



Disability is not inability

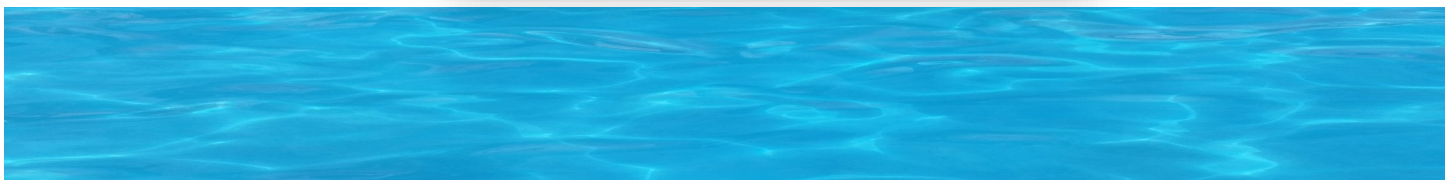
What to expect from this issue:

Welcome to the bumper issue of the NASCH newsletter with club news, we also have gala and Woodlarks updates as well as details of our new merchandise that is now available to buy from the NASCH office.

We always love hearing from our member clubs so do send club news or even highlighting what it means for you to be part of the NASCH community to Lydia for inclusion in any upcoming newsletters.



NASCH are immensely grateful to the Douglas Arter Foundation and the Christopher Laing Foundation for their generous donations to our cause, helping us to continue supporting adults and children throughout the country.



NASCH Merchandise



We are thrilled to share our new NASCH merchandise with you.

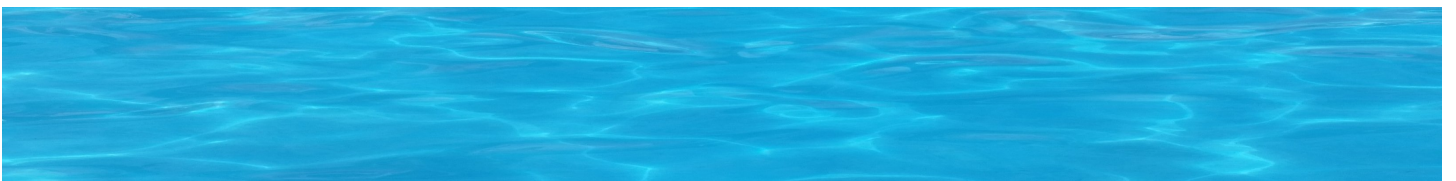
We have polo t-shirts available in blue, yellow and white in sizes: L, XL, and XXL.

Mugs and drinking bottles and also swimming caps.

All items are £5.00 each.

Please drop Lydia an e-mail at naschswim@hotmail.com if you are interested in ordering any of the items.



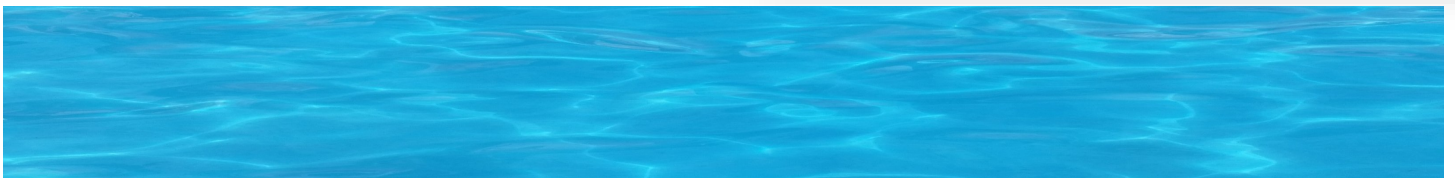


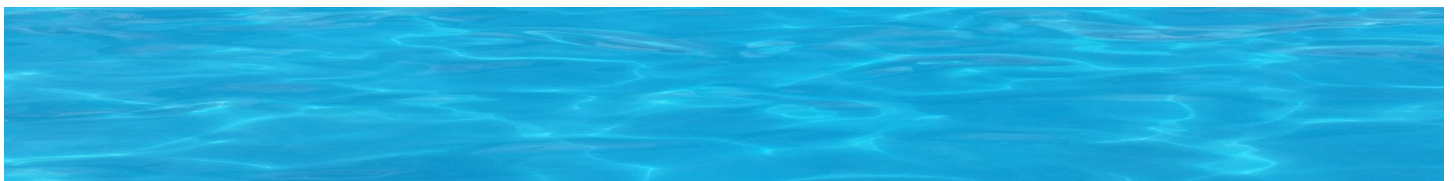
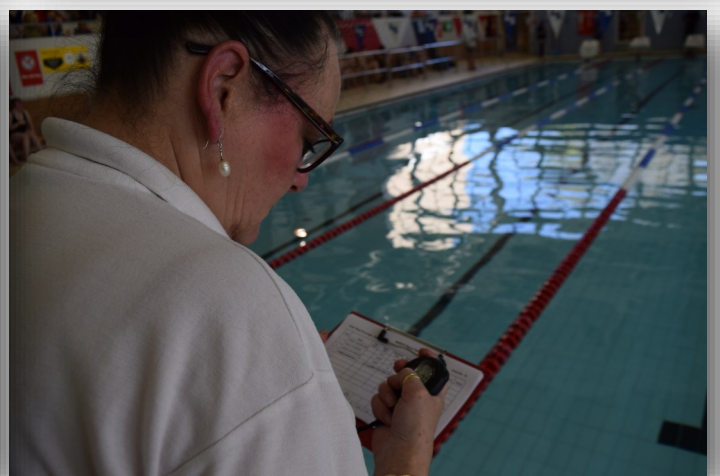
National Championships:

Saturday, 5th April saw us back at Leamington Spa for our yearly national swimming gala which due to unforeseen circumstances had to be postponed from last year. It was another great success with our talented swimmers winning many well-deserved medals and trophies. The results will be published soon and photos and a video will be available on our website shortly. In the meantime I have the pleasure of including some photos showing the wonderful NASCH family coming together.

