



Disability is not inability



Woodlarks 2024



It's coming to that time of the year that we embrace the tranquility of the Surrey countryside and enjoy a week of camping at Woodlarks. From 18th -25th May 2024 NASCH members will be able to enjoy different activities including a use of the wonderful, heated outdoor swimming pool while enjoying friendships across different member clubs.

Please contact the NASCH office if you would like more details.

What to expect from this issue:

We always love hearing from our clubs across the country and we have received some club news from Stevenage Dolphins Swimming Club, overleaf.

It has also been brought to my attention that the process of obtaining DBS checks for volunteers is not always easy so I have included some instructions which I hope will make the process easier.

We also have some news regarding the purchasing of Water Skills badges and NASCH pin badges that are obtainable from the NASCH office.

If you would like particular topics to be covered in upcoming issues of NASCH news, please let Lydia in the NASCH office know.





Club News

Stevenage Dolphins Swimming Club

Stevenage Dolphins has been invited to attend two galas in April, which our team is very excited about. We are also participating in a sponsored swim for the Rotary Club, with the money raised going to three very worthwhile causes based in Hertfordshire.

We are undergoing a slight 'brand' refresh with a modern look, so our gala team might look a little different when we are at the next galas!

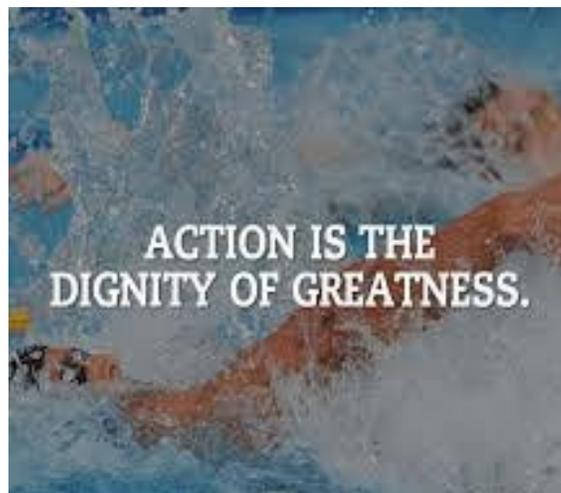
We are still attracting new members and we are always happy to receive enquiries from anyone with additional needs that feels we can offer them the support and a welcoming space to swim or just enjoy being in the water away from a regular swimming session.

John Randall

Chairman – Stevenage Dolphins Swimming club



It is always lovely to hear news from our wonderful clubs throughout the country. If you would like to share Club news with the NASCH community, please contact Lydia at the NASCH office.





Requesting DBS Checks:

A common facet of volunteering and charity work is the application of DBS checks. If you are volunteering you do not need to pay for the application.

According to the gov.uk website to be eligible for a free-of charge volunteer check, the applicant must not:

- ◆ benefit financially from the position for which the application is being submitted
- ◆ receive any payment (except for travel and other approved out-of-pocket expenses)
- ◆ be on a work placement
- ◆ be in a trainee position or undertaking a course of study that will lead to a full-time role or qualification
- ◆ be a paid foster carer or a member of a foster care household.

If the role follows the above regulations you will then need to consider whether the role meets gov.uk's definition of a volunteer:

'A person engaged in an activity which involves spending time, unpaid (except for travel and other approved out-of-pocket expenses), doing something which aims to benefit some third party other than, or in addition to, a close relative.'

The final step would be to complete the application form which will be provided to the volunteer by the organisation they are applying to.

Organisations can contact customerservices@dbb.gov.uk or alternatively call: 03000 200 190.

Please note that although the dbb application is free, there may be an administration fee charged by the organisation that submits the application form.

More information can also be found at:

<https://www.gov.uk/government/organisations/disclosure-and-barring-service>.

If you need any help with completing the application form, do feel free to contact Lydia at the NASCH office on 01329 833689 or via e-mail at naschswim@hotmail.com.



