



# Disability is not inability



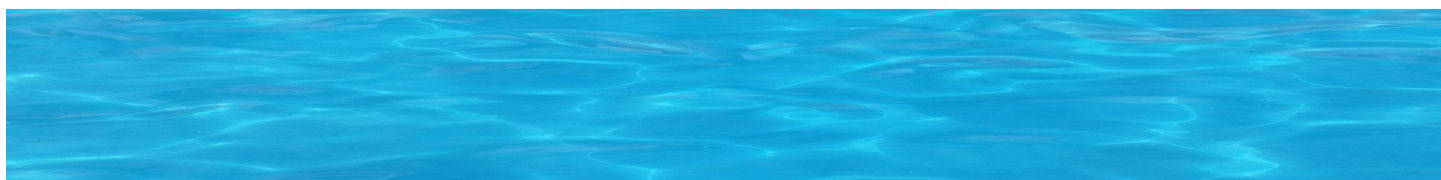
## What to expect from this issue:

The promise of summer also brings with it our annual bumper NASCH newsletter. We have club news from Maidstone Swimming Club as well as P.A.L.S and of course updates on the NASCH swimming gala and much anticipated Woodlarks holiday camp.

We always love hearing from our member clubs so do send any club news or if you prefer we would love to know what it means for you to be part of the NASCH community. You can send any updates or reports to Lydia at the NASCH office for inclusion in our upcoming newsletters.



NASCH are immensely grateful to The Gerald Bentall Charitable Trust, The Christopher Laing Foundation and the Masonic Charitable Foundation as well as an individual donor for their generous donations to our cause, helping us to continue supporting disabled adults and children throughout the country.



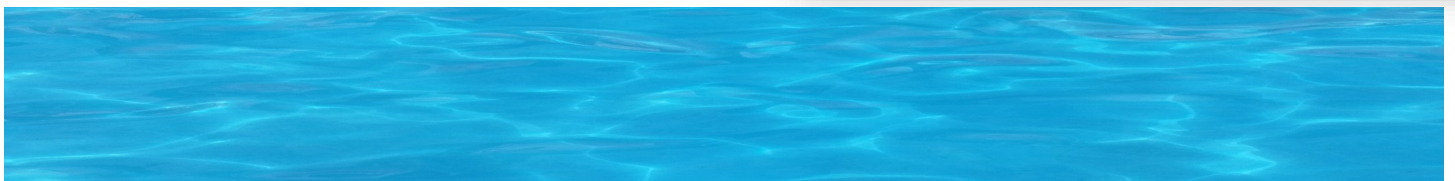
## National Championships:

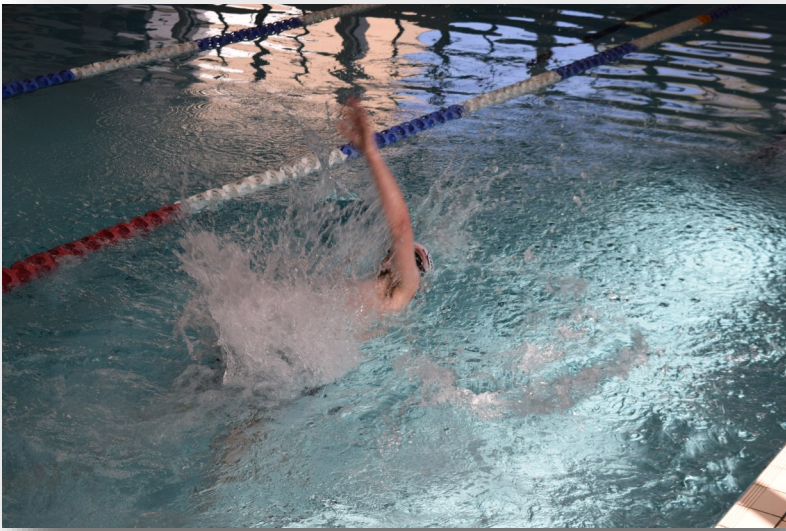
The NASCH Championship Gala on Saturday, 11th April was another great success with our talented swimmers winning many well-deserved medals and trophies. The results have been sent to participants and photos of the gala itself is available on our website at:

<https://naschswim.uk/nasch-championship-gala-2026-photos/>

For those of you not able to access the link, I have the pleasure of including some photos showing the wonderful event and our very talented swimmers. Thank you to Newbold Comyn Leisure Centre for hosting us and for making us all feel so at home as always.

