



Disability is not inability



What's Coming Up:



Summer may now be over but we still have the annual championship gala to look forward to. It will be taking place at Newbold Comyn Leisure Centre in Leamington Spa on Saturday 2nd November from 12:30pm. We are excited to have the Mayor of Leamington Spa, Cllr Judith Clarke assist us with the presentation of the winner trophies and medals.

What to Expect From This Issue:

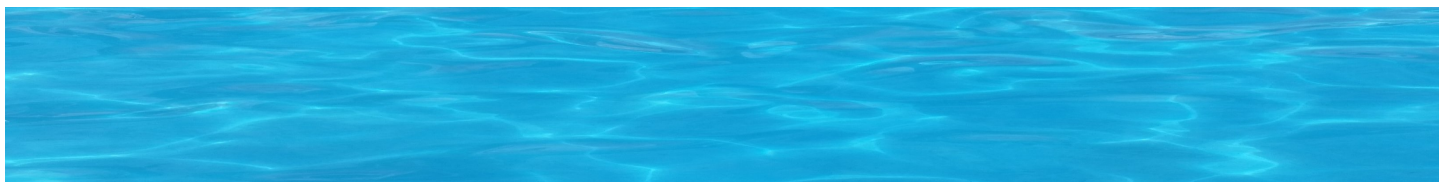
This is quite a bumper issue.

We unfortunately begin with the sad news of the passing of our long-term member and friend, Beryl Kelsey. Already missed so much by us all.

We also have news from four different clubs. It has also been brought to my attention that access to swimming facilities is becoming increasingly complicated for some swimmers. More details are included under *Disability Support News*.

As always there is information on how you can raise **FREE** donations for NASCH, especially in the lead up to Christmas. (There is already a Christmas tree set up in my local town centre!)

Until the next time, happy swimming, everyone.



Beryl Kelsey
Hull Optimists Swimming Club.

So memories of Beryl, she was very passionate about teaching swimming and the Haliwick method, she travelled all over the world with Haliwick delivering training and talking on it.

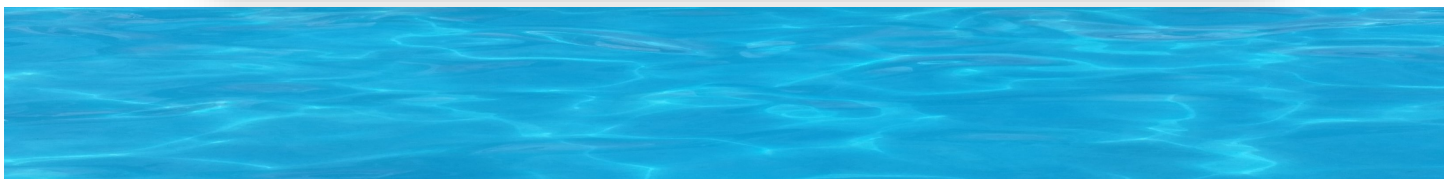
I first met Beryl when she was demonstrating teaching techniques at one of the NASCH conferences at Stoke Mandeville. that must have been in the late 1980's. She made Woodlarks camp fun and will be especially remembered after this year, for her porridge campaign for breakfast. This culminated with the kitchen going on strike and much hilarity at breakfast, even Paddington got involved! Here the sports tournaments were a highlight for many and the traditional bear hunt was inspired.

When Beryl first started coming to camp she was in charge of the pool and her very early morning swims at 6:30am were legendary for the calming music, usually Chinese sounding! Well from my tent it sounded Chinese! There were many games in the pool and various complicated races with face flannels, cups, lilos, plates, you name it.

I was even experimented on when Beryl learnt to do Watsu water massage. This involved Beryl and I both being in the water and me floating and being held, shaken and stretched, it was marvellous! You felt like you had no bones by the end of it.

I shall miss her very much, but thankful to have known her and been her friend.

