



TURTLES SWIMMING CLUB NEWSLETTER

Issue 69
September
2015

Registered Charity
Number 1055585



Diary Dates

Tuesday 1st
September

Committee Meeting

Saturday 5th
September

Turtles Invitation
Gala

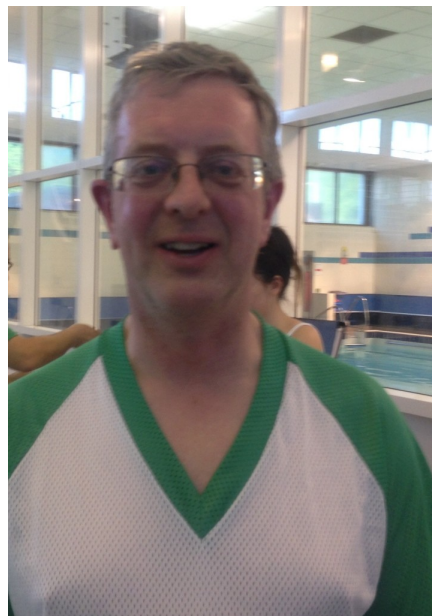
Saturday 5th
September

No Highgrove Swim
Session

Sunday 1st
November

Fun Session @
Hillingdon Leisure
Centre (tbc)

2 New Swimming Teachers



Congratulations to Peter Horne and Alice Evans who are both now qualified ASA Level One Swim Teachers. Well done!

If you or one of your family members require help with their swimming development, please make Linda Clarke (Chief Instructor) aware.

The Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty. The club is based at Highgrove Pool, Ruislip and meets every Saturday between 5pm and 6pm.

Turtles Gala

Saturday 5th September 2015 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's mobile number is 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 packets of crisps

Individual carton Drinks

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



Help Needed

We also need volunteers to help with the running of the gala.....so please let Nigel Grey know if you are able to help.

It takes a team of 24 volunteers to host a gala:

Referee, Announcer, Starter, Check Starter, 3 Place & Touch Judges, Chief Timekeeper, 2 Timekeepers, Whip, Runner, 2 Recorders, Team Managers, Scoreboard, Presenter of Medals, Raffle, Catering Co-ordinator and at least 3 for Catering Support.

Car Parking at Hillingdon Leisure Centre

Car parking at the Hillingdon Leisure Centre is very expensive, especially for non-Hillingdon residents who do not have a Blue Badge. So we have again secured parking in a private car park belonging to Uxbridge College. The car park is on the right hand side as you travel along Gatting Way towards the centre. We will mark the entrance with a Turtles sign – there will be no parking fees in this special car park for the evening but if you choose to park in the Leisure Centre car park, be sure to pay and display.

As we are no longer affiliated to NASCH, this year our gala will not be a double header event. Instead it will be straight forward Invitation Gala.....at least the medals ceremony will be simplified...and quicker!

Turtles Invitation Gala

We will be entering 2 Turtles Teams in this year's 'home' gala. If you wish to participate and your name is not listed below, please let Nigel Grey know by Saturday 29th August.



Participants:

Antony Laws, Charlie Laws, Tilly Hewlett, Oliver Regan, Geraldine Leong, Gyllian Lucas Jeannette Prentice, Shaida Ghorbanian, Sophie Grey, Gary Lee, Ian Andrew Horne, Neil Dew and Jamie Woodbridge.

The Turtles Invitation Gala will this year be held at Hillingdon Sport and Leisure Centre on Saturday 5th September.

There will be no Highgrove Swimming Session on Saturday 5th September.

Thank you to all the organisations and individuals who support the Turtles



Waitrose



Alison Grey
(Secretary)

Turtles email:
turtlesswimming@yahoo.co.uk

Peter Horne
(Chair)

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

Pool Time

We have agreed with the management of Highgrove Pool that our weekly swim sessions will now continue on until 6.10 pm. This is because the Diving Club session that precedes our session does not finish until 5pm and by the time the lifeguards have completed out pool set-up it is often as late as 5.10 before we are able to enter the pool. So our sessions have duly been extended until 6.10 as a consequence

Please note however, that due to our swimming gala, there will not be a pool session on Saturday 5th September.

Gift Aid

The Turtles Swimming Club intends to enhance its income by collecting Gift Aid on the subscriptions and donations that you make to the club.

Donating through Gift Aid means charities can claim an extra 25p for every £1.00 you give. (It won't cost you any more)

Most donations qualify for Gift Aid. You must be a tax payer in order for us to claim Gift Aid.

WHAT WE ASK YOU TO DO

Complete a Gift Aid declaration. Forms will be available when you come to the pool on a Saturday. We can claim tax back on donations and subscriptions from the last four years provided that you have been a tax payer during that time.

For us to collect Gift Aid on your future donations, you need to continue to pay tax. Please let us know if you cease to be a tax payer.

Tax could have been paid on Income or Capital gains.

HIGHER RATE TAXPAYERS

If you pay tax at the higher or additional rate you can claim the difference between the rate you pay and the basic rate on your donation. Do this either:

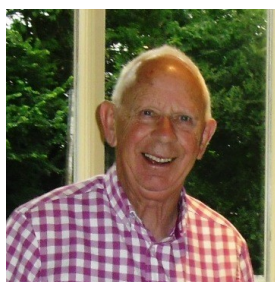
Through your Self Assessment Tax return

By asking HM Revenue and Customs (HMRC) to amend your tax code.

See <https://www.gov.uk/donating-to-charity/gift-aid> for further information

Please speak to Rosemary Noyes (Treasurer) if you have any queries.

Congratulations to Don Lamb



Don Lamb celebrates a very significant birthday on the 10th October. Don wishes to celebrate this great achievement with the Turtles and has made a considerable donation to the club to fund one of our Sunday Fun Sessions (see below).

Don explained to Alison, *'The Turtles have given me so much enjoyment during my membership I wanted to repay the Club in some way, as well as acknowledge and celebrate by special birthday'*.

November Pool Fun Session



The Fun Session is scheduled for Sunday 1st November at Hillingdon Sport & Leisure Centre and Don has also provided funding for some drinks and snacks after the session. The Fun Session is free to all Turtles but unfortunately, we cannot accommodate guests (other than Don's family members). Confirmation and full details will be published in the next newsletter, but put the 1st November date in your diaries!..... Thanks Don!.



Happy 18th Birthday Sophie

Congratulations to Sophie Grey who celebrated her 18th birthday on Friday 21st August.

Sophie has been a member of the Turtles for the majority of her 18 years and is almost certainly the most successful of all our gala competitors.

Our brilliant Junior has become quite a Lady!

Pool Hoist

It has been a while since any of our members have required the poolside hoist to enter the main pool. We were concerned that when we did recently request the use of the hoist that the lifeguards struggled to get the hoist operational. As a consequence we have raised this with the management of Highgrove who have agreed to provide additional hoist training for the lifeguards.