
Committee Meeting

Tuesday 18th March
Evening Meal Outing

Tuesday 1st April
Committee Meeting

Saturday 17th May
Turtles AGM



Training

We always need more qualified swim teachers. If you are interested in becoming a Swim Teacher the next training course is scheduled for April
ASA Level 1 Award for Teaching Aquatics

Ref: **L1T0414** | Cost: **£375**

Dates: Monday 7 April – Friday 11 April 2014

Times: 09:00 – 17:00 approx daily Venue: Harrow School Sports Centre, Harrow on the Hill

Sainsburys

Our next scheduled activity is on
Saturday 22nd February.

This time we are organising a 'bag-pack' session.

If you are able to help, please let Bijan 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.

Alison Grey
(Secretary)
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Turtles website:
<http://www.ruislipturtles.org.uk/>

Turtles email:
turtlesswimming@yahoo.co.uk

Dave Lee
(Chair)
07730 047500

Thank you to the Organisations who support our club

The United
Reformed
Church of
Eastcote &
Northwood

Combined
Charities of
Ruislip

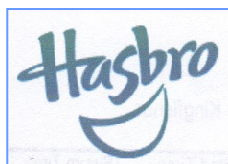


Hillingdon, Early
Intervention
Services for
Children &
Young People



Phoenix Ladies' Club
Pinner

Trefoil



2014 Fun Session



More photos
available on
the website!



Tuesday March 18th Evening Meal Outing

This year we will be going to the Blue Check Restaurant in Bushey.

The 3 course meal will cost £20 per person (inc. 10% service). Alcohol and beverages are payable as extras.

We will also be running a mini-bus (with numerous collection points tbc.) for an extra cost of £3 per person.

The £20 (and mini bus fee if required) is payable in advance (Alison / Cheryl will collection on Saturdays).

So please book asap to guarantee your place at the table!



Visit their website@
<http://www.bluecheck.co.uk/>



144-146 High Street, Bushey,
Hertfordshire, WD23 3DH

Example Menu

Starter

Leek & Potato Soup (v)

Stuffed Mushrooms (v)

(With cheese and garlic butter)

Goats Cheese in Filo Pastry (v)

Melting Mozzarella Parcels

(Parma Ham stuffed with Mozzarella & Sundried Tomatoes on a bed of mixed leaf with Pesto dressing)

Chicken Yakitori

(Chicken Kebab in a sweet chili sauce)

Prawn Cocktail

Melon & Mixed Berries (v)

Main

Chicken Marsala

(Sauteed with Mushrooms Marsala & cream)

Confit of Duck

(Served with an orange sauce)

Peppered Steak or Plain

(Sauteed with green peppercorns, chili in a white wine cream sauce)

Lamb Mediterranean Style

(Knuckle of Lamb baked with Rosemary, Tomatoes & Red Wine)

Cajun Salmon

(Cooked in Cajun spices & served with spicy tomato salsa)

Fillets of Seabass

(Grilled in Lemon Juice & Olive Oil)

Cannelloni (v)

(Pancakes filled with Ricotta cheese & Spinach)

Sweets.....from the Trolley