Lorraine Booth
NASCH Social Secretary

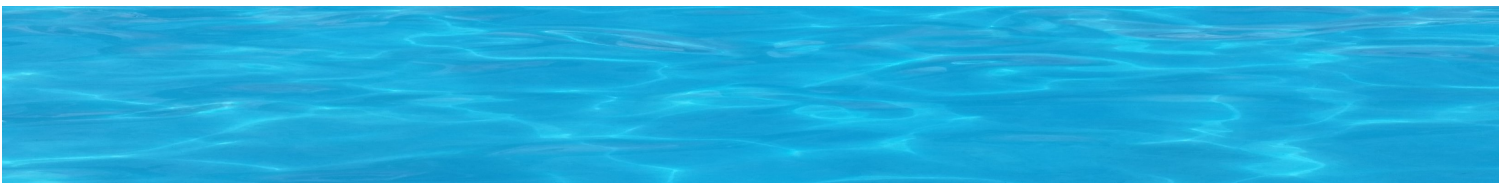




Club News:



Platypus Swimming Club was thrilled to receive the 'Community Sports Club of the Year' award at the One Welwyn Hatfield Community Awards held on 28th February at Campus West, Welwyn Garden City. These awards were launched this year by Welwyn Hatfield Borough Council to recognise and honour the exceptional individuals, organisations and businesses that have made a difference to, and had a significant impact on, the local community. It was a fun evening with a magician, dinner and a chance to meet other members of the voluntary community. As the evening progressed it was very exciting as platypus awaited the results. Graeme, our Chairman, committee member Karen, and members Abigail and Amy went up on stage to accept the award. It was an honour to receive the award in recognition of the achievements of the Club, its members and hardworking committee. The event was very well attended with many worthy winners of community awards.





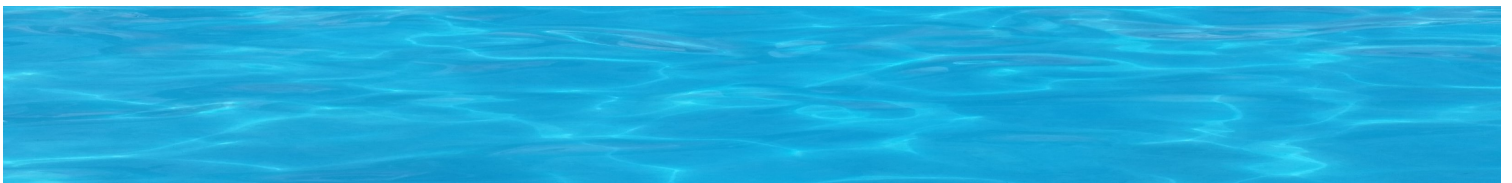
We have had a very busy few months at Stevenage Dolphins Swimming Club.

Our membership continues to grow with around 30 new members signing up since the beginning of summer, many of whom have been recommended to us by other members and some that have been referred by local health services.

The club committee was treated to a summer excursion, with a trip on a waterbus along the River Lea from Ware to Hertford. The weather was lovely, and we all had a very good time, especially when the boat took a wrong turn and got stuck trying to turn around!

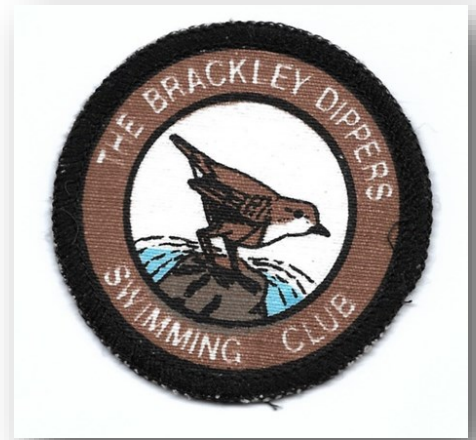
We are looking forward to attending the NASCH Region 3 Gala in September, unfortunately we have a smaller team than usual but everyone is very excited about winning a medal or two!

John Randall
Chairman/Interim Competition Secretary
Stevenage Dolphins Swimming Club



The Brackley Dippers Swimming Club: 40th Anniversary Year

The Dippers swimming club started in 1984. The club's founder Rosalind May, who was disabled by polio loved swimming but found it difficult getting into the pool and didn't enjoy swimming in a public session. With a group of like-minded friends, including Don Smith the physiotherapist at Brackley Cottage Hospital, Rosalind persuaded South Northants Council to let them have exclusive use of the Brackley Pool on Saturday mornings.



