



Welcome!

“We hope everyone had a wonderful Summer. Now most people – swimmers and helpers – are back from their holidays we expect sessions to get busier now so we look forward to see some returning faces we haven't seen for a few weeks!

“The main event we're all excited about is the Puffins Gala taking place on 12th October. This annual event is our chance to play host to local swimming clubs and everyone has a chance to take part. Please sign up to swim or help if you haven't already.”

Tasha Fleming, Puffins Club President



Puffins news

Puffins helper survey

Puffins would not exist without the support, enthusiasm and valuable time given to us by our helpers. So to ensure we meet our helpers' needs, we would really value your feedback and views.

Please take a few minutes to fill out this short online survey, and tell us what you think:

<https://www.surveymonkey.com/s/S6TBSK3>- your answers are strictly confidential.

Thank you to those who have already completed it, we've had some really useful feedback so far.

Committee update

There will be a few changes to the Puffins committee over the next few months so keep an eye in the next newsletter for some announcements, but we're really keen to hear from you if you think you have something to offer the club as a swimmer, carer, family member or helper and would be interested in joining the committee. For example we're keen to create new roles so if you're specialised in a medical condition, trained as a physio, work in sport, interesting in organising events, work in communications/journalism, have experience in fundraising or work in a charity we'd love to hear from you.

So far Anna Warrington and Chris Gardner have kindly offered to take on committee positions to help support the club next year. We thank them for making this commitment and look forward to their contribution as we're sure they will bring a lot to the club.

Fundraising update

It has been a very quiet summer for fundraising, so we are looking for ideas that can help raise valuable funds for the club. If you have an idea that could bring even £50 to Puffins, please let us know. Rich has suggested a bucket collection at a Sainsburys. It's a great idea, but we would need lots of people to help out. If you think you could give an hour or two to help with this, please let Rich know. More details will follow.

New equipment

Jane has kindly ordered some new rashvests for everyone to borrow, as a few had gone missing and the remaining ones are looking a little worn. They come in a variety of sizes. Please ask if you want to borrow them and make sure they're returned!

Recent events

Puffins training session, 8th September

This training session, aimed only at helpers, covered things such as what to do if you are worried about someone's safety in the pool and individual swimmer's goals. We hope to run more sessions in the future. Please let us know if you have any suggestions for training topics.

Venturers Gala, Enfield, 7th September

Lynn, Mike and Ben travelled to Enfield on Sunday 7th September to compete in the Venturer's Gala. The team triumphed in the relay event winning Silver. Mike Samuels swam an amazing race to win gold in the Men's One Length race. Ben and Lynn swam very fast in their races and narrowly missed out on medals. Well done to all swimmers that took part. This has provided the perfect warm-up for the home gala on Sunday 12th October.

winning bronze for the ladies' x2 lengths, and the team walking away with the silver for the team relay. Well done everyone!

We would also like to thank Eva Salisch for inviting us to their gala. It was a great afternoon!



Lynn, Ben, Tony and Mike with their silver medals



Ben, Mike and Lynn with the local mayor

Halliwick Penguins Gala, 14th June

Lynn, Tony, Mike and Ben, took part in the Halliwick Penguins gala. Puffins did tremendously well, with Ben winning silver for the men's x3 length, Lynn

Puffins outing, 22nd June

This year, we scratched our heads for a while wondering where to take our swimmers and helpers for our annual outing. Luckily, David, one of our new helpers, stepped in and suggested the Hyde Park Barracks where he works, for a private tour. Hyde Park Barracks, located near Knightsbridge, is the base for the Household Cavalry Mounted Regiment, which carries out ceremonial duties on State and Royal occasions in London.

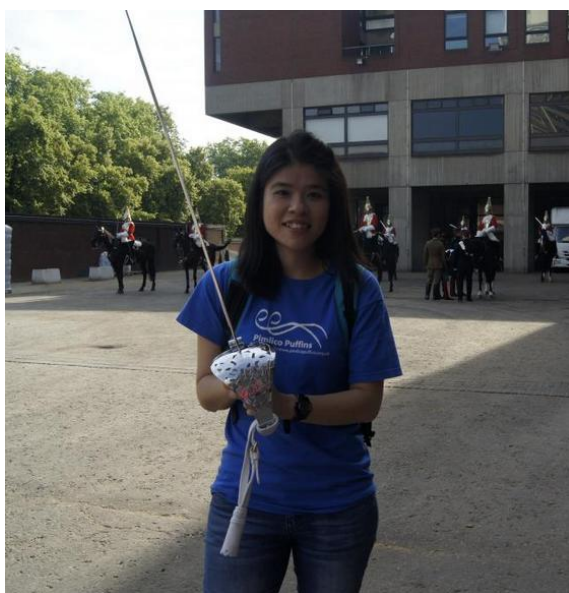


So one Sunday (very early) morning at the end of June, a big group of us were very lucky to visit the Barracks, where we got to meet the horses, see where the soldiers work and learn all about the time and effort it takes for the Household Cavalry to clean their kit and equipment to ensure it is spotless at all times.

This was then followed by a lovely picnic and an afternoon walk in Hyde Park.



Raul, Claire and Terry think about sparring



Corinne also tests her swordsmanship

Dates for your diary

Puffins Gala, Sunday 12th October, 3pm at the Queen Mother Swim Centre

The Puffins Gala is a great chance to bring together our swimmers, carers, helpers, families and other supporters of the club on a weekend and swim with our peers at other London clubs. It takes place on Sunday 12th October, from 3pm, followed by refreshments and an awards ceremony.

For swimmers, don't forget to sign up as the gala is only a few weeks away. For those that haven't attended before, speak to any member of the committee to choose an event, then you'll need to time how long it takes you at race pace. The aim of each race in the gala is to swim as close to your target time as possible, as well as to compete against swimmers from other clubs.

For helpers, we need as many of possible to come and help coordinate the event so please let the committee know if you're available. Tasks on the day include time keepers, results coordinator, VIP liaison – even those to serve food and make the essential post-swim tea and coffee!

Puffins member of the quarter

The Committee nominates a club member of the quarter for their improved swimming and / or contribution to the club.

This month we nominate Janet. Janet is a fantastic asset to our club, who, during her time with us has recruited at least three new swimmers. Her warm, caring approach with volunteers, swimmers and careers alike, has a very positive influence on everyone. Janet's values represent the very reason we all come to Puffins. Thank you Janet!

Other news

It seems there is something in the water as we can announce quite a few pregnancies of helpers due very close together! Rosie Cresswell is having a baby in December and Mary, Tasha, Sophie and Rich's wife are all due to have babies in February. Congratulations all!