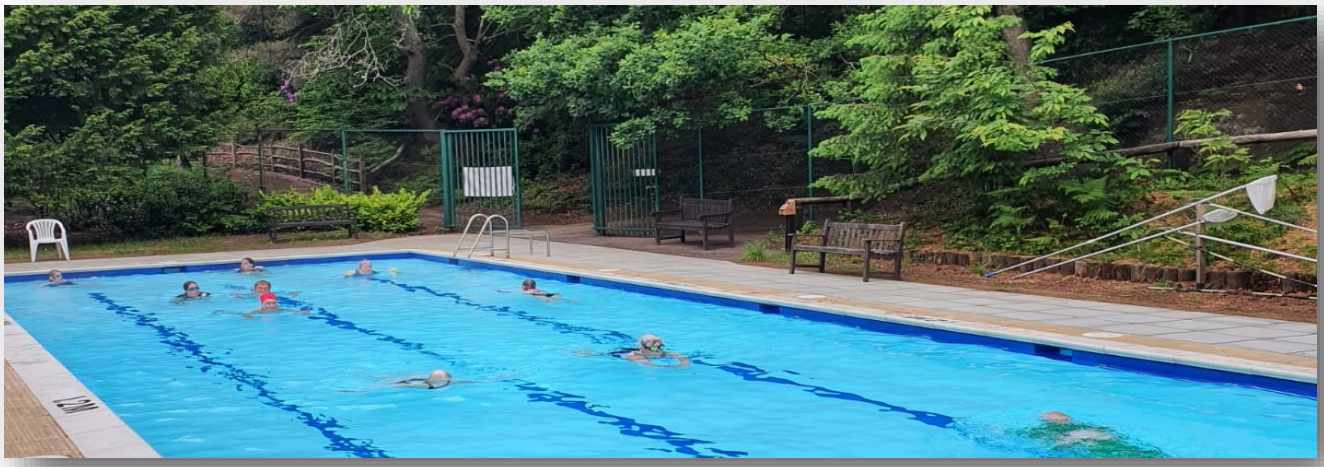


Disability is not inability

What to expect from this issue:

Welcome to a considerably bumper edition of NASCH news. We always love to hear from our members throughout the country. In this edition, we are lucky enough to share exciting news from Eastleigh Disability Swimming, Scarborough Disabled Swimming Group, Keynsham Seals, Hull Optimists, P.A.L.S. Club and Platypus Swimming Club.

I am also excited to share an update on the availability of our new merchandise as well as opportunities to raise **FREE** donations for NASCH through easyfundraising. With donations in mind, everyone at NASCH are incredibly grateful to the Douglas Arter Foundation for their kind and generous donation, helping us to ensure we are able to provide essential swimming, fitness and friendship opportunities for both 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.

Club News:

Eastleigh Disability Swimming

Our swimming sessions have been running as usual, as we do not have a summer break, but continue even though some members take their holidays during the school holidays. Out of the pool, we had our Summer Social at the Marwell Resort, near Winchester, a camp site with many facilities, including "Adventure Golf". So on a Wednesday evening, we all congregated, starting in the restaurant. Food was very good and enjoyed by all.

Once the dining was complete, we adjourned to the eighteen hole course which one member described as "Crazy Golf on Steroids !". Just to make it more difficult, on this hole, the sails of the windmill can be rotated to really put you off !

One of the other holes, and thankfully no moving parts.

And unusually for us, the weather was warm and dry, as we have a reputation for wet and windy conditions !

Paul Kirkpatrick

Hull Optimists

As they always do, Carol Wild and Carol Holmes had a great time at Woodlarks this year. Our swimmers continue to enjoy learning new water skills and whenever anyone gets a new badge our social media officer always puts a post on our WhatsApp and Facebook pages. We now have a new website and Instagram account too, run by younger members of the club.

Before the end of term in July we held a very well attended social night in a local community centre where we had a fun quiz and stand-up Bingo. Everyone brought food to share. It was free to enter but people donated what they could on arrival, which coupled with the takings from the raffle, proved to be not only an enjoyable night out but also a lucrative way to raise funds. An application for a charitable grant to help with the costs of pool hire and towards future training courses was successful so we no longer have the financial concerns that we had the previous year, though we will always have to fundraise each year to remain viable.

The main cause for concern now is the forthcoming pool closure, as we will only have 6 sessions before the hydrotherapy pool closes for refurbishment on 28th September and won't reopen until January. During the school holidays we all kept in touch with posts of our holiday snaps and will endeavour to keep up contact with club members using social media until we can all attend pool sessions again.

Scarborough Disabled Swimming Group

Scarborough Disabled Swimming Group is a volunteer led charity that continues to offer a variety of activities throughout the year to support members by providing accessible aquatic and fitness activities for people with disabilities and their families.

With our lottery grant funding we are currently offering:

Aquacise – water based exercises which we can take social prescribing referrals from GP's for

All age Aqua Sensory Sessions

Family fun splash sessions led by play co-ordinators to improve water confidence, co-ordination and mental wellbeing.