Thank you to Newbold Comyn Leisure Centre for hosting us and for making us all feel so at home.

More details are to follow but I am excited to confirm the next gala will be held at Newbold Leisure Centre on Saturday 11th April 2026.



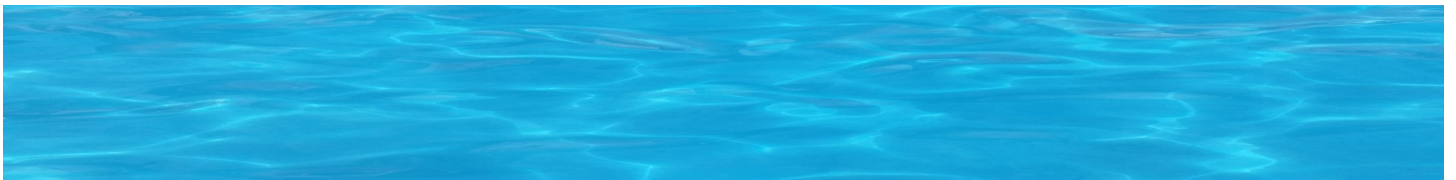


Woodlarks:

Our annual camping holiday brought with it some wonderful sunshine and smiles.

At the beginning of the week we held the NASCH AGM with a first look at the new NASCH merchandise now available. During the week we had a sixties themed party to coincide with NASCH's 60th birthday, as well as a bear hunt in memory of our wonderful Beryl Kelsey. As always delicious food was served by our amazing chefs and we all had access to the heated swimming pool. Woodlarks remain a much loved and anticipated date in the NASCH diary and we all look forward to coming together to share hobbies and renew friendships while also meeting new people.





Club News:

Eastleigh Disability Swimming:



After our brief Xmas break, we start the New Year with our renewal reminders being sent to our members, and our membership for this year now stands at 35. In March, we had our AGM. To encourage attendance, we organise a pub meal, which includes a quiz or two and then after the dessert course, we get down to the serious business. This included a healthy Finance Report, Chair Report and re-election of existing Committee and Trustee positions. Other items included a minor update of our Constitution.



Eastleigh club swimmers watching the sizzling fajitas arrive, before getting down to a sizzling AGM agenda!

Two of our members along with a support worker attended Woodlarks Camp and I went along on the Sunday for the NASCH AGM and lunch at the camp. I am now the proud owner of a NASCH mug !

Looking forward to the Summer and planning a Summer Social.

Paul Kirkpatrick
Eastleigh Disability Swimming

PALS:

We are P.A.L.S, a Pro-Active Lifestyle Water Activities Club based in West Somerset and made up of a group of people of all ages and abilities who meet weekly to enjoy the benefits of water-based exercises in a local warm indoor pool.

P.A.L.S is run by an experienced team of volunteers who hold all the necessary recognised qualifications and who are trained in first aid for our specific activities. We have around 120 members, many of whom travel in our own minibuses to our pool sessions.

One of our biggest concerns this year has been the rising running costs of our minibus—higher than they've ever been. We've had a fund in place to eventually replace the vehicle, though we weren't expecting to do so just yet. However, with costs increasing, our committee carried out some research and found a couple of suitable minibuses for sale and within our budget, especially when factoring in a part exchange for our current one.



We are therefore pleased to report that we have agreed on a minibus that we believe is an excellent fit for our needs (as pictured). It has very low mileage and, if properly maintained, should serve us well for up to eight years. During that time, the committee will continue saving for its future replacement. The minibus remains vital to P.A.L.S, and we're excited about this upgrade which comes with some fabulous features such as air conditioning and front and rear sensors.

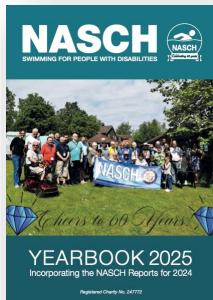
Cherry Woodley
Secretary to PALS

Water Skills Badges

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

NASCH Pin Badges—a Little Piece of History

We also have a number of NASCH pin badges that are available to purchase at a small cost. If you would like a little piece of NASCH history, please contact Lydia at the NASCH office for more information.



NASCH Yearbook 2025

The 2025 NASCH Yearbook is now available and can be obtainable from the NASCH office.

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



Just by signing up with easyfundraising and turning your everyday online shopping into **FREE** donations for NASCH, you have helped us to raise over £70.00!!

If you have not already done so, you can still join up by finding the NASCH donation page at:

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Current Donations: £75.83



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It is so easy to raise money for NASCH, you can even turn your weekly food shopping into regular donations when you use #easyfundraising. This means you can raise **FREE** donations for us even when you are doing your weekly online food shopping. Just search for your favourite supermarket on the easyfundraising website once you have signed up NASCH as your favourite cause. I promise you these donations really do make a world of difference.



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