



# *N.A.S.C.H.*

## *Newsletter*

### *No 1 /2011*

**W**elcome to our first Newsletter for some considerable time. It is the Executive Committees intention to send out information to clubs on a regular basis, including news from you. If you wish to share something, that has happened at your club, please email Tracey details and if you want pictures to [traceykguard-nasch@yahoo.co.uk](mailto:traceykguard-nasch@yahoo.co.uk).

#### **NASCH Conference and AGM Weekend**



High Leigh Conference Centre in Hoddesdon.



**O**ver 20 members (some shown above in the photograph taken outside in the gardens) enjoyed an excellent weekend at High Leigh Conference Centre in Hoddesdon. We all arrived on Friday and on Saturday we had four fantastic presentations – Mark and Helen O’Leary on their fund raising trek to the top of Kilimanjaro, Diane Dart, President of Downs Syndrome International Swimming Organisation (DSISO), Janine Almrott on Wheelchair Safety and Use and finally Beryl Kelsey spoke to us about Risk Assessment and what it means. More information can be seen on our web site – [www.nasch.org.uk](http://www.nasch.org.uk).

The food was in ample supply, very tasty with special diets well catered for. Full breakfast on both mornings as well as fruit and cereal, with a hot meal at lunch and dinner time.

We all took part in a Prize quiz, on Saturday evening, organised by Anne Lynch and Lorraine Booth. Helped by a drink from the bar, a fun time was had by all.

Sunday morning, more members arrived to attend the AGM. The committee with the exception of the Competition Officer was re-elected en-bloc.

We were very lucky to have two gentlemen offer to work alongside Lorraine and learn the role of Competition Officer – so many thanks to Roy Pack (Lion SC) and Tom Kelly (Winborne

Wagtails S C) who have both been co-opted onto the committee for the next twelve months

With the business part of the meeting completed, an animated discussion took place with regard to the future of the weekend conference and AGM. It was decided to book a minimal number of rooms for next year – 2<sup>nd</sup> – 4<sup>th</sup> March 2012 with the option to book more rooms nearer to the date.

Members present also agreed to look into the possibility of alternative venues offering similar facilities at a comparable price.

### NASCH Woodlarks

**W**oodlarks is a camp site in Farnham, Surrey which is specifically built for people with disabilities.



Woodlarks have its own heated outdoor swimming pool which is used daily and this photograph shows the campers enjoying a mini fun gala on Sunday afternoon.

Food is cooked by a team of helpers and some wonderful meals are served. Meals are cooked on an open fire, heated by wood.

In order that the camp runs smoothly, all campers are allocated a daily task which is undertaken in groups.

Details of last year's camp are on the web site, together with photographs. It is taking place this year between 21<sup>st</sup> – 28<sup>th</sup> May 2011. If you would like to attend or visit to have a look round, please contact Lorraine Booth on 01244 335331 to see if a place can be allocated to you. **Cost £90 per person per week.**

### Diary Dates

**Woodlarks Camp** 21st – 28<sup>th</sup> May 2011

**NASCH National Finals Gala** 5th November 2011 at Newbold Comyn Leisure Centre, Royal Leamington Spa.

**NASCH Conference & AGM Weekend** – 2<sup>nd</sup> – 4<sup>th</sup> March 2012

Don't forget to send in your club news to us so that we can share it with others. If any of your members would like to go on our mailing list, please arrange for their details to be forwarded to Tracey (details below).

Tracey Kitching – Chairman  
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