Learn to swim awards for children

Swim and natter sessions – come and make some new friends while keeping fit

Over 50 swim sessions

Good boost sessions including rehab programmes and water safety awards

I-active sessions including yoga, badminton and chair based exercises and soft play and supported gym sessions

I – develop sessions where adults can learn to swim

Monthly wellbeing walks

This month in association with SO North Yorkshire, Everyone Active and Kingfishers Swimming Club we are also holding our third Special Olympics Come and Try it Competitive Swimming Gala on Sunday 20th September. 10 – 4pm at Scarborough Sports Village.

This is a friendly, welcoming event that gives swimmers with intellectual disabilities the opportunity to enjoy racing, making new friends and being part of a fantastic event

If you would like to find out more about becoming a member and any of our activities please take a look at our website or Facebook page and we hope to welcome you at one of our events soon.
Www.sdsg.org.uk/about contactus@sdsg.org.uk
01723 363600

Keynsham Seals

Keynsham Seals' Disabled Swim Club are holding a Celebration Day on Sunday 18th October to celebrate the valuable opportunities it has provided for its members for the last 50 years.

Originally named Keynsham Red Cross Seals, the club was started in June 1976 by two Red Cross volunteers. Its aim was to provide opportunities for disabled children and adults to access swimming and live a fuller life. Those that set it up were trail blazers, commendably overcoming many difficulties and problems to ensure members could enjoy the physical and psychological benefits of swimming. Helpers were immensely dedicated, with no lift, hoist or poolside changing rooms physically disabled members had to be pushed up the long ramp at the back of the centre, changed in the first aid room and then carried into the pool. However, everyone was rewarded with seeing the sense of freedom and independence members felt as they swam, many managing movements that they found impossible when out of the water. The club thrived and over the years held swimming galas and parties for its members. Their work was praised and valued by many. Founders and helpers were celebrated, congratulated and rewarded with donations and visits by dignitaries and most notably a visit from Princess Diana in December 1984 linked to her work with the British Red Cross.

Today 50 years on, Seals is still going strong. Life is a little easier for helpers and members, with a lift down to the poolside, designated changing rooms and hoist, as well as a motorised pool pod to lower members into the pool. Members still gain so much from the sessions, those with physical or learning disabilities very much relish the independence and freedom in the water. The club provides an essential lifeline for many. There is a very strong sense of community within the Seals members. Families and individual adults and carers all enjoy catching up each week as they swim, they support one another, have fun and build beneficial friendships.

Seals is a registered charity run by its member volunteers. It meets every Sunday 11.30am till 12.30pm throughout the year. Individual disabled adults swim for £10 per month with a carer included, and families for £20 per month, there is an additional £10 annual membership. On their Celebration Day they have an introductory offer of the first month free.

Rachel Parker
Chairperson

P.A.L.S. Club

A MESSAGE FROM IAN, OUR CHAIRMAN:

As we move towards the autumn, I wanted to take this opportunity to share a few thoughts about the future of PALS and, more importantly, the ambitions I have for our wonderful little charity.

First and foremost, I never want us to forget what makes PALS so special. We may be a relatively small charity, but we achieve an enormous amount. Every week, PALS brings people together to enjoy exercise, friendship and companionship in a safe and welcoming environment. For many of our members, PALS is about much more than simply getting into the pool – it is about keeping active, maintaining independence, meeting friends and being part of something special.

I believe PALS has a very exciting future ahead of it.

My ambition is for us to continue to grow and develop PALS over the coming years – increasing our membership, strengthening our volunteer team, developing our fundraising and social media, improving the services we offer and, wherever possible, providing even more opportunities for our members to enjoy themselves together**. But ambition alone isn't enough.**

PALS can only be successful if we all share that ambition. The committee and volunteers can provide the direction, organisation and hard work, but PALS belongs to all of us. Every member has an important part to play in helping our charity thrive. Whether that means encouraging a friend to join, supporting our fundraising, volunteering occasionally, helping with trips or simply spreading the word about PALS, every contribution makes a difference.
One area I am particularly keen to develop is our social side.

This year we have already enjoyed two very successful outings – a trip to a Garden Centre and a visit to Stogumber Station (see article and pictures in this Newsletter). Both trips were very well supported, and it was fantastic to see so many members enjoying themselves, having a chat and spending time together outside of our normal pool sessions.

The response has encouraged us to look at increasing the number of trips and social activities we organise. We would love to give our members more opportunities to get out and about, explore different places and, most importantly, enjoy each other's company. We are already looking at ideas for future trips and would welcome suggestions from members about places you would like to visit.

BATHING BELLES – PALS MEMBERS' CARNIVAL ENTRY

Platypus Swimming Club

Platypus Swimming Club, serving the districts of Welwyn, Hatfield and the wider Hertfordshire district, were delighted to hold a celebration of the Club's 60th Anniversary on Sunday 5th July 2026.