Water Skills Badges

I am pleased to announce that the Water Skills badges are now available. Should you wish to purchase any beginners award badges, please contact Lydia at the NASCH office. More information on the badges are also available in the NASCH Yearbook.

NASCH Pin Badges

We also have a number of NASCH pin badges that are available to purchase at a small cost. Please contact Lydia at the NASCH office for more information.



NASCH Yearbook 2024

The NASCH Committee are preparing the NASCH Yearbook for 2024 which will be available in time for the AGM in May. There are still copies of the current Yearbook available should you wish to view a copy. These can be obtainable from the NASCH office.

Thank you:

We at NASCH are immensely grateful to The Douglas Arter Foundation and The Gerald Bentall Charitable Trust who donated mostly generously to the work of NASCH, allowing us to continue supporting our swimmers throughout the UK.

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.

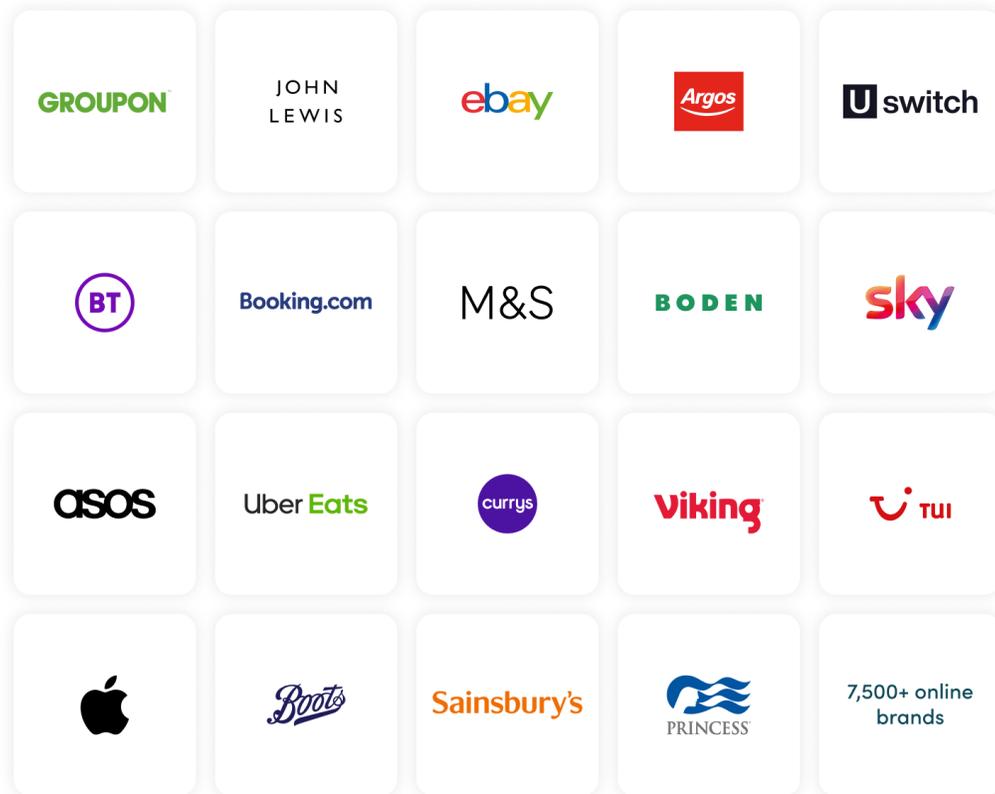


Support us through



Thank you so much to our supporters on easyfundraising who have helped us to raise £18.40 so far which is continuing to enable us support disabled swimmers throughout the United Kingdom.

If you are not aware, over 7,500 brands including eBay, John Lewis & Partners, Argos and M&S will donate to NASCH for **FREE** when you use easyfundraising to shop with them. This means you can raise donations for us when you shop online without paying anything extra. These donations really help us and all you have to do is use easyfundraising when you're ordering the things you'll be buying anyway.



You can find our easyfundraising page at: <https://www.easyfundraising.org.uk/causes/nasch/>.

Thank you!

It will really make such a difference.