The 2027 gala date will be published as soon as possible.





## Woodlarks

The weather could not dampen the smiles, excitement and friendship at Woodlarks!

At the beginning of the week we held the NASCH AGM with an opportunity to purchase NASCH merchandise and during the week we had a pirate themed disco party. As always delicious food was served by our amazing chefs with help from our campers and swimmers enjoyed daily access to the wonderful swimming pool on site.

Woodlarks continues to remain a much loved and anticipated date for the NASCH family and we all look forward to coming together to share hobbies and creating lasting friendships. I have the absolute joy of including a few pictures for you all below:







### Club News: PALS Swimming Club

Our Vice Chairperson, Kathy and I were invited to a presentation evening hosted by Minehead Lions Club. PALS had been chosen to receive a donation alongside seven other charities, including the RNLI, Dorset & Somerset Air Ambulance and Exmoor Search & Rescue, to name just a few. We felt very honoured to stand amongst such well-known and worthy causes. Each charity was presented with a cheque for £400, and on behalf of everyone at PALS I would like to express our sincere gratitude for this very generous donation. For a small charity like ours, support such as this really does go a long way and makes a genuine difference.



We recently made the difficult decision to increase the swimming session fee from £7 to £10, whilst keeping annual membership fees and minibus charges unchanged. We understood that these are difficult financial times for many people, and we are grateful that members were understanding of the reasons behind the increase.

Unfortunately, rising costs continue to affect us. Fuel prices have had a significant impact, with our weekly fuel costs increasing from around £40–£50 to £70–£80. For a small charity, increases such as these can quickly absorb any additional income and place pressure on our finances. We are keeping the situation under close review, particularly regarding future transport costs.

Alongside financial pressures, we are also facing challenges with volunteers and staffing. Our committee now consists of only six members following Anne Robinson and Morag Penrose stepping down for personal reasons. I would like to sincerely thank both Anne and Morag for all their hard work and dedication to PALS over the years.

PALS means a great deal to many people, and we are committed to ensuring it continues for many years to come.

**Ian Ware**  
Chairman

## Club News: Maidstone Swimming Club



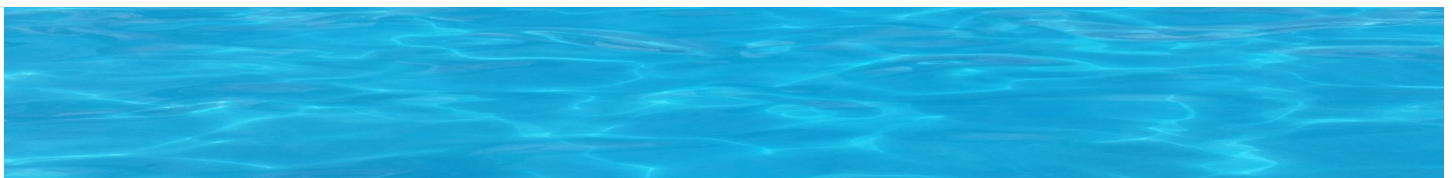
Maidstone Swimming Club for the Disabled completed again our Annual Swim Relay on March 22nd 2026 and raised a Marvellous amount of money for Demelza House.

A grand total of £1,100 🙌🙌

And each member received a well deserved medal. 🏆



**Barbara Winter  
Chairman**



## NASCH Merchandise

We have very few NASCH 60th polo shirts available but new stock is expected by the end of June in red, green and burgundy. We still have stock of the swimming caps, mugs and bottles available from the NASCH office. Please contact Lydia at [naschswim@hotmail.com](mailto:naschswim@hotmail.com) for more information. Alternatively, you can order from our website at: <https://naschswim.uk/shop/>.

