



Disability is not inability

What to expect from this issue:

We always love hearing from our member clubs that are located throughout the country. This issue we have summer news from Eastleigh Disability Swimming club and from our P.A.L.S. club in Somerset. We also have news from Beavers Swimming Club in Tring.



We also have news on how you can continue to help us raise the ever important funds that are essential for us to continue our work.

With that in mind everyone at NASCH are immensely grateful to The Gerald Bentall Charitable Trust and the Benham Charitable Settlement for their generous donations, helping us to continue supporting access to swimming opportunities to adults and children throughout the UK.

We are also grateful to all those who have signed up with Easyfundraising, raising the donations for NASCH with each shop you have made. If you have not already done so, details of how you can join Easyfundraising are also included in this issue.

I can honestly say, every pound that is raised really does make the world of difference.



If you feel able to donate to NASCH, please contact Lydia at the NASCH office at: naschswim@hotmail.com for more information on how to do so.



Club News:

Eastleigh Disability Swimming

With a hot summer, attendances in the pool have been good, and we are still operating at our membership limit with a small waiting list. Apart from the regular swimming, we recently had a "Summer Social" at a local community centre.



This was based around a "Fish and Chip" supper, collected from a local chippie, with some trifle and cakes followed by a number of party games.

Axe Throwing:



New Age Kurling:



and we must not forget, Peter and guest of honour, his hearing dog!

Paul Kirkpatrick



P.A.L.S. Club

CHERRY'S REPORT ON THE REACH AND RESCUE AND FIRST AID TRAINING – 2ND JULY 2025



On Wednesday 2nd July, ten PALS members and five staff from St Audries attended a training session at St Audries pool. These sessions are run twice a year and are an important requirement to ensure the safety of all in the pool.

Although I am not a poolside assistant, I opted to attend to discover what is involved. We were instructed by Lorraine, a very competent trainer who put us through our paces firstly requiring that we swim a couple of lengths of the pool.

We also had to swim under the water to retrieve an object off the bottom of the pool which proved quite a task for some of us. We were then shown how to safely rescue a person in trouble in the water, establishing the cause of their distress. We were put into groups to lift a reclined body out of the water onto the side safely. Luckily we managed to do this without dropping anyone!

After our hour session in the water, we retired to the bar area at St Audries... no, not for a reviving drink but to go through resuscitation training using a couple of mannequins. One I recognised as a "Resus Annie" the other looked like a black Elvis! We all managed to inflate the chest successfully.

It was the first time I had been shown how to use a defibrillator and I was very encouraged by the fact that a recorded voice talks you through the whole procedure. I would have been nervous to use one in an emergency situation but was reassured to know that the defibrillator gauges whether it is necessary to deliver a shock or not. All in all, I learnt a great deal from the training and went home well informed but exhausted!

Cherry Woodley



News from Beavers Swimming Group in Tring:

We are a friendly group of 32 who enjoy a weekly swim in Tring School swimming pool. Our group is 41 years old this year and we are as busy as ever! Some members enjoy swimming at the deep end of the pool while others take part in some gentle exercise activities in shallower water.

Our members are those with physical disabilities or recent post operative conditions which can be helped by movement in the water. We remember that not all disabilities are visible. We are lucky to have a willing group of helpers in the pool with us.

We have a small committee who meet four times a year and we are planning our AGM, hoping to invite new members to join us. We will be inviting local dignitaries to promote our club. We are already planning our Christmas get together which is always popular.



**Sue Gore
Tring Beavers**



NASCH Merchandise

We have NASCH polo shirts, mugs, bottles and swimming caps available from the NASCH office. Please contact Lydia at naschswim@hotmail.com for more information.



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.

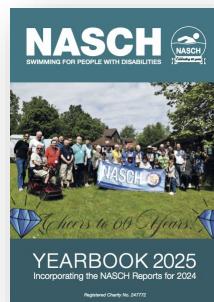
NASCH Pin Badges—a Little Piece of History

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.





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:

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

or alternatively you can scan our QR code on the right:



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Doing your weekly food shop online?

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Raise free donations for us at the same time

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.

