



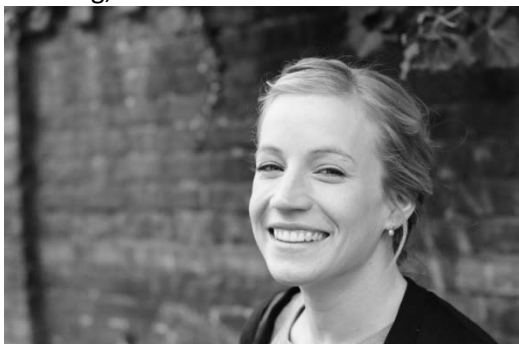
**Welcome!**

“Welcome everyone to the Spring 2013 Puffins newsletter. After taking three months off on maternity leave, it’s great to be back and see everyone again and thanks to Jane for managing the sessions while I’ve been away.

We have lots of news in this issue, including dates for the outing and gala, so put these in your diaries. We’re also keen to hear your fundraising ideas to help pay for the bus service.

I hope you’re all still enjoying the sessions and I look forward to helping you all get in training for the gala in September.”

Tasha Fleming, Puffins Club President



**Puffins news**

**Bus costs**

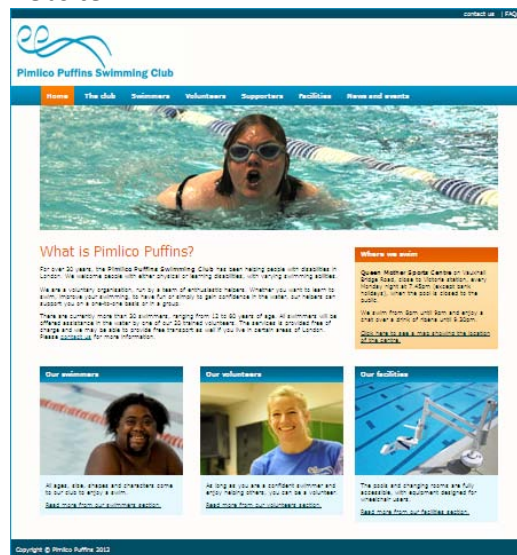
There is one major piece of news since we announced impending Council budget cuts last year, and the potential threat to our transport service. Whilst we still get a bus service to pick up those least able to get to and from Puffins, we’re now being charged for 25% of service. Although we are still really lucky to get the bus service, we did previously receive this for free so this is a big shock for the club’s finances, and could have very serious implications to the club and our swimmers if we do not manage to raise the funds. We estimate that it will amount to between £1,500 and

£3,000 per year, depending on whether we use one or two buses each night.

We are really keen that swimmers can continue to enjoy using the service for free, but it does mean the club will need to fundraise to cover this cost, so we welcome your ideas. Some early suggestions are that maybe some swimmers or helpers can help fundraise through doing a sponsored sports race or event or access grants through their work. Please let us know if you have any ideas, or if you’re willing to do something to help us meet this target. All fundraising achievements will be recorded in a new section of the newsletter, to keep you posted on how we’re doing.

This news also means that we are going to have to be more strict about people dropping out when they have booked the bus. This costs us money, as we may use two buses where one will have been enough. If you cannot make the session, and have booked to use the bus, please contact Lynn as soon as possible. If this continues we will have to say that if you do this three times, **you will no longer be able to use the service, or will have to start paying.**

**New website**



A big thanks to Corinne for re-designing the new Pimlico Puffins website: [www.pimlicopuffins.org.uk](http://www.pimlicopuffins.org.uk). It now looks a lot more slick and colourful, with more photos and new sections including news and events, and hopefully will help new potential swimmers and helpers to find out about the club and come and join us. The Committee would be grateful for your feedback and if there is other information you’d like

included on the site.

### Changing rooms

As you will have noticed, the changing rooms at the Queen Mother Sports Centre have been undergoing refurbishment. The ladies changing rooms have now finished and the men's will take another month or so. Thank you to everyone for being flexible in moving to different changing rooms whilst the work has been going on.