## 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

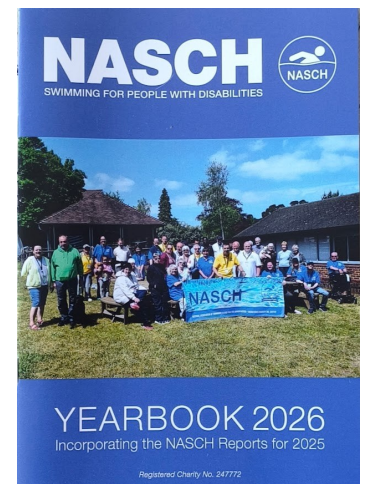
We also have a number of NASCH pin badges that are available to purchase at a small cost. If you would like a little piece of NASCH history, please contact Lydia at the NASCH office for more information.

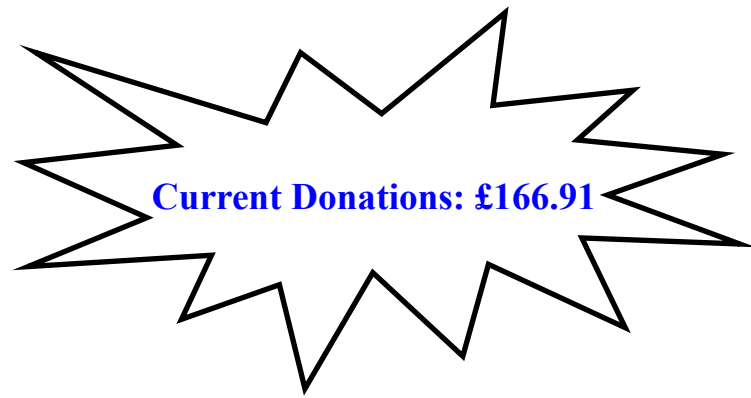


## NASCH Yearbook

The 2026 NASCH Yearbook is now available and is obtainable from the NASCH office.

*If you feel able to donate to NASCH please visit our website at: [www.naschswim.uk](http://www.naschswim.uk) or alternatively contact the NASCH office at [naschswim@hotmail.com](mailto:naschswim@hotmail.com).*





Just by signing up with easyfundraising and turning your everyday online shopping into **FREE** donations for NASCH, you have helped us to raise over £100!!

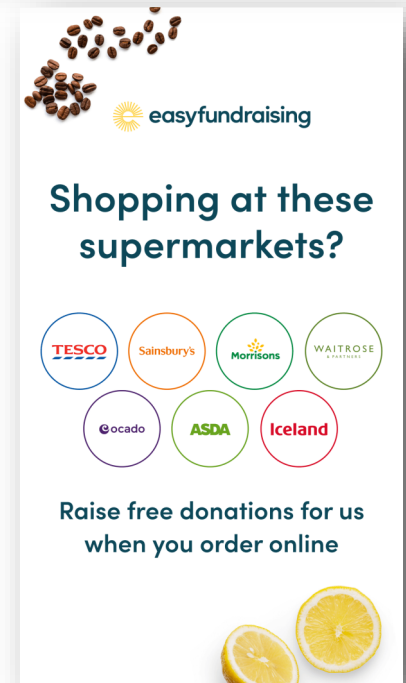
If you have not already done so, you can still join up by finding the NASCH donation page at:

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

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



Raising free donations for NASCH has never been easier. All you need to do is sign up to easyfundraising to become one of our supporters, then shop online at your favourite supermarket. Your shopping will cost exactly the same, but we will receive a free weekly donation. How great is that?



Have yet to book a summer holiday? TUI, Booking.com, Haven Holidays, Expedia, loveholidays & 1,000s more work with easyfundraising so NASCH can receive a free donation when you book! On average, we could get a £30 donation from a trip you are booking anyway!

To find out more, please visit: <https://www.easyfundraising.org.uk/travel-hub/>