



### Welcome!

"It's almost time for Christmas so we wanted to do a round-up of Puffins news and celebrate some amazing achievements.

Congratulations to everyone who took part in the Puffins gala in October – we did better than ever with three gold medals and we came runner up overall – our best ever result! Thanks to all the helpers for making sure the event ran without a hitch.

We also won an ActiveWestminster award, to recognise that the club helps members to lead active, healthy lifestyles in Westminster. We were kindly nominated by one of our supporters who reads these newsletters, so it shows how important news about the club helps us get recognised for what we do.

On the fundraising side, we are pleased to announce that we have hit our target for providing the free bus service for the next year, so thanks to everyone for their contributions.

For those that couldn't make the Christmas meal on 11<sup>th</sup> December, have a wonderful Christmas and New Year."

Tasha Fleming, Puffins Club President



### Bus cost totaliser

Following the update in the last newsletter, we've now achieved our target of **£2,400** to pay for the bus service for the next year. This is a great achievement and is all down to the help of swimmers, helpers and rotary members. A huge thanks in particular to:

- Helper **Anna Warrington**, who raised £580 through a sponsored swim with work
- Helper **Emily Maddick**, who raised £732 at St. Margaret's Westminster Abbey on 5<sup>th</sup> July for the Medici concert, attended by 10 Puffins swimmers, helpers and their families
- Helper **Peter Lyons** secured a donation of £200 by his employer Sainsbury's
- Committee member **Rich Webster** secured a donation of £142.50 by his employer Sainsbury's
- Rotary member **Brian Styles** donated £36 at the charity concert
- Rotary member **Herbert Fuchs** donated £100 at the charity concert
- Committee member **Rob Davies** donated £100
- Rotary member **Herbert Fuchs** collected £500 of rotary dinner donations
- Rotary member **Judith Crow** donated £10 at the charity concert

### Puffins gala donations

At the Puffins gala we raised £1,150 towards running costs of the club from donations from all local rotary clubs and supporters of the club, so a big thanks to:

- Westminster East Rotary Club
- Westminster West Rotary Club
- Paddington Rotary Club
- Marylebone Rotary Club
- Jon Jeyes, former chairman
- The Meekins family, Puffins founders



**Last bus and Puffins sessions before Christmas**

Please note that the last date of Puffins and the bus service before Christmas is **Monday the 16th December**. The bus service and Puffins will resume on Monday the 6th January, meaning everyone will have two weeks off to enjoy a mince pie or three.

**Gerri Thompson**

It was with great sadness that we had to announce the loss of one of our treasured members this year. Gerri, who had been with Puffins for more than ten years, sadly lost her battle with cancer and passed away in September. We dedicated the Puffins gala to her, due to her commitment to the club and the huge amount of joy she brought to many of us. Her smile and laughter is sorely missed.

Gerri was a head teacher and passionate about working with disadvantaged children, so swimmers and helpers raised money for the Pimlico Toy Library that encourages children to learn through play. Maggie Harper, Coordinator for the Pimlico Toy Library was delighted with the donation and asked us to pass on, on behalf of their 344 members, volunteers, staff and trustees, a huge thank you to all those who contributed to Geraldine Thomson's memorial donation.



Gerri delighted at winning a trophy at our 2011 gala

**Awards**

We're really pleased to announce that in November, Pimlico Puffins won the Inclusion and Active category at the ActiveWestminster Awards 2013. This was presented by Paralympian medallist, campaigner and TV presenter, Ade Adepitan MBE to Tasha for her voluntary work at Puffins to help members lead active, healthy lifestyles in Westminster.



Tasha, accepting her ActiveWestminster Award from Ade Adepitan MBE and Cllr Steve Summers, won this award because despite some cuts to funding and transport in the last year, she has worked tirelessly to keep the Pimlico Puffins club running and raise funding to attract new members and volunteers.

Well done Tasha!

**New pool hoist chair**

We are delighted to announce that thanks to funding from Westminster East Rotary club, we have now purchased a new hoist chair. This has been desperately needed for a long time, as many of our swimmers have had to have their session shortened, due to coordinating the hoist with getting people changed. Now that we have two chairs, we can seamlessly get people in and out of the pool, as per their needs. With just two weeks of use, it has already made a huge difference to our members who are not able to use the steps, so thank you to the Rotary club for sourcing the funding. Equipment like this does not come cheap, and this chair cost us over £900 so we will take care to look after it.



Our shiny new pool hoist chair

**Recent events**

**Venturers Away gala results, Sunday 8<sup>th</sup> September**

Earlier in the summer, Lynn, Andrew, Mike Samuels, Tony, with Corinne in tow, took part in the Venturer's gala.

