

TURTLES SWIMMING CLUB IS A REGISTERED CHARITY NUMBER 1055585

Covid-19 Special Edition

Sadly, we currently have no idea when Highgrove is likely to re-open and when we will be returning to our Saturday swim sessions, but we hope that you are all keeping fit and healthy and staying safe, following the guidelines.

We will obviously let you know when circumstances change, but we thought we would send you a special newsletter letting you know how some of the club's officials are managing through their social isolating.

It would be great if you could send us your stories of how you are managing and we will then print them in the next Newsletter.

We have had to postpone the 2020 Club Championships and the Turtles AGM. The galas, with the exception of the Hitchin Lions Gala, have all been cancelled. Please stay safe!



**LET US KNOW HOW YOU ALL ARE!
HERE IS AN UPDATE FROM SOME OF US!**



Hi all, Jordan here.



Hope you are all keeping well and safe during this uncertain time.

As some of you know I am training to be a secondary school PE teacher. I was pulled out of school on the 18th March and shortly after that schools closed. I have been keeping busy by completing university work at home and planning activities for the pupils to do whilst they are at home.

I have also been watching a lot of TV or DVDs and have been helping out around the house. I have also been playing Fifa on the Xbox with my sister, I'm not very good at this though so we prefer to play football in the garden.

I just celebrated my 22nd birthday at home and spent the day having university lectures via Skype and Zoom, and used Teams to speak with Gary and Dave! I also spent some time in our swimming pool in the back garden, but its not quite the same as being at Highgrove!

Swim Teacher

Hi to everyone from Linda.

I hope everyone is well. As per the government instructions. I'm self isolating, I'm missing my swimming both on the Saturday and on a Tuesday. Time has been spent in the garden with my battle against the weeds and brambles but I think the brambles are winning, cooking and baking have increased but exercise has not, so a crash diet will be on the cards later. With the beautiful weather and increased pollen on trees and grasses it's meant that my stays outside have been short but wearing a face mask I now don't look strange or odd. After a visit to Aldi I saw some knitting wool so this will keep me occupied in the evenings and my daughter has added me to Netflix and so I've overdosed on Victoria Wood's Dinner Ladies, I have also found other gems on there as well.

Best wishes to everyone and keep safe and busy.



Swim Teacher



Hi this is Tillie. I have been doing lots of gymnastics and conditioning on Zoom with my gymnastics and trampoline coaches and am in squads for both. We have to keep our bodies moving and healthy .

I have also been on a few long walks around local parks picking up different flowers for my new pet tortoise.



Emma – Helper

Tillie is Emma's Daughter

Lucky the Tortoise

Hello everyone, it's Alison here,

I hope you are keeping safe and well in these difficult times.

Life in the Grey household is busy and full. Jessica returned from the University of York (second year) just before lockdown started. So we are back to a house of five – everyone eats so much in our house so keeping on top of the food shopping is quite tricky. Our three dogs are very happy to have everyone at home. One of our neighbours has just given us a table tennis table which we have up in the garden alongside Jack's golfing nets and we have some exercise machines in the house so we are all trying to keep active and fit. I have just bought some painting by numbers sets for Sophie and Jessica and a new jigsaw for Nigel so that they don't get too bored, especially in the evenings which can sometimes feel quite long. Jack is happy on his Xbox – perhaps a little too much. I am enjoying my crime thriller books.



I have been working in school looking after the children of our key workers which has been fun. I am also getting to grips with all kinds of video conferencing for my job and am becoming quite adept with Zoom and HouseParty amongst others. It's during times like this that I really appreciate what our technology can do – in fact I think many people's work and study methods may change forever once we come out of this crisis.

Chair

Dear Turtles.

We are living in times that are completely unknown to us and wondering how long it will last and how it will change our lives when it is all over. Well for a start, I will stop cleaning my windows, washing the net curtains, taking the vacuum cleaner around and doing all that dusting! My place has never been so clean and as for the garden... well, I could have a royal garden party here!



Aside from all of that I am getting a bit better with technology and playing a lot of 'bridge' on line. You have to play either in the morning or early afternoon because when America comes 'on line' the site often crashes as there are between 60,000 and 70,000 people trying to play.

Like others, I try to get a good walk in on most days and have discovered many new paths. I often hear myself saying 'I didn't know that came out here'.

Like you all I miss the swimming and the companionship of all the other Turtles and really look forward to the time when we are all back together again.

In the meantime look after yourselves and keep safe.

With love

Rosemary

Treasurer

Hi All,

I hope you're all doing well and staying safe.

