

Nantwich Neptune Lifesaving Club Spring Newsletter 2023

