

Nantwich Neptune Lifesaving Club Summer Newsletter 2024

Ready to ride the waves of news and updates from your favourite club? Our latest Club Newsletter is here to make a splash in your inbox! It is jammed packed full of updates and celebrations, and lots of things to look forward to in the next couple of months.

The Committee would like to take this chance to welcome all our new members, and thank our children and their families for the continued support. We wouldn't be here without you all!

New Members

Our club is continuing to grow, and we are working hard to promote what we do. We currently have 54 members and 6 Lifesaving Instructors, which is amazing! Please keep recommending us to your family and friends. The requirements to join the club are that the young person must be:

- Aged 7 or over
- In Stage 7 or over of the Learn to Swim Scheme
- Able to swim 100 metres confidently using recognised strokes

Taster sessions are free, and can be booked by sending us a Facebook message or email.

Funds

The pool fees have increased again this year, but we are managing to cover the cost, and have not needed to increase our membership fee or weekly charge.

Neptune Update

Our club mascot is getting ready for summer, and will continue on his travels. He will be posing for photographs, and telling everyone how to keep safe in and around water.

If you spot him, take a photo of yourself with him, and send it to us to share on social media. You can send it via Facebook message or email: NantwichLSC@outlook.com



Locker coin keyrings

To help raise money for the club, Em has been busy creating keyrings, to be sold at the events we attend this year.

The keyrings come with a life buoy charm, a locker/trolley coin, and a mermaid/sea creature charm. There are lots of designs to choose from, and they cost £2 each.

If you can't attend the events, and would like to purchase a key ring, there will be a selection available on Saturday mornings. Please bring change, as payment is via the donation box only.

The money raised will go towards new lifesaving sport equipment. The club needs to buy some fins and some body boards.



Wybunbury Fig Pie Wakes

We have been out and about promoting the RLSS UK and the club at local events this summer. Our first event was the world famous Wybunbury Fig Pie Wakes.

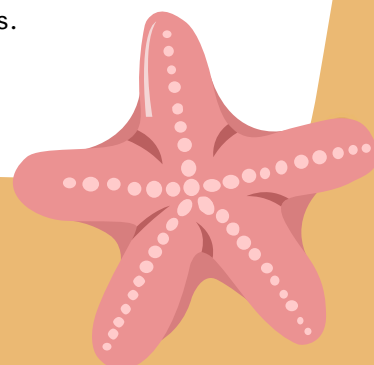
During the afternoon we were handing out leaflets and promotional items, selling our amazing keyrings, encouraging people to have a go at CPR and rope throwing, and having lots of fun.

It was lovely to see so many of you there enjoying the sunshine!

The main road shut at 3pm so the pie rolling could take place safely! It was a great competition and a lovely local event to be part of.

Neptune was there posing for the camera! He got to speak to PC Nick about water safety in our local area, and had lots of children asking for photographs,

We are all looking forward to attending lots more local events.



Drowning Prevention Week

Drowning Prevention Week (DPW) is one of the largest summer water safety campaigns across the UK and Ireland.

It is the RLSS UK's biggest campaign of the year, targeting families, carers, teachers and instructors of children aged five to fifteen years old with the aim of educating them about water safety.

The campaign took place from 15th to 22nd June and our social media feed was full of useful information. The children of Wybunbury Delves C of E Aided Primary School got involved by colouring in the RLSS UK DPW flags and putting them up around school.

No child should drown, and with the right water safety education – such as knowledge of the Water Safety Code – accidental drownings are preventable. Drowning Prevention Week is deliberately timed ahead of the school summer holidays when children spend more time outdoors and when vital water safety skills can help keep children safe.

Thank you for helping us to spread the word this year, and encouraging everyone to have the water safety conversation with children. DPW is critical in raising awareness and encouraging the public to enjoy water safely. Please continue to share our social media posts, and encourage your family and friends to enjoy water safely, and maybe even sign up to a taster session at Nantwich Neptune Lifesaving Club!



Assistant Lifesaving Instructors

In September we launched the Assistant Instructor course, and 10 of our older members signed up to help train the next generation of lifesavers.

They have attended training sessions, passed their Life Support 3 and Safeguarding qualifications, and have just completed 5 hours of teaching supported by their mentor. Doug has signed off their awards, and they can now find their RLSS UK Assistant Lifesaving Instructor qualification on their Tahdah account.