I have also been busy cleaning my house and sorting out things I've been putting off for ages like my ironing pile (arrghhhh!) I've also been watching lots of television. I have so far watched the boxsets of Peaky Blinders and I'm half way through Gavin & Stacey. I also like watching Gogglebox when it is on.



I've only watched one film so far and that was an autobiography of Bohemian Rhapsody (Freddie Mercury/Queen) that I would recommend. I was clapping and dancing around my living room when I watched it. Tee hee!

I've also enjoyed watching Andrew Lloyd Webber's Theatre productions on 'You Tube', every Friday. I watched Phantom of The Opera last week for free. It will be a different one every week of the lockdown.

I've been out for some long walks and on a few bike rides. I'm also trying to grow tomatoes, carrots and onions in my garden. However, this hasn't been a great success so far.

I hope you stay safe and look forward to seeing you all back at Turtles when we can open again. Take care, Cheryl

Chief Instructor

I was already working at home (pre-planned around medical appointments) when we in the Civil Service were told to work at home before lockdown began. So I've been at home since 12th March. I've probably been busier than ever working on the policy for all the various COVID related business reliefs.



I'm missing the swimming but I and Ian-Andrew (whom we moved back home just before lockdown) go out daily for a walk at random times depending on work commitments and Ian Andrew's Electric Umbrella timetable. So we can walk a mile or 6 miles depending around the highways and byways of Stanmore.

Electric Umbrella has been a godsend for Ian-Andrew giving him a structure to his day. He wakes up to the breakfast show and has his lunch after the midday show then helps prepare dinner after the afternoon session. I am also glad that it stops Ian Andrew singing at the top of his voice tunelessly to various heavy metal tunes! Check them out <https://www.electricumbrella.co.uk/>

To relax I've been reading a lot. 2 x 1,000 page + novels Count of Monte Cristo" and Thomas Mann's "Joseph and his Brothers" down plus several potboilers!

Peter.

Swim Teacher

Well I am really missing swimming, and so is Gary!
I have always swum every weekday (because I have a lung condition) and now I have not had a swim since the 16th March. That is the longest I have gone without a swim for well over 20 years.



But Gary and I go for a walk across the fields every day to try and keep fit. We live in the Hertfordshire countryside so we do not see many people when we are out walking. We have also been for a cycle ride, but we much prefer swimming.

Gary usually swims four times a week, so he too is getting withdrawal symptoms. Gary lives in a flat to the side of where I live with my wife (Mandy).

But Gary still spends a large part of his time in the main house as we still do all the cooking and caring for him. So we are all together.

Gary has got his own kitchen, but he cannot cook, even though he works at MacDonaldis on Fridays!

But we all went into isolation on the 16th March because our doctor contacted me and told me that we needed to because Covis-19 puts people with lung conditions at higher risk. So Gary had to give up his job and his day centre and stay at home as well. So we have had a little bit longer trapped at home, than most.

Gary is able to keep in contact with many people using video conferencing (Zoom & Teams) and he really loves that. He has at least one conference call a day with Cheryl. Cheryl has been very good to us, getting all our shopping and leaving it on the doorstep.

Gary also makes sure that all the doors are locked to make sure that the virus does not get in and he watches the news to find out what we are, and what we are not allowed to do.

But we all miss the Turtles and we all hope that a vaccine can be found so that we can get back to some sort of normal as soon as possible.

So, please all stay safe and I hope that I will see you back in the Highgrove Pool, sooner rather than later.

Dave xx

Swim Teacher & Gala Team Manager

Finally finished filling the pool up..



I miss visiting Highgrove pool on Saturday evenings and seeing all my friends. I also like to visit the pool in the week when I swim on my own Monday, Wednesday and Friday mornings.



I have been swimming all my life and that is quite a long time! But for the time being I have found a new activity. I live opposite a park and some fields and on most days I visit them and enjoy a long walk and looking at nature. I try to identify the wild flowers and butterflies.

I am worried too about the Coronavirus and because I am an older person and vulnerable I have to stay at home and self-isolate like many other people. I am missing my family and friends.

Sometimes it is lonely but I have hobbies. At the moment I am very busy making my garden tidy for the summer. I am also growing tomato plants and Marigold flowers from seed. I was pleased with the rain recently because the baby plants were struggling in the dry soil.

I like to cook. Today I made Chilli Con Carne for my dinner. Usually it is cooked with Beef but I used turkey mince for a change as it is more healthy with less fat. Next week I want to try a new recipe for Chocolate muffins.

My church helps to run a food bank. They are very short of food at the moment because there have been many more visitors due to the current situation and have received less donations while the church is closed. I decided to clear out my cupboards and help. I have tidy-ish cupboards now so some good has come out of the pandemic.,

Good wishes and stay safe from Don Lamb.

