



Disability is not inability



What's Coming Up:

The annual Championship Gala will be taking place at Newbold Comyn Leisure Centre in Leamington Spa on Saturday 4th November from 12:30pm. We are excited to have the Mayor of Leamington Spa, Cllr Alan Board assist us with the presentation of the winner trophies and medals.



Woodlarks Holiday Camp:

Last month saw the return of the ever popular Woodlarks holiday camp. New friendships were made and old friendships were renewed under the Spring sunshine. We had access to the outdoor heated swimming pool and enjoyed a visit to Marwell Zoo. The latter part of the week there was dancing and fancy dress, a BBQ and lots of games and chatter! The food as always was scrumptious and there was plenty of opportunity to explore the beautiful grounds with wheelchair friendly access.







Raise £160 for NASCH:

Raise donations for NASCH with your everyday shopping, from ordering a takeaway to booking a summer holiday it all adds up and makes a huge difference. Here's how:

Switching insurance providers ~ **£17.50**



Booking travel ~ **£60.46**



Buying gifts for friends and family ~ **£10.24**



Buying those school essentials ~ **£10.44**

Ordering food online ~ **£6.15**



Buying business supplies ~ **£48.68**

Organising your wardrobe essentials ~ **£9.06**

Total £162.53



George. Clarks. WHSmith



Every penny really does help and quickly adds up. Join easyfundraising and help raise vital funding for NASCH so we can continue to support disabled people throughout the country.

Sign up at <https://www.easyfundraising.org.uk>.

It will really make such a difference.

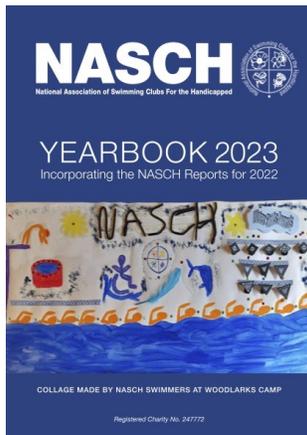


Thank you:

We at NASCH are immensely grateful to the The Three Rooms Charitable Trust, The Childwick Trust and The Gerald Bentall Charitable Trust who have donated most generously to our appeal, allowing us to continue providing opportunities for friendship, independence and freedom to our disabled swimmers across the country.

*thank
you*

If you feel able to donate to NASCH please visit our website at: www.naschswim.uk or alternatively contact the NASCH office at naschswim@hotmail.com.



NASCH Yearbook 2023

The 2023 NASCH Yearbook including reports from NASCH member clubs and NASCH committee members is now available. If you would like a copy, please contact Lydia at the NASCH office: naschswim@hotmail.com or 01329 833689.

