



## Swimming

for people with a disability

# NEWSLETTER 2013



## Chairman's Report 2012/13



Welcome to Councillor Shirena Counter Chairman of Watford Council and our President for this year.

2012 was a great year; we had the Jubilee, the Olympics and Paralympics, which has changed peoples view of people with disabilities.

Members of the Committee have been attending meetings to promote and raise awareness of the club. Dave Sturgess and I met with representatives from Watford Council to try and secure funding. I had a meeting with them to discuss their Draft Voluntary and Community Sector Commissioning Framework. Both meetings were very productive as the Council now realises that we provide a service which they cannot provide.

The committee has made the decision not to attend any external galas for the foreseeable future; however, we will still hold our annual in-house gala.

The club has been affiliated to NASCH for many years but the committee has considered the benefits and have decided to not to renew our membership.

All our volunteer helpers have been CRB checked and have to attend a level 1 child protection training course.

We have adopted new Child and Vulnerable Person Protection Policy, Anti-bullying Policy and Equality and Diversity Policy which can be viewed on our Website

All members were sent a questionnaire with an invitation to the AGM. The questionnaire was regarding activities members would be interested in the future. If you still have the questionnaire, would you kindly complete it and hand it in at the welcome desk.

I would like to thank all the committee and helpers for their help and support over the past year without them you would not have a club, and also a thank you to David Wood who is stepping down as Membership Secretary.

I am concerned for the future of the club. No nominations for the posts of Secretary and Chief Instructor have been received, these are 2 key roles. Linda Wood has been Secretary for many years and has also been assisting David Wood with the role of Membership Secretary. This is too much work for one person. Linda has decided to resign from the post of Secretary, but has been nominated as Membership Secretary, which she is happy to do. A big thank you to Linda for all her hard work and commitment to the Club. You may remember that the post of Chairman was up for election at the last AGM but there were no nominations, so I felt that I had to stand again, but we will require a Chairman in 2 years time. Linda and I have agreed that for the time being we will do the secretary's job between us, As we still have our own roles to fulfil we are looking for someone to take on the roll. If you would like to be more involved in the club and have the skills to join the committee as Secretary or Chief Instructor please let me know.

The club has been very well attended over the last 12 months we had 1254 member attendances, 775 family and carer attendances and 945 helper attendances.

Members have enjoyed swimming, aqua aerobics, pool games and the sports with Lizzy in the sports hall. Norman has also run a couple of sessions of ring work in the teaching pool which was enjoyed by all those who took part. *Jane Stonelake.*

## Awards presented at AGM



**Hannah Coker** was awarded **The Endeavour Cup**. Hannah joined the club a year ago and would not go into the water but with the encouragement of her parents and our helpers she has blossomed and can now be seen paddling around the pool with her woggle.



**Lizzy Duck** was awarded **The Raphael Tuck - Personality Cup**. Lizzy is not really a member of the club but has been bringing her skills in the Sports Hall, encouraging members who do not want to swim to play various games



**Katie Griffiths** was awarded **The Founders Cup**. Katie attends regularly, and has a caring attitude to all the swimmers and has been praised by one of our more mature members for the help and confidence that she has given her. She is a valued member of our helpers' team.



**Linda Wood** was presented with flowers and a huge thank you for all the hard work she has put into Sea Lion Swimming Club as Secretary for the last 12 years. Linda is now Membership Secretary.

## Dates for your diary

Our in-house gala will take place on Saturday 6th July. There will be a limited amount of normal swimming in the teaching pool.

Our summer outing will be to Lincolnsfield on Sunday 1<sup>st</sup> September Details to follow.

**OXHEY HALL OPEN GARDENS** is to be held on **Sunday 16th June** 2pm until approx 5pm.

Entry fee is £3 for adults, £1 for children.

**The following gardens are open are:-**

5 Raglan Gardens,  
156 Hillcroft Crescent,  
72 Oaklands Avenue,  
102 Oaklands Avenue (access through no. 104)  
104 Oaklands Avenue,  
129 Oaklands Avenue,  
134 Oaklands Avenue,  
154 Oaklands Avenue.

Plants and refreshments will be on sale at trading hut next to 101 Oaklands Avenue. All proceeds from this event will be donated to Sea Lion Swimming Club.

## COMMITTEE MEMBERS:

Chairman	Jane Stonelake
Treasurer	Dave Sturgess
Chief Helper	Alan Loveday
Membership Sec	Linda Wood
Social Secretary	Colin West
Public Relations Officer	Joy Thomson
Fund Raising Officer	Vanessa Mackay
Gala Organiser	Nick Lillley
OWP	Beryl Cook
OWP	Nabs Lillley
OWP	Alec Turner

Article featured in *Watford Observer* Friday 19<sup>th</sup> April, 2013.

## Dedicated Watford Sea Lion Swimming Club volunteer receives £1,000 bursary

By Frazer Ansell



A woman who has volunteered at Watford Sea Lion Swimming Club for disabled people for more than 30 years has won a £1,000 bursary to support her work.

Volunteer Jane Stonelake has won the bursary as part of the The Brewers Fayre Local Heroes scheme run by the Rising Sun outlet in Whippendell Road, Watford.

The scheme aims to search and discover "selfless individuals" who go the extra mile to improve the lives of others in their community. The scheme invites residents to nominate those in their area who they believe are the most deserving.

Jane was nominated by her friend, Vanessa Mackay, who praises her continuous hard work and dedication to the Sea Lion, of which she is currently chairwoman. The club offers people of all ages with a temporary or permanent disability, a place to swim in safety and somewhere to enjoy the water.

Vanessa said: "When I read about the campaign I immediately thought of Jane. She has dedicated her time to the club for so long; I couldn't think of a more deserving person."

Jane, who plans to use the bursary to help fund a programme of activities that will be available to all members, said: "This is fantastic. This money is just what we need to assist in running extra activities at the club and reach out to more people. This is great news for everyone, not just me."

Emma Price, Marketing Manager of Brewers Fayre, said: "It is a pleasure to award this bursary to reward Jane for her commitment to helping those less fortunate in the community. Jane is a true hero in our eyes and we hope

this money will help her continue her hard work . (Jane did not keep the champagne as it was a prop!)

### Photos from last years' summer outing to **Lincolnsfield**