We were blessed with fabulous weather and enjoyed a great barbeque at historic Mayflower Place. Members and guests were entertained by a super table magician and all received a personal memento of the event from the roving photographers. Special guests included our original Club Secretary, Betty Holton, a member of the Club since its formation and still an active member of the Committee! We were also delighted to welcome The High Sheriff of Hertfordshire, the Mayor of Welwyn Hatfield and the Mayor of Hatfield to the event and they spoke of how impressed they were with the Club and the opportunity it gives for local disabled people, their families and carers. Better, who manage Hatfield Swim Centre, were also in attendance plus Welwyn Hatfield District Council, whose support has recently helped the Club receive a most welcome grant from Sport England. We were also delighted to welcome Harry Arnold-Pepper, paraswimmer and Campaign Ambassador for 'No Limits 2026 – Hertfordshire's Year of Disability Sport & Physical Activity', accompanied by his Mum, who gave an inspiring speech.

A wonderful day was had by all celebrating the special place Platypus Swimming Club has in the heart of the community.

Members gathering for the speeches.

Harry Arnold Pepper and his Mum.

The High Sheriff of Hertfordshire, Anna Rankin, with Graeme Rollings, the Club Chairman.

NASCH Merchandise

We have fresh branded NASCH t-shirts in green, blue, burgundy and red (various sizes available), as well as 60th anniversary NASCH bottles, mugs and swimming caps available from the NASCH office. Please contact Lydia at naschswim@hotmail.com for more information.

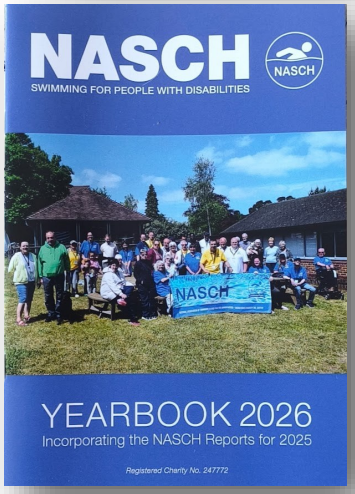
Water Skills Badges

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



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 or alternatively contact the NASCH office at naschswim@hotmail.com.

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Support us through

easyfundraising

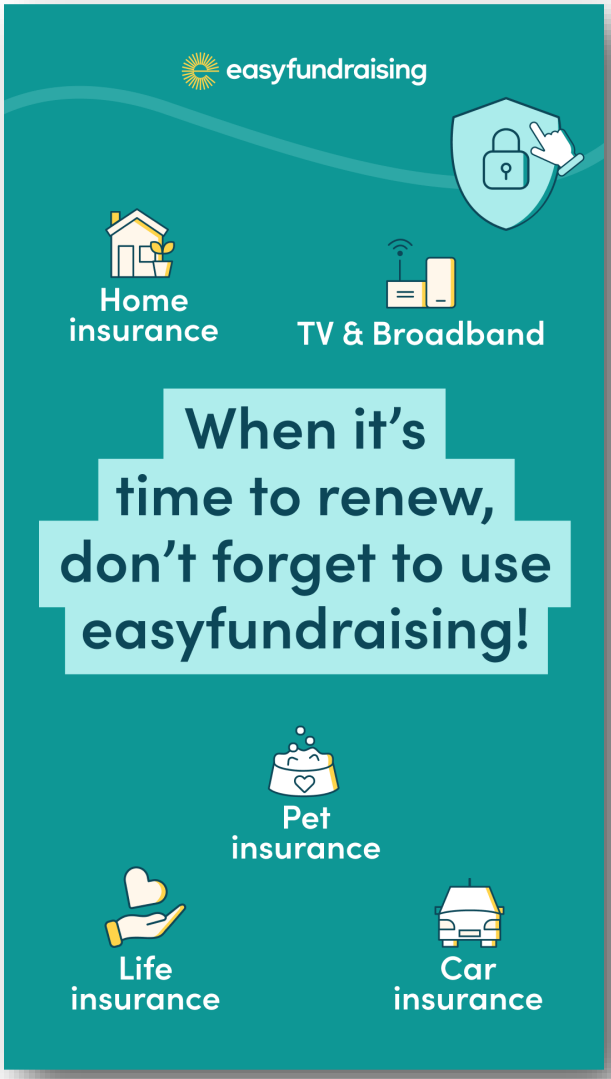
Current Donations: £227.97

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:



Did you know that insurance donations, such as car, home, life and pet insurance offer some of our biggest donations? When it's time to renew your home or car insurance, compare and switch through easyfundraising. It won't cost you a penny, but it could raise, on average, a £15 **FREE** donation for NASCH!

It's also never to early to mention Christmas! If you are getting ahead of the rush and thinking about online shopping, don't forget to shop through easyfundraising. Each present you buy for others, will mean NASCH will automatically receive a **FREE** donation.

I promise you these donations really do make a world of difference.