

Swimming at Motcombe Pool every Sunday afternoon with the Sovereign Swimming Club for Disabled People

Registered Charity No. 263846

Summer 2010 Newsletter



20-Jun-10

AGM and Your New Committee

The 38th Annual General Meeting of your club, attended by only 10 people, was held on Friday 4th June. The bad news is the club made an operating loss of over £1,300 last year.

The good news, however, is that after several years without a Social Secretary on the committee, we now have TWO, with Mags Pearson and Jill Parker sharing the role. An introduction about themselves and what they aim to achieve is attached. Your new committee now comprises:

Chairman	- Rowena Gausden
Secretary	- Bob Gausden
Treasurer	- Chris Merredew
Social Secretary	- Mags Pearson & Jill Parker
Swim Reps	- Shirley Barrow & Mel Clarke
Chief Instructor	- Derek Cheeseman

Award of Club Shield and Rose Bowl



Peter Sands with the Shield & Chris

This year's winner of the Club Shield for "Courage, Determination and Effort" is Peter Sands, who first won the shield in 1990 and in the intervening 20 years has clocked up an amazing 250 miles of swimming lengths at Motcombe Pool.

The Rose Bowl was awarded to Jill Parker who although very involved with running her own charity still has time to help and assist our club, including hosting a summer barbeque.



Swimming Matters

A reminder of what to do in an emergency. If the fire alarm sounds, or there are prolonged blasts on the whistle, go to the side of the pool immediately and await instructions.

If we have to evacuate the pool, helpers will assist you to form a queue near the emergency exit. You must **not** return to the changing rooms, even for towels, wheelchairs or belongings. Blankets will be issued if we have to evacuate the building.

Bob keeps a record of who comes to each session. If there is an emergency, we need to know who is on the premises so please make sure Bob is aware of when you arrive and leave the building. Remember, this is for everyone's safety.

Barbeque - Sat 14th August

Start celebrating having two Social Secretaries by enjoying our Summer Barbeque on Saturday 14th August from 12 to 4 pm at 7 Wannock Ave.



Cost is only £5 per head. As well as the barbeque there will be a tombola, cake stall and games with prizes.

See the attached flier for more details and a booking slip.

Seafront Fun Walk - 6th June



Carol Ring, Jan Coleman, Neil Batt, Rowena, Neil Adams and Bob at the start of the Fun Walk

The sun shone for our Fun Walk along Eastbourne's seafront on the morning of Sunday 6th June. The walkers enjoyed a leisurely three mile ramble to Treasure Island and back and raised £450 for club funds.

Grateful thanks to everyone who sponsored the team.

Christmas Party

Dance the night away with Steve's Tropical Disco during our 2010 Christmas party at the Congress Hotel on Friday 10th December.



Make a note in your diary now!

The Sovereign Swimming Club for Disabled People

Registered Charity No. 263846

Social Secretary – Maggie Pearson / Jill Parker

c/o 7 Wannock Avenue, Willingdon, Eastbourne, BN20 9RP



SUMMER BARBEQUE

SATURDAY, 14TH AUGUST 2010.

AT

7 WANNOCK AVENUE, LOWER WILLINGDON

AT

12.00 - 4pm

TOMBOLA

CAKE STALL

GAMES WITH PRIZES

COST £5 PER HEAD.

Main BBQ and Soft Drinks will be provided but if anyone would like to donate a Dessert it would be very much appreciated. Should you require anything stronger to drink, please feel free to bring it along!

✂.....

Name.....

Tel No:.....

Numbers.....

I enclose cash/cheque to the value of.....

I/We can provide: Cakes/type.....

I/We can provide: Desserts/type.....

**Please return completed tear off slip to: Rowena and Bob at the Pool side or at the address above.
We look forward to seeing you. *Maggie Pearson and Jill Parker* Social Secretaries**

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Dear Members,

At the recent Sovereign Swimming Club Annual General Meeting, where regretfully, only 10 people, including Officers attended, Maggie Pearson and Jill Parker offered their services and were voted in as your Social Secretaries for a year, this post having been vacant for several years. We should like to introduce ourselves to you and hope you will support our endeavours for Social Events and also fundraising initiatives to raise the profile and much needed financial support of your Club.

Maggie Pearson. "I am a Member of the Sovereign Swimming Club as a disabled person and very much appreciate the facilities that are provided for me and the friendly and supportive environment. Long may it continue".

Jill Parker. "I am an Associate Member of the Sovereign Swimming Club and my daughter is a Member with a Learning Disability. My daughter enjoys her sessions at the Club and being able to meet up with her friends and I enjoy the relaxed atmosphere, where everyone is understanding, with regard to the needs and difficulties of people with a learning disability. I appreciate all the hard work of the Committee, the Chief Instructor and the Volunteers who support many of the swimmers".

It was made clear during the AGM through the Chairman, Secretary and Treasurer's Reports that much hard work and dedication has been undertaken by your Committee over the years. The Annual Accounts showed a decrease in income and although there are sufficient funds to maintain the Club for the next year, should a crisis occur with a new hoist being required, sufficient funds would not be available.

We are organising the Annual Summer Barbeque this year with some additional attractions, details of which you will find on a separate flier, but we are also applying for a day at the Win a Car Draw which is held in the Arndale Centre, Eastbourne, nearing Christmas. All ticket sales on the individual charities' day goes directly to the charity, but to enable us to undertake this event we shall require your support, as the ticket sales table needs to be manned by 3 people at all times. We cannot be assured of being successful with our application but would like to know in advance if we have sufficient support for this event.

✂.....

I/we would like to help at this event:

Name/s:.....

Tel No:.....

9am – 11am..... 11am – 1pm.....

1pm – 3pm..... 3pm – 5pm.....

Please return slips to Rowena and Bob at the poolside or to us at the address above.