



Disability is not inability

What to Expect From This Issue:

We have a lovely update from Maidstone Swimming Club for the Disabled and as well as P.A.L.S. both of whom are wonderful examples of what NASCH stands for: friendship, fitness and fun!

It is even easier to raise FREE donations for NASCH and it is not too late to help raise such donations as (if you are anything like me) you complete your last Christmas shopping. Details of how you can do this are also included in this newsletter. Every penny counts and every donation however big or small really does make a difference.

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



Maidstone Swimming Club for the Disabled:



Our Swim 🏊 Relay team were fantastic on Sunday 23rd March 2025

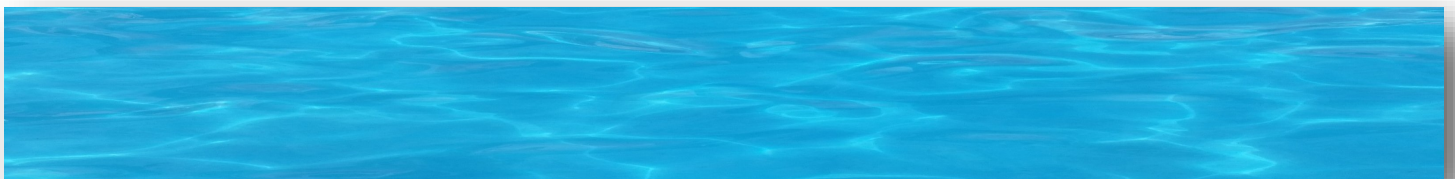
Their medals 🏅 🏅 were 100 % well deserved

They done our Maidstone Swimming Club for the Disabled Proud 😊

so a big around of applause 🙌 🙌 🙌 🙌



Barbara Winter
Maidstone SCD



Pro-Active Lifestyle Water Activities Club:



Here at “PALs”, 2025 has been a year full of energy, laughter and wonderful splashes — both in and out of the pool!

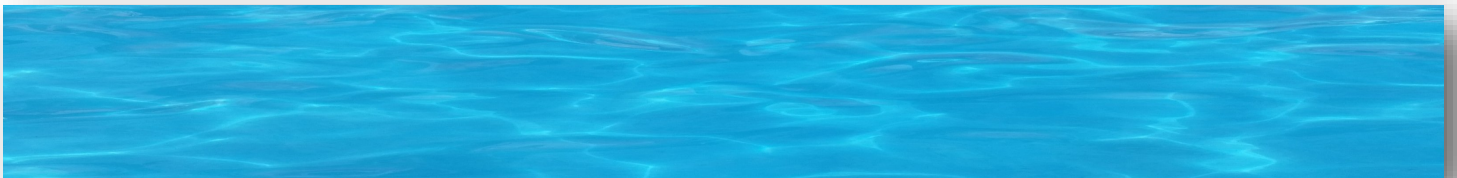
Kathy Stroud was presented with a Certificate acknowledging her as an Honorary Life Member of PALs and was thanked for her years of service and continued valuable support to PALs.



Also at our AGM in September, we introduced our new honorary president, Peter Wellstood, our Founder Member. Pete was presented with a certificate along with a Marmite picture—an “in joke” between us.



Our sessions continue to be in place not just for fitness, but for friendship, encouragement and fun.



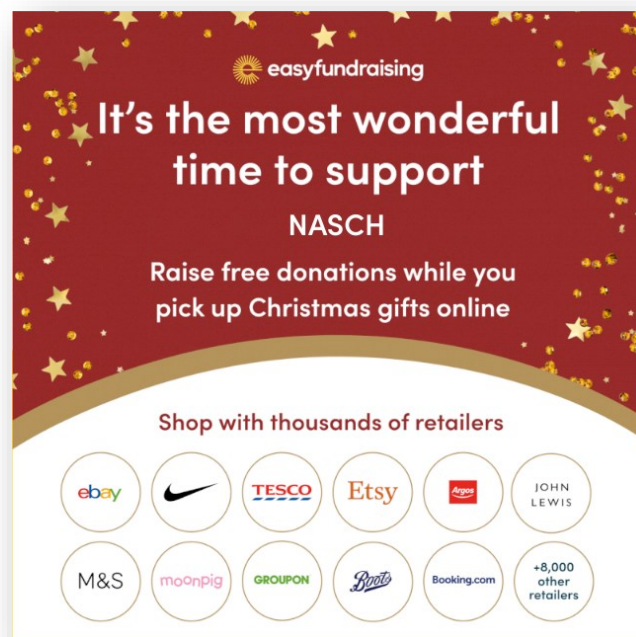
Christmas Fundraising:

Thank you so much to our fabulous supporters who are using easyfundraising to turn their online shopping into free donations for NASCH. You have raised our first £100 on easyfundraising simply by remembering NASCH as you complete your Christmas (and everyday) shopping.