Training will continue every week from 8.45am – 9.15am, so that this group of super lifesavers can continue to gain further awards.

A huge well done to all of you, and thank you so much for all your help in growing the club, and helping to teach our younger members.



Annual Club Competition 2024

We had an amazing night at our Club Competition, and it was fantastic to see so many of our lifesavers competing against their friends. There were a lot of smiles, laughter, and cheering, which was lovely to see.

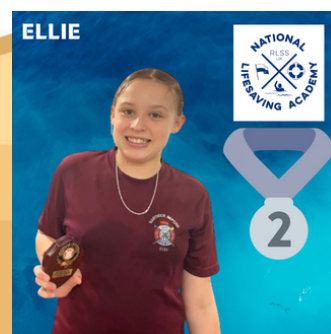
There was some spirited rivalry during the contests, but the post-event camaraderie demonstrated a shared commitment to our mission of having fun, but also helping to save lives.

The evening proved to be an exhilarating showcase of skill and dedication!

All our lifesavers work extremely hard every Saturday to develop their lifesaving skills, and it was a night to celebrate everyone's achievements.

Our social media pages have been crammed full of photos and videos, but we thought it would be nice to showcase our winners in the newsletter, so here they all are!

We look forward to the next Club Competition in 2025!



Rookie Lifeguard - Master Award

The Rookie Master Lifeguard Award recognises Rookie Lifeguards who have achieved an outstanding standard through the Rookie Lifeguard programme.

To achieve this special award, lifesavers must have passed the following awards:

- Rookie Lifeguard Gold Level 3
- Rookie Lifeguard Water Safety Award
- Rookie Lifeguard Life Support
- Any 3 additional bolt-on awards

To ensure that as many of our Rookie Lifeguards meet the criteria by the time they pass Rookie Lifeguard Gold 3, we are going to provide all Rookie Lifeguards with the resources they need to pass the Rookie Lifeguard Water Safety Award, in the next couple of months.

To pass this award, they must complete a workbook from the RLSS UK. It will teach provide them with all the knowledge they need to pass the quizzes set within the workbook.

This award is a fun way to learn how to enjoy the water and keep yourself, friends and family, safe around water. They'll learn all about the WATER SAFETY Code and explore different water dangers you could find at the pool, beach and even in your own home.

Once they have completed the workbook, it just needs to be passed back to Em and Liam so they can check everything has been completed, and then hand out the awards.

The cost of this award is covered by your subs, so there is no additional cost involved.



Goodbyes

Anya, Teagan and Brett will not be returning in September. Anya is off to university, and Teagan and Brett are focusing on their studies and part time jobs. We would like to take this opportunity to thank them all for everything they have done for the club, and for teaching the next generation of lifesavers. We are all going to miss you, and you are more than welcome to pay us a visit at any time.



The Margaret Elson Trophy

The Margaret Elson trophy is awarded once a year to somebody who goes above and beyond in support of the club.

Every week Anya brings a warmth and excitement to the poolside which radiates through her teaching. Liam has gone over to her group several times to see what they have been up to, and has always become immediately drawn into whatever she is teaching. No matter what has gone on, she always has a smile on her face, is eager to help everybody and is an exemplar role model to all on poolside, children and teachers alike.

We have been very lucky to have Anya as one of our teachers, and this award is thoroughly deserved!

Well done Anya, and thank you so much for everything you do!



The Wiltshaw Award

This special award is named after our founders; Brian and Shirley Wiltshaw.

The Wiltshaw Award is given to somebody who has shown vast progress over the past 12 months.

Since starting as an assistant instructor, George has grown in confidence and is now delivering high quality sessions to our next generation of learners.

Not only this, he is also constantly adapting and improving his practice to ensure his teaching supports inclusivity and allows a disabled member to still fully participate in all we have to offer.

Well done George, and a huge thank you from everyone at the club for all that you do!



Over the summer, our annual photograph competition is taking place. Please send us photographs of you enjoying the water, or even spotting lifesaving equipment when you are on a day out. This will help us to continue spreading the word about water safety when we share your photos on our social media pages. All entrants will receive a thank you, and the overall winner of the best photo, will win a special prize!

We return from the summer break on Saturday 7th September 2024 at 7.45am.

See you all soon!
Em and Liam

