



Disability is not inability



What's Coming Up:

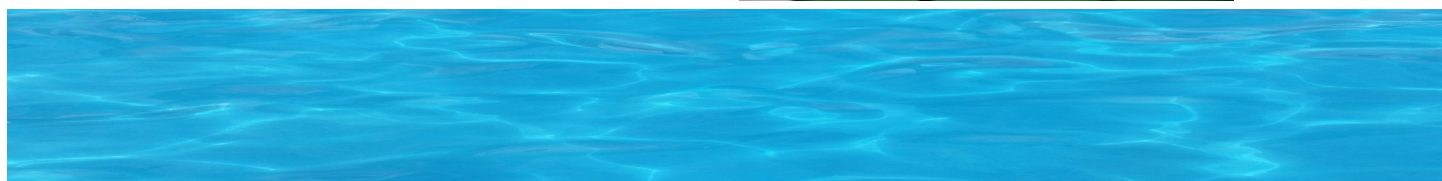
With the promise of Spring in the air, we are busy with the preparations for our annual Woodlarks holiday camp from 20th—27th May 2023 at a beautiful campsite in Surrey. It is the perfect opportunity to nurture friendships while enjoying different activities, including the use of the wonderful, heated outdoor swimming pool.



Please contact the NASCH office if you would like more details.

NASCH Championship Gala

The annual Championship Gala will be taking place at Newbold Comyn Leisure Centre in Leamington Spa on Saturday 4th November from 12:30pm. We are excited to have Deputy Mayor Cllr Alan Board assist us with the presentation of the winner trophies and medals.



Water Skills Awards

Be ‘Safe to Swim’ with our Water Skills Awards

The Water Skills Award booklet is more than a just a badge syllabus, it is a resource pack for teaching water confidence and swimming skills to people with disabilities. There have been minor changes as a response to feedback we have received from users, but after 20 years it was time for a major overhaul.

What has stayed the same?

The basic principles of a ‘swimmer’ based system (we use the term swimmer to include everyone who is learning to swim). The swimmer chooses which of the 40 skills to work on and decides to what level they want to attain and when to incorporate a new skill. Points are earned for progress made and points mean badges!

There is still a comprehensive section for the carer / helper/ parent / teacher so they can provide the best instruction possible.

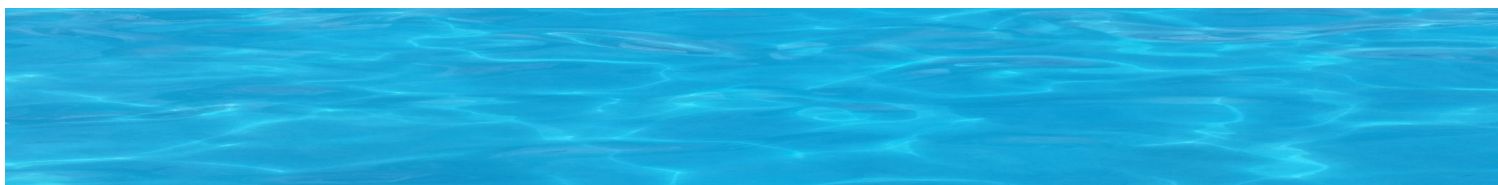
What has changed?

The booklet is **FREE!** Just send an e-mail to the address overleaf and you will receive a copy by email.

Because it’s free you can give it to everyone in your club who is learning to swim or helping someone else learn to swim.

The criteria for assessing many of the skills has been rationalized and is now more objective. For example, ‘working with less support’ has been changed to a time or a distance.

There is a completely new section. Several people told us that some of their swimmers are excluded from all badge systems, including NASCH, because of a profound disability. This was people in special schools at first, but more often