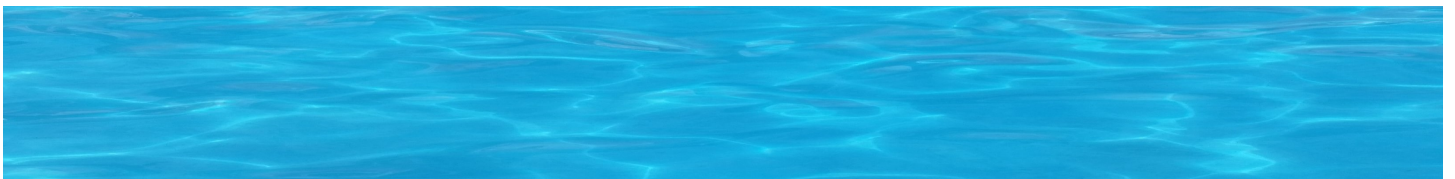
40 years later we have 39 club members with about 25 who swim regularly. We also have a team of 7 volunteer helpers.

The Club is for any adult over 18 with physical difficulties who believe they would benefit from exercising in the water. Some of our swimmers have back problems or suffer from arthritis, some are recovering from hip or knee replacement operations. We also help people disabled by stroke or serious injury or illness such as Multiple Sclerosis and Parkinsons.

We're a happy club and we often exercise our chatting muscles as much as our swimming muscles!

Brackley is lucky to have such a good swimming pool in the town and the Dippers are very grateful to the team at the Recreation Centre for their support, and to the Lifeguards who watch over us each week and keep us safe.

We also benefit from the support NASCH gives us, with arranging insurance and answering any queries we may have about running our club.



Unfortunately, our long serving Chairman and Club President, Brian Peart died in 2017, he was our Dippers Dad and had been with the Dippers since the club begun, he was a real super-hero and we still miss him dearly.

Janine Burton, a helper since 2006, took over as Chairman in 2016 with the great support of the Club Committee Members, especially Lesley Weight (Club Treasurer, who has been a member since her late husband Keith first swam with the club after being badly injured in a road traffic accident in 1994) and Angey Yallop (Club Secretary, who has been with the Dippers Club since 1986).

The aim of the club has always been to offer everyone a chance to be FITTER, HEALTHIER AND HAPPIER and will remain our goal for the next 40 years and beyond.

Janine Burton
Club Chairman

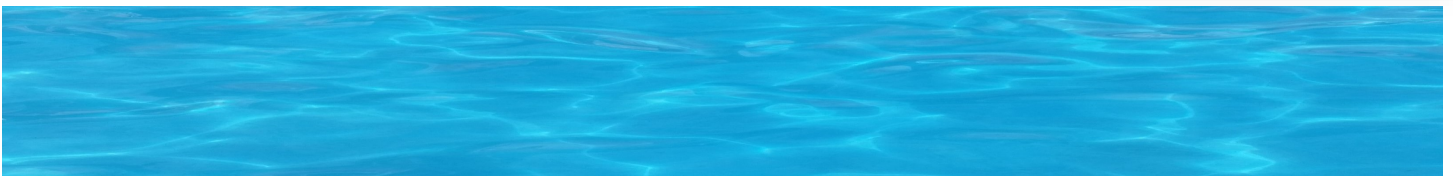
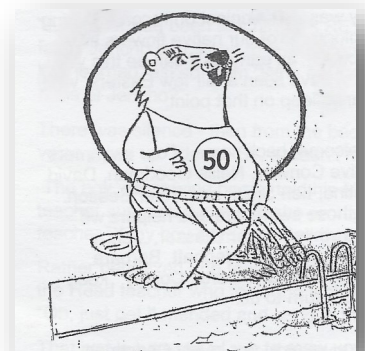


Tring Beavers Swimming Club

After 40 years, Beavers Swimming Club for the Able Disabled, in Tring, is still healthily attended. It was inaugurated on 31st July 1984 and our first swim was held with 35 members on 21st August 1984.

In Autumn 1985 our first newsletter was sent to 84 members.

Now we have 40 members who are still enjoying the exercises, swimming and the social side of the club.



Disability Support News:

We all know that by law disabled swimmers should be given equal access to swimming pools as non-disabled swimmers. However, it has been brought to my attention that as of the 10th July 2024, the lifeguards at a pool in Essex were told they are no longer allowed to assist disabled people into the pool by way of the pool aqua chair. This is because of health and safety concerns for the staff.

I have swum at the pool since 2007 and the wonderful staff there have always been happy and glad to take me in and out of the water, down the ramp, in the aqua chair. I and other disabled swimmers do not require manual handling, just someone to push the aqua chair.

Geoff Manning

Although Tendring District Council, have told Geoff a hoist has been ordered, it will not be delivered until the end of September, even when it is delivered, he does not know whether he will be able to get into a hoist safely.