Current Donations: £111.80

It's never too late to raise valuable donations for NASCH by joining Easyfundraising. You can find the NASCH donation page at the link below. More details are also included overleaf.

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



It is even easier to raise free donations in person when you shop at participating stores. In-store donations are powered by the easyfundraising app, so you will need to download the app on your phone first, through either Google Play or the Apple Store.

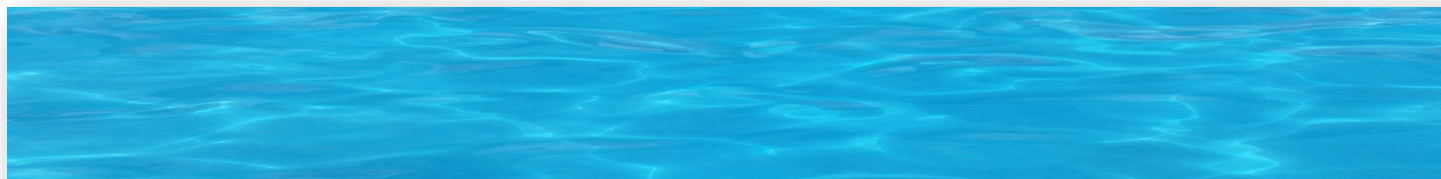
You will then need to add your bank card to the app. To do this, select 'In-store' from the bottom of the screen and then follow the on-screen instructions.

Once you have added your card (s) all you need to do is pay for your shopping using your card or Apple/Google Pay and NASCH will receive **FREE** donations.

A list of retailers supporting easyfundraising can be found by visiting:

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

thank you



Raise funds for us for FREE

with  easyfundraising



Join as our supporter today at:

www.easyfundraising.org.uk/support-a-good-cause

Just search for:

NASCH

8,000+ retailers will donate to us whenever you shop with them



TESCO

JOHN
LEWIS

ebay

 JUST EAT



Plus, you'll get...



Exclusive retailer offers



Competitions



A warm feeling inside!

Over
£60m
raised for UK good causes

£0
extra cost to anyone

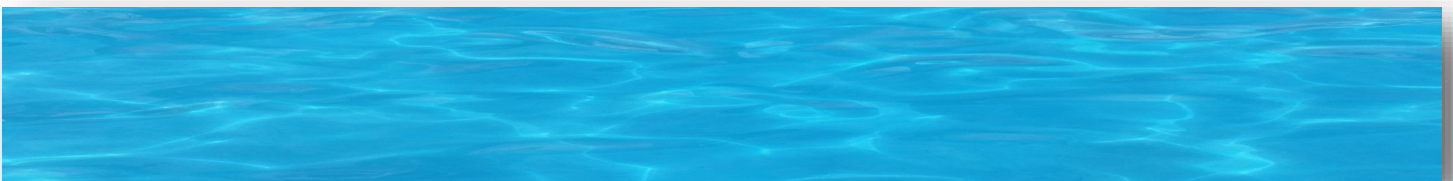
NASCH Merchandise

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.



We also still have some Water Skills badges available. Should you wish to purchase any beginners award badges, please contact the NASCH office. More information on the badges are also available in the NASCH Yearbook.

We also have a number of vintage NASCH pin badges also available.



Club News:

It is always lovely to hear news from our wonderful clubs throughout the country. If you would like to share club news or what it means to be part of the NASCH community with members, please contact Lydia at the NASCH office.



NASCH Yearbook 2025

We still have some copies of the 2025 NASCH Yearbook including reports from NASCH member clubs and committee members available. If you would like a copy, please contact the NASCH office: naschswim@hotmail.com or 01329 833689.

***If you feel able to donate to NASCH please visit our website at:
www.naschswim.uk for more information or alternatively contact the NASCH
office at naschswim@hotmail.com.***

***On behalf of everyone at NASCH, I wish you all a very Happy Christmas and I
look forward to seeing many of you in the New Year!***