There are signs clearly signposting where the new changing rooms are, but if you have any questions please ask the Committee or staff at the centre.

### Rash vests

Since getting a selected number of rash vests for helpers to keep them warmer in the main pool we've had a really positive response. Many swimmers have also bought their own too. If anyone else is interested in getting a rash vest, the ones we recommend cost £17 from Decathlon ([www.decathlon.co.uk](http://www.decathlon.co.uk)). If you have any questions or aren't able to order online, please let Jane know.



### Swimmers – any questions/feedback?

As we've had quite a number of new swimmers and helpers joining Puffins recently, we would like to remind everyone that if you have any confidential issues or questions then you can speak in confidence to the swimmer on the Puffins Committee, Mike Welch.



### New helpers

We're still in need of new helpers, so please spread the word to your friends, family and work colleagues. We are usually lucky enough to get a new helper each month, but we also lose some, through leaving London etc, so we still need more. All we ask is that people are confident in the water, and are able to attend on a regular basis, the rest we can teach them, so if you know of anyone who may be willing to volunteer, please bring them along.

### Dates for your diary

**Venturers Gala:** 15<sup>th</sup> June, Albany Leisure Centre, Enfield

Please let Jane or Mike Welch know if you'd like to represent Puffins at the Venturer's Gala in Enfield – it's a fun day out and a great way to meet swimmers from other clubs. Ideally we need 2-3 swimmers and transport will be provided.

**Outing:** 30<sup>th</sup> June, location TBC

This is the day we look forward to most – especially if the sun shines! Please could all swimmers, carers, family and helpers put this date in your diary as it's a day away from the pool so that everyone can chat, eat, drink and enjoy a central London location (such as a park, stately home or other hotspot) suitable for all. One suggestion is a day out in Greenwich but please let the committee know if you have any ideas.

**Puffins Gala:** 22<sup>nd</sup> September, Queen Mother Sports Centre

Another key highlight of the Puffins calendar year is the annual Puffins gala. This is great opportunity to put all your training to practice and represent Puffins, as well as meet swimmers from other local clubs. The races are designed so that you compete against your own target time so every swimmer has an equal chance of winning.

Jane and Rich will be encouraging everyone to train and set up practice races in the next few months, so please put the date in your diary and consider signing up, or coming along to support on the day!

**Swimmer of the quarter**

The Committee would like to nominate a swimmer of the quarter for their improved swimming and contribution to the club.

This month we nominate Ti. He has gained a lot of confidence, swimming many lengths on his own, with a new swimming aid that gives him less support in the water. He has shown huge dedication to improving his stroke and overall swimming technique. He should be very proud of his progress!

**Others news**

Sophie Hemsworth got married to Andy Bloxam on 29<sup>th</sup> December. The club would like to congratulate them and wishes them a long and happy marriage together.



**Who is in Puffins?**

**Swimmer:** Norma Pearson



Norma with her guide dog, Jody.

**How long have you been a member of Puffins?** 8 weeks.

**How did you hear about Puffins?** Two ways; a free run group (a group where guide dogs run free) in the park and someone at reception at the Queen Mother Sports Centre recommended the club.

**What do you get out of Puffins?** It's friendly, I can swim with different people, everyone is cool with swimming in their own way and there is no pressure.

**Interesting fact about yourself:** I've been in an episode of Doctor's and have an agent.

**What is the name of your guide dog?** Jody.

**Anything else?** Thanks to all the helpers at Puffins and also to the staff at the Queen Mother Sports Centre for looking after Jody.

**Helper:** Rosie Cresswell



**Occupation:** Journalist in Latin American business and law.

**Nationality:** British.

**How long have you been a helper at Puffins?** Four years.

**How did you hear about Puffins?** Through my friend who used to be a helper, Hannah Pullen.

**What do you like about being part of the club?** It's fun, friendly and a good start to the week.

**Likes:** Running, travelling and cooking.

**Dislikes:** English weather, London public transport and demanding readers for my magazine can make it very stressful.