I can no longer swim at the pool, all disabled people know how important swimming is for our physical and mental well being. This withdrawal of a basic service has made me feel like a 'second class citizen.' ... [Even though] The Council's motto is 'for the good of all'!

Thinking it was a local issue, Geoff reached out for help, however he has since been made aware that it has now become a national issue. Due to health and safety and insurance concerns the responsibility of physical assistance is falling upon carers and personal assistants, some of whom do not have the physical capability of providing such physical assistance.

Britain invented the Paralympic Games following the Second World War, championing disabled people's access to sport through one of the biggest sporting events. The Paralympics have also changed the public opinions on disability, encouraging more individuals with disability to partake in sport. Furthermore, the Disability Discrimination Act of 1995 has made it unlawful to discriminate against people due to their disabilities and stipulates that venues must ensure there is equal access for disabled people to access their goods and services. Preventing access to a sport that has physiological as well as emotional benefits to disabled people means that as a nation we are moving backwards in our quest for equal opportunities and access for all

Please write to your local MP and encourage a discussion or debate on this topic. Working together we can hopefully change the discourse around disabled people and their access to sport. Should you need clarification on who to write to, please do drop me an e-mail at naschswim@hotmail.com or you can call me at the NASCH office on **01329 833689**.



NASCH Merchandise

I am pleased to announce that the Water Skills badges are now available. We also have a number of NASCH pin badges also available. Please contact Lydia at the NASCH office for more information.

NASCH Yearbook 2024

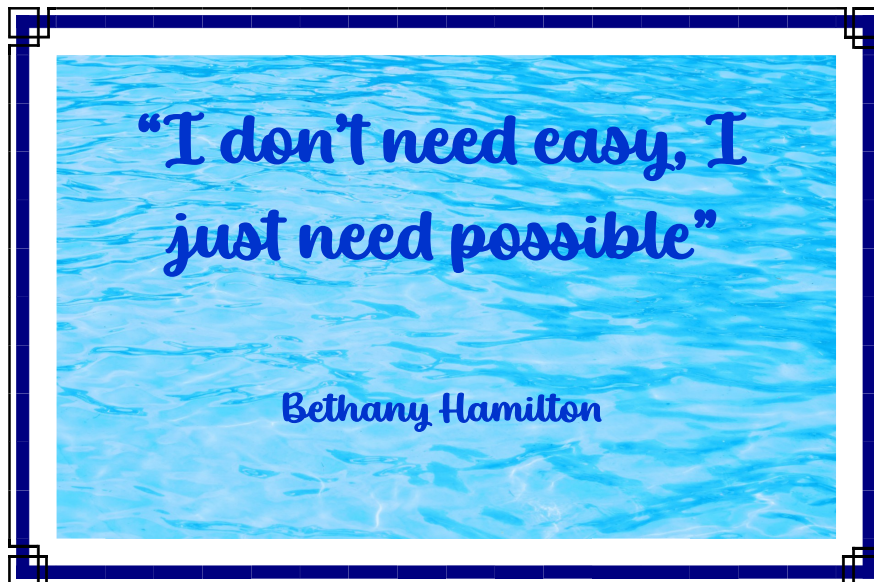
There are copies available which are obtainable from the NASCH office.

Thank you:

NASCH are immensely grateful to the Anton Jurgens Charitable Trust, the Benham Charitable Settlement and an anonymous donor. Their generous donations will ensure we can continue our work which unfortunately due to recent developments is needed more than ever.

*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.***





Thank you so much to our amazing supporters who are using easyfundraising to turn their online shopping into free donations for NASCH.

Every donation really does make a huge difference!

To make it even easier to donate to NASCH, the easyfundraising Donation Reminder is available to download onto your laptop, computer or mobile phone. This means that NASCH will not miss out on any **FREE** donations whenever you shop online.

You can find out more information here:

<https://www.easyfundraising.org.uk/donation-reminder/>

You can also apply for an online Stamp card. Every time you shop you receive an electronic stamp on this card. Whenever you receive 5 stamps you are automatically entered into a monthly prize draw in which you can help NASCH win up to £1,000.

You can find out more information here:

<https://www.easyfundraising.org.uk/stampcards>

If you have not already done so, you can sign up on easyfundraising at:

<https://www.easyfundraising.org.uk..>

It really does make so much difference.