Swim Teacher

**PLEASE EMAIL US YOUR
STORIES OF SELF
ISOLATING FOR THE
NEXT NEWSLETTER**

2 EMAILS RECEIVED FROM SHELINA

Dear Turtles swimming club.

I'm enjoying my holiday here with my family staying safe & well. I'm spending my time watching Sky News & knowing what's happening around London. I'm happy & safe here being looked after by my family. How are you keeping safe at home? Are you self-isolating? What activities do you do in the daytime? I go on my laptop to watch my YouTube programmes, shows, stories & videos. I sometimes sit in the garden when it's sunny. I miss our Saturday night swimming clubs together & waving goodnight to everyone. My sister's working from home because she's looking after me. I'm also with other members of my family. I feel scared about the virus & also I'm looking forward to everything going back to normal. See you soon. Lots of love, Shelina.



Dear Eastcote swimming pool team!

I'm enjoying my twelve-week holiday here with my family. I miss our fun swimming lessons – especially having the man hoisting me into the pool and Cheryl reaching out to catch me to touch the chlorine all over her skin and using my eyes to observe her opening her mouth to tell me what exercises we're going to do in all our swimming lessons when I attend swimming club on Saturday at 5.00. I miss playing games and playing obstacle courses and choosing a number of lengths to swim in the pool. I also miss having her working with me, too. When you all open on a Saturday, please inform the swim teachers to order their swimming stuff online at first. Get well soon.

With lots of love and kind regards, Shelina.

Shelina received several direct replies from the Turtles Swim Teaching Team. So big thank you for your letters Shelina!

AND NOW SOME INSPIRATION.....FROM CHERYL

Harvey Philips aspiring Olympian

Harvey became a triple amputee after contracting meningitis when he was nine months old. Despite the amputation of both of his legs below the knee, one arm below the elbow and the fingers on his left hand he has won numerous national swimming titles. He swims for Louth Academy (Dolphins) and is on the Junior GB Development Programme. The Para-Swimmer, now aged 14 has set his sights on the 2024 Olympics Games in Paris.

As part of my coaching qualification, I studied Harvey Philips. It was one of Harvey's coaches who was taking my course. As students we were given various scenarios of swimmers wanting to swim with various challenging conditions. We were asked "How would you teach them to swim?" and "Where would you start?" amongst other questions. We fell back on the principles of our training; Body Positioning, Legs, Arms, Breathing & Timing (BLABT). With Harvey the coaching team, worked on floating and getting a strong core body position to start with. As you can see this has paid off and it is truly remarkable how Harvey moves through the water.

Take a look at Harvey Philips swimming for some inspiration!

The first link below shows Harvey learning to swim at 8 years old:

<https://uk.video.search.yahoo.com/search/video?fr=mcafee&p=harvey+philips+swimming+you+tube#id=1&vid=73d5a820e105ca3a42c4ccb34a54&action=click>

The second link below shows Harvey at 14 years old competing:

<https://www.lincolnshirelive.co.uk/news/local-news/inspirational-triple-amputee-harvey-phillips-2259766>

Swim England – Training Courses

Swim England announced that during the lock down period they are making some of their training schemes assessable for free.

If you are a parent or carer looking for advice on the four swimming strokes they have uploaded stroke workshops for your free access.

If you are a qualified Swim Teacher they have uploaded additional CPD's on Deaf Friendly Swimming, Disability Swimming and Visually Impaired Swimming again, all for free. The link is below:

https://www.swimming.org/ios/free-resources-cpds/?utm_source=CTABanner&utm_medium=SwimEngland&utm_campaign=FreeCourses

Yoga Specific Swimming Exercises

If you miss swimming and want to keep up your mobility and flexibility. Have a look at the link below to yoga specific swimming exercises. Of course, always follow your doctor's advice.

<http://www.swimmingspecificyoga.com/online-yoga-classes-for-swimmers.html>

THANK YOU TO THE ORGANISATIONS AND INDIVIDUALS WHO SUPPORT THE TURTLES

Waitrose

Tesco

ASDA

Hillingdon Council



Eastcote Methodist Church

IBB Charitable Trust

Ruislip Combined Charity

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

**Turtles Swimming Club
Established 1964**

Turtles Website:

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

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turtlesswimming@yahoo.co.uk

**Chair:
Alison Grey**

**Secretary:
Andy Wallis**

**Club President:
Dave Lee**

**Gala Team
Manager:
Dave Lee**

**Deputy Secretary :
(reception desk)
Bijan Ghorbanian**

**Treasurer:
Rosemary Noyes**