It was a fun and successful afternoon, with Lynn winning bronze for the ladies one length, Mike winning bronze for the men's four lengths, and the team winning silver for the relay. Well done everyone!



**Puffins Gala results: 13<sup>th</sup> October**

Thank you to everyone who took part in the Puffins gala in October. This annual competition sees Puffins swimmers compete against local clubs Venturers, Barking Beavers, and Halliwick Penguins in front of the Mayor of Westminster, Sarah Richardson and a huge crowd of spectators.

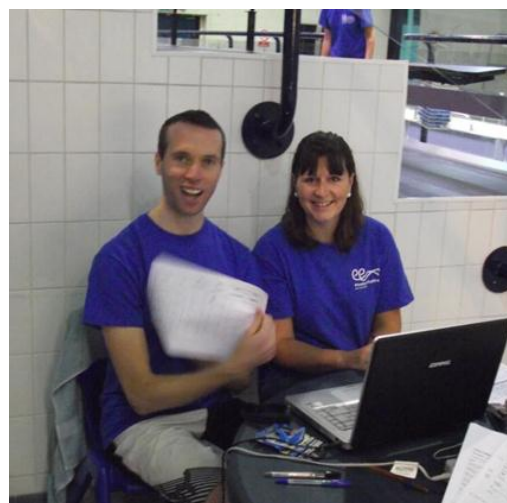
The results were:

- In the Ladies' Four Lengths Roisin Banks secured first place
- In the Ladies' Two Lengths Lynn Yambao won gold
- The Allcomer's Puffins trophy was won by Simon Ford, with Keith Dunmore in second place and Rob Darko in third place
- In the Men's One Length, Ryan Johnstone came third
- In the Instructor's 4x25m Relay, the Puffins team (Chris, Serena , Adam, Richard) achieved first place

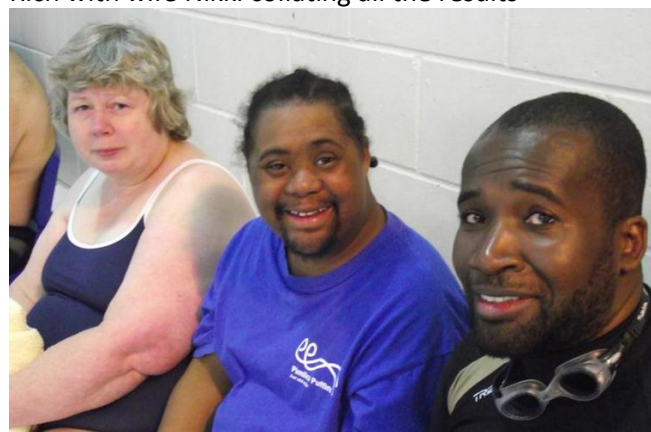
- In the Men's Two Lengths Tony Porter secured second place
- In the Allcomer's Diving, Mike Samuels came second
- In the Men's Four Lengths Mike Samuels achieved second place

Puffins came 2nd place overall, so congratulations to everyone who took part!

Thank you to all the helpers who ensured the gala ran smoothly and particularly to Tash to directed the event, Rich managing the results, Jane for arranging the awards and to Sophie, Jane (and Jane's husband Dave) for making all the yummy food that we enjoyed afterwards.



Rich with wife Nikki collating all the results



Lynn, Mike S and Rob get ready for their races





Keith and Andrew



Tasha with Roisin



Lynn during her two lengths race

**Free swimming hats**

Sophie has been given some silicon swimming hats in a selection of colours with country names on them. Please ask one of the Committee if you'd like one (for free). Top tip – as well as keeping your hair relatively dry and out of your eyes, swimming hats also help to keep goggles in place and stop them slipping down the back of your head.

**Swimmer of the quarter**

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

This month we nominate Roisin Banks for being such a great member of the club – always attending regularly and on time, bubbly personality and achieving gold in the gala. Well done Roisin!

**Who's in Puffins?**

**Helper:** Serena Manners



**How do you find out about Puffins?** I found out about Puffins through my work as a paediatric physiotherapist. A colleague volunteered with the Halliwick Club and recommended it.

**Why did you join Puffins?** To get more experience of helping people to swim.

**How are you finding Puffins?** It's a really friendly club and it's a pleasure to go when I can. There's no pressure and I always come away feeling great having had a nice time. I'm also learning too.

**Likes:** hockey, skiing and my frog onesie.

**Dislikes:** Anchovies, the sticky wall fairground ride and badminton.