



# TURTLES SWIMMING CLUB NEWSLETTER

Established 1964  
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Registered Charity Number 1055585

Issue 72 December 2015



**and remember.....keeeeeeep swimming!**

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 Fun Session



Over 40 members took part in the Fun Session on Sunday 8th November at the Hillingdon Sport and Leisure Centre at Uxbridge. The session was followed by a celebration party to mark Don Lamb's significant birthday. Alison Grey presented Don with a crystal plaque in recognition of Don's outstanding dedication to the Turtles Swimming Club. A brand new shield has also been purchased and will be awarded annually (at the AGM) to the Turtle member who has demonstrated outstanding dedication to the Turtles Swimming Club. Don was overjoyed that so many of his Turtle friends joined him & members of his family on this special day. Congratulations again to Don and thank you for the very generous donation that you made to the Turtles Swimming Club. More photos can be viewed on the Turtles Website.



# Turtles Fun Session



# Don's Birthday Celebration



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## 2016 Gala Season

As 2015 draws to a close, we turn our attention to the 2016 Gala Schedule. As usual, we start the season with the gala organised by Lions Club International. (District 105). Scheduled for **Sunday 14th February** (Valentines Day), if you wish to participate in the Hanworth and Feltham Gala please let either Peter Horne or Dave Lee know. Please note, this gala takes place on a Sunday afternoon and so we do not hire a mini-bus for this particular event.

Other dates for your diary:

Hatfield (Platypus) Gala—Saturday 9th April 2016

Hitchin (Lions International) Gala —Saturday 16th April 2016

### Carol Singing

Peter Horne tried to arrange another fundraising ‘Supermarket Carol Singing’ event, but we could not secure a venue. If anyone has any good retail connections for 2016, please let Peter know.

### Insurance

The Committee has decided to renew our insurance arrangements for 2016 with our existing provider, ‘Swimsure’

### Outings

It has not been possible to organise an outing for 2015, but when the Committee next meet (on the 12th January) consideration will be given to arranging events for 2016. If you have any ideas or preferences, please let one of the committee members know.

### Pool Evacuation

At some point over the next few weeks we will be organising a pool evacuation drill. Please follow the directions of the pool staff and co-operate fully. These drills are organised to ensure your safety in the event of a pool emergency in the future.



**Best Wishes for 2016 to all our members  
from the Turtles Committee**



# British Long Distance Swimming Association



We will be organising our 2016 event for the evening of Saturday 30th January at Highgrove Pool between 6pm and 7pm. So if you would like to take part, please register with Alison. All members may participate (even family members who do not have a disability). It is fun to see just how far you can swim in one hour (or less than an hour should you wish). We will also need volunteers to help with the counting and recording.



**The Turtles Swimming Session will take place every Saturday through Christmas and New Year with the exception of Saturday 26th December.**



<p>Turtles email:  <a href="mailto:turtlesswimming@yahoo.co.uk">turtlesswimming@yahoo.co.uk</a></p>	<p>Peter Horne                  (Chair)</p>	<p>Alison Grey                  (Secretary)</p>	<p>Turtles website:  <a href="http://www.ruislipurtles.org.uk/">http://www.ruislipurtles.org.uk/</a></p>
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**Thank you to the organisations and individuals who support the Turtles**



**We have been approached as follows....**



*Plimsoll Productions has been commissioned by Channel 4 to produce a new 3 part series about the benefits of dog ownership to your health. The series, entitled 'Rescue Dog to Super Dog,' will see homeless dogs given a second chance at life as they are re-homed with people struggling with challenging physical, psychological and neurological conditions. The series will follow the dogs and their new owners as they undertake 12 weeks of specialised training under the expert guidance of leading dog trainers. These dogs will find not only a permanent loving home, but a*

*purpose in life as they are transformed into high functioning super pets, able to carry out specialised tasks that will enrich their owners' lives. In the United States they are already partnering dogs with individuals suffering from mental illness, for example OCD, Anxiety and panic attacks. These dogs carry out tasks such as interrupting repetitive behaviours and tics as well as calming their owners down and enabling them to leave the house and socialise.*

*We are working alongside The Dogs Trust to find suitable dogs for each individual and are now on the search for 6 people who think they could benefit from owning a pet dog trained to carry out specific tasks to help with their condition. I wonder whether this is something members of the **Turtles Swimming Club** might be interested in applying for? We'd be really grateful for your help in spreading the word, our flyer is attached. Any help would be much appreciated.*

**If interested, please contact Louise Maynard, Assistant Producer 'Rescue Dogs to Super Dogs' Plimsoll Productions Tel: 44 (0) 117-307-2300**

## RESCUE DOGS TO SUPER DOGS

Are You a Dog Lover?

Do you have a challenging condition or disability?

Could you give a rescue dog a permanent home?

Have you ever considered that a dog could transform your life?

**We Need You!**

This primetime Channel 4 series will see abandoned dogs trained to become high functioning super-pets, able to enrich the lives of people in need.

**Rescue Dogs to Super Dogs** will pair homeless dogs with people who have a physical, psychological or neurological disability or condition. With the help of expert dog trainers these dogs will not only find a home and a purpose but will change their new owner's lives for the better.

**Hundreds of dogs are abandoned in the UK every day, but with the right home and the right training they could change your life.**

If you are interested in finding out more about this potentially life changing opportunity then please get in touch by calling: 0117 3072307 / 0117 3072328  
or email: [casting3@plimsollproductions.com](mailto:casting3@plimsollproductions.com)