



# Disability is not inability

## What's Coming Up:

It's hard to believe but we are fast approaching the end of 2022 and although our world has opened up following two years of closure due to the Covid-19 Pandemic, we are now faced with the economic uncertainty that is enveloping our country. We have lost some much loved clubs along the way and desperately need your help to secure our existing clubs and provide the support and freedom for our disabled swimmers to express their fantastic talents through sport.



## National Championships:

Saturday, 5th November saw us holding our first national swimming gala following the lockdown of the Covid-19 pandemic. It was a great success and the swimmers did so well. It was wonderful to see so many smiling and excited faces in the water after two years of cancellations.

Thank you to Newbold Comyn Leisure Centre in Leamington Spa for hosting us once more and for making all of us feel so at home. It ran so smoothly that our swimmers were given some time at the end for free swimming.

We were lucky to have our medals and trophies presented to our worthy winners by Deputy Mayor Councillor Alan Boad from Leamington Spa Town Council. The results are now published on our website and were very close and much cheering and excitement could be heard from the spectators!





Check out the NASCH Championship Swimming Gala 2022 video and photos on our website at:

<https://www.naschswim.uk/galanews/championship-gala-2022-video/>

## Why we are so important:

NASCH is not just about swimming. It is about combating loneliness and isolation, an essential element to everyday life for our swimmers, particularly following the isolation of the Covid-19 Pandemic.

Swimming is the only sport where people with disabilities can achieve some independence and freedom that is hard to find elsewhere. Even those whose disability is severe can enjoy freedom of movement with the water to support them. Swimming provides effective physiotherapy, it is a non-impact sport and a good way to keep fit. A chance to alleviate pressure on joints and muscles, build muscle strength, improve social wellbeing while also introducing new friendships and supporting independence.

Swimming athletes with different impairments can participate together, it is truly an inclusive sport with physical and mental benefits to our swimmers. NASCH fully supports the national effort to accept disabled people into society.

## Why you are so important:

We simply can not do this without you!

Did you know you can support NASCH by raising money every time you shop online? Support that means we can continue providing our swimmers a chance to experience freedom and break down social barriers and social isolation. Best of all, it doesn't cost you a penny!

We are using easyfundraising, a free fundraising platform that allows us to earn money when we shop online. easyfundraising works with over 7,000 online retailers, everyone from Tesco, eBay, Sports Direct, M&S, Boots, Just Eat, Booking.com, and everything in between.

Once signed up all you need to do is start your shopping journey at the easyfundraising website, use the browser extension or app (information will be provided when you register) and the retailer you shop with will send us a free donation based on how much you spend. With the cost of living impacting everyone, this isn't about asking you to spend more, but to make you aware that if you are making an on-line purchase anyway that by using easyfundraising you can give to us at the same time and at no additional cost to you.

We are now in the busiest on-line shopping period of the year so now is the best time to join so we can take full advantage of free donations from all your online Christmas shopping. So please support us if you can by registering yourself today at <http://efraising.org/R3YEYn6KTS> it only takes 2 minutes and all you need is your email address.

Please also share with your friends and family if they would also like to help – the more the better to raise much needed funds!

If you feel you can donate to NASCH, please visit our website at: [www.naschswim.uk](http://www.naschswim.uk). If you prefer to donate via cheque, please email [naschswim@hotmail.com](mailto:naschswim@hotmail.com) for confirmation of the payment process and contact address.

## Thank you:

We at NASCH are immensely grateful to the Sir John Sumner's Trust and an anonymous funder who donated mostly generously to our appeal.

