



N.A.S.C.H.

Newsletter

No. 2 / 2011

Web site: www.nasch.org.uk

Welcome to our second newsletter, which we hope you will find interesting and informative.

Woodlarks took place during 21st – 28th May 2011....

A Week at Woodlarks 2011

Travelling though the leafy lanes to Woodlarks, the campsite amongst the trees, I began to think about my week's holiday ahead and who would be there to meet me. Arriving at the top of the drive there was already a hive of activity as fellow holidaymakers moved their belongings into tents laid out groundsheets and gathered blankets.

I was very grateful for the help in pitching my little blue tent and help in fetching a mattress and blankets to ensure a comfortable stay in the week ahead. Once settled it was time to find friends and a well-earned cup of tea whilst chatting about the past year and what lay ahead for the week. New faces arrived and looked on apprehensively as the camp took shape but I knew that they too would settle into camp life quickly and with a reassuring smile and a cheery hello we all settled in to conversation.

The wind certainly made its presence felt all week and during the peace and quiet of the church service in the 'chapel of trees' pine cones could be heard falling all around. James was the unlucky recipient of one that hit him on the head!



For those brave enough to venture in, the heated outdoor pool was open every day for serious swimming and fun and games. It did look very inviting but.



Special mention should go to those who swam at every session, every day, how did they do it! Our Garden Fete is always a crowd pleaser with tombola stalls, find the treasure and lucky dip, hand crafted wooden mushrooms to buy and much more to tempt you to part with your cash for a good cause. The day trip out took us to pastures new as we arrived at the Milestones Museum for a nostalgic wander through years gone by.

We had reached the middle of the week and time for a trip to Frensham Ponds to try our hands at sailing. Thankfully, the ever-present wind had abated sufficiently for us to climb aboard the small sailing craft. In the safe hands of instructors we enjoyed a very pleasant half-hour or more on the water; catching the gusts to fill the sails and

skim across the water, to turn about and try our luck again. Back on dry land we sat back and watched swans and cygnets bobbing and diving in the not so calm waters. A lunchtime BBQ feast was eaten by the waters' edge with the sun warming our faces. A wonderful way to spend a day.

Farnham beckoned those who needed some retail therapy. Those who fancied a bit of culture and an energetic scramble up the steep steps to sample the view visited Farnham Castle. Others enjoyed a peaceful morning in camp. A short sharp rain shower interrupted ball games on the green but fun was had by all who took part. NASCH campers can be very competitive!

The Aerial Runway has always had a large following. There is always a great camaraderie between those awaiting their turn and those about to take a leap into the unknown as the trap door slips from beneath their feet. They are left suspended in mid-air for a few seconds before whizzing down the wire through the valley to stop suddenly with a jolt, swinging to and fro, before being winched more sedately, a chance to look around at the view of the green valley and trees, back to the top. I love it!

The old dormitory became the 'Woodlarks Barn Dance' studio this week and calls could be heard 'to take your partners and dosey do' to the sound of music and much laughter. The committed band of dancers perfected their routines and gave us a polished performance during 'The NASCH Factor' on Wednesday evening. An evening's entertainment not to be missed as campers braved the stage to perform their pieces of song, dance and rhyme. This wasn't the only evening entertainment which you could take part in. Bingo was very exciting when in the quietness and concentration a lone voice shouted "Bingo"! The chatter erupted once more as the ticket was verified. Then hush descended as the next game began. We raised our voices in song and verse round the campfire in the woods; reminding many of us, myself included, of our Girl Guide days. Singing 'Land of the Silver Birch' to the merry band of campers round the fire sent a

tingle down my spine and a warm glow through my heart as I remembered camps long past. Quiz night tested us to the outer limits of our knowledge and beyond. The Masked Ball saw everyone hidden behind masks of every kind for an evening of music and dance courtesy of 'Dave Tanner's Disco'. A very late night followed by a late continental breakfast.

Lying in my tent, woken early each morning by the dawn chorus and then sometime later by the sounds and smells of breakfast being prepared and the sounds of zips on tents as campers emerge for another day, I wondered what that day would bring. More laughter as we do our duties, preparing veg, sweeping up the fallen twigs or washing up the never-ending cutlery. More laughter as we enjoy a hot cup of coffee in the fresh air. More laughter as we queue patiently for lunchtime food. Woodlarks really is a place in which to be cheerful!



Thank you so much to everyone for making my week at Woodlarks so enjoyable. It would not have been the same without each and everyone one of you!

Katherine Stalker
Seahorses Swimming Club

**Our first club report comes from
Maidstone Swimming Club.**

"Maidstone SC for the Disabled recently advertised for some pool helpers to help with the growing number of members. The response was excellent, so it was decided to run a NASCH Pool Helper Awareness Course to give them some basic awareness training. Funding was generously provided by the Maidstone Leisure Trust. There were 10 candidates taking part, seven were volunteer helpers from our club and three were swimming teachers from Serco who run the Leisure Centre. Mary Farrington travelled down from the Midlands to run the course. The course was held on April 19th at the Leisure Centre.

The whole day was very well received by all taking part and special thanks must go to Mary for her professional and enjoyable leadership throughout. I would fully recommend the course to all clubs who use volunteer pool helpers."

Clive Bradburn...

Thank you Maidstone Swimming Club for your recommendation. Ed.

If you would like to run a course in your area, please contact Mary Farrington on maryfarrington@live.com Full details of the course can be found on our web site www.nasch.org.uk

Our next report comes from...

Wimborne Wagtails Swimming Club



Charlie

Williams

(Pictured above)

tested his strength and endurance to the full, on Saturday 16th April in the London Mini Marathon. Charlie completed the 3 mile course on his modified cycle in 55 minutes 38 seconds to raise funds for 2 of his favourite local charities, Poole Sailability and the Victoria Education Centre's "Sparkle" appeal. The total raised, as at the end of May, was just in excess of £4000.

Well done Charlie and congratulations from all your friends in NASCH. Ed.

Diary Dates

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

NASCH Conference & AGM Weekend - 2nd - 4th 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
Email: traceykguard-nasch@yahoo.co.uk