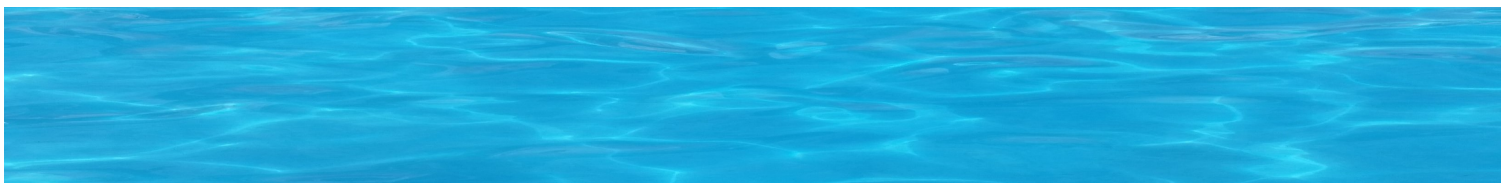
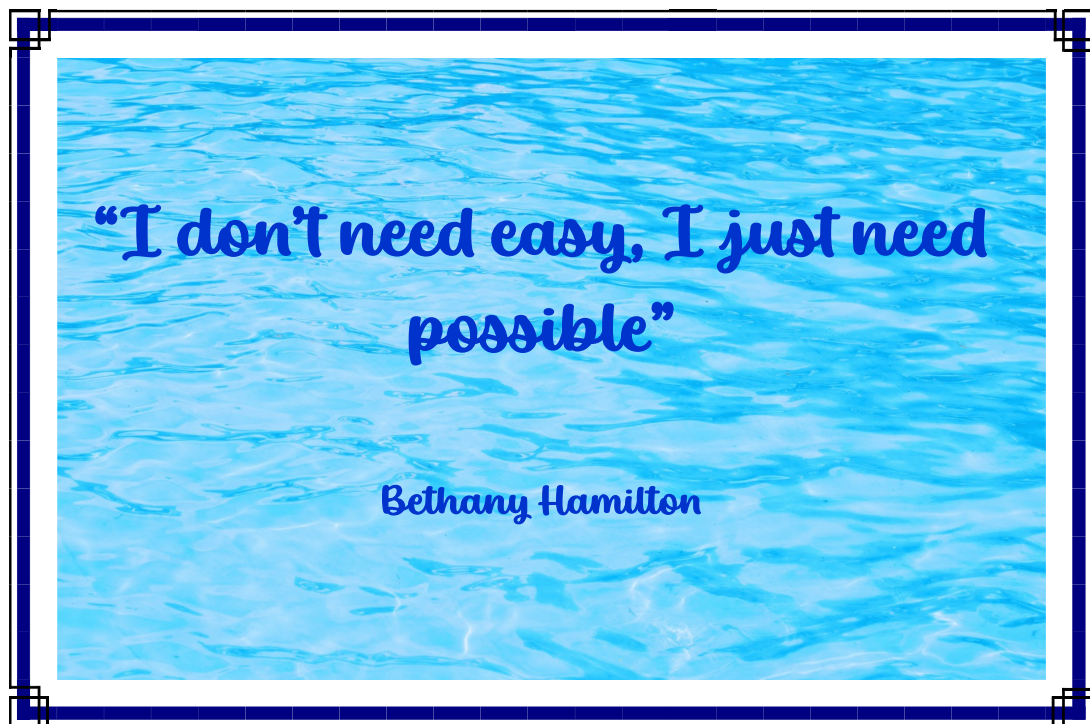
now, in voluntary clubs. Not wanting anyone to be excluded, we took advice from the carers and produced a list of skills for people with complex needs. They collect ticks and earn badges like everyone else.

Because the booklet is on the computer, you can add things to the skills list, if there is something you really need to work on. Now the booklet is distributed online, it can be easily kept up to date. If you find something could be improved, please let me know.

Contact: Beryl Kelsey kelsey59@kelsey59.karoo.co.uk

Thanks to the ‘committee’ who attended so many Zoom meetings during the updating process.

Beryl Kelsey
Hull Optimists Swimming Club



NASCH 2023 Yearbook:

The NASCH 2023 Yearbook is now available. If you have not received a copy and would like one, please contact Lydia at naschswim@hotmail.com.

Help Us to Help You:

NASCH is registered with easyfundraising, which means over 7,000 brands will now donate to us for **FREE** every time you use #easyfundraising to shop with them.

These donations will help **SO MUCH**, so please sign up to support us – it's completely **FREE** and doesn't take long.

You can find us by clicking on the following link and entering NASCH in the search box:

<https://www.easyfundraising.org.uk/support-a-good-cause/>.

If you feel able to donate to NASCH please visit our website at: www.naschswim.uk or alternatively contact the NASCH office at naschswim@hotmail.com.

Thank you:

We at NASCH are immensely grateful to the Baily Thomas Charitable Trust and an anonymous funder who donated mostly generously to our appeal, allowing us to continue providing independence and freedom to our disabled swimmers across the country.

