



Disability is not inability



What's Coming Up:

As the summer draws to an end we have the excitement of the annual Championship Gala to look forward to. It will take 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 and look forward to seeing our swimmers in action and celebrating their success!



NASCH News:

It is with a heavy heart that we have to say goodbye to a long standing club member of the NASCH family. The Kipper Club has had to close its doors and although swimming facilities will be available to its members via the leisure center, the club itself has had to close. They have kindly donated a substantial amount to NASCH which we are so very grateful for. Their generosity and kindness will ensure that we can continue to provide physical and psychological benefits to our disabled swimmers. Due to diary clashes a club report/history was not possible for the newsletter but we are looking forward hearing from them in the next edition.



We have received a report from another of our long standing members who have also shared some wonderful pictures celebrating the talents and friendship of their amazing swimmers and volunteers. It is always so nice to see such lovely smiles and wonderful visual representations of what NASCH stands for.

The Tadpoles Swimming Club:

We are The Tadpoles Swimming Club for the Disabled. We are an East Grinstead swimming and water therapy club, founded 41 years ago, that provides recreational swimming facilities, in a safe environment, for people of all ages with disabilities and diagnoses who could benefit from swimming and water therapy. As with all organisations, it has taken some time to overcome the effects of Covid, with its pool closures, and volunteer helpers and swimmers reassessing their lives. However, the past few months we feel we are getting there. We have welcomed a number of new Tadpole members, and are busy trying to recruit poolside and water-based volunteers.

We have formed an informal connection with another local club that specialises in training young swimmers with special needs for competitive events, so can re-direct any young people who are looking for formal swimming lessons to this.

Our Thursday evening sessions are relaxed and informal, with support tailored to individuals. Our long-serving member Sam, featured in one of the photographs, regularly swims 30+ lengths in the hour and last week completed **60**. She hopes to get back to her pre-Covid mile swims.

(please do turn overleaf for some fabulous photographs!).





Trophies polished and ready, guarded by our faithful desk volunteers, Maureen and Sam.



Boris is presented with the Uphill Trophy for Achievement: 2022-2023.



Andrew receives the Taylor Trophy for Progress: 2022—2023.



Some of our longest serving members, Richard, Sophie and Sam.





Thanks to our supporters we've now raised over £10 through easyfundraising.

Over 7,000 brands will donate to us, including all the big names like eBay, John Lewis & Partners, Argos, ASOS, Expedia, M&S, Just Eat, Uswitch and many more! This means you can raise FREE donations for us no matter what you're buying at no extra cost to you.

If you sign up before 30th September, NASCH could be in for a chance to win a £500 donation from easyfundraising in their Big September Sign-up Giveaway and will receive a free entry each time a new supporter signs up.

If you haven't signed up to support us yet, it's easy and completely **FREE**. These donations really help us, so it would be great if you could take a moment to get started! Every penny really does help and quickly adds up, especially as we head towards the busiest shopping time of the year.

You can find our easyfundraising page at: <https://www.easyfundraising.org.uk/causes/nasch/> or you can scan the above QR code which will lead you directly to our cause page.

Thank you!

It will really make such a difference.

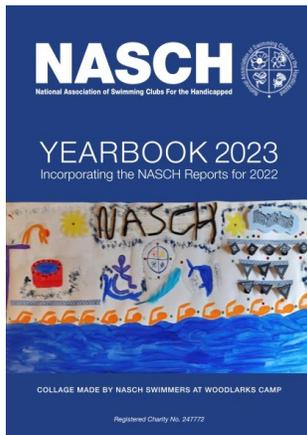


Thank you:

We at NASCH are immensely grateful to The Benham Charitable Settlement and The Kipper Club who have donated most generously to our cause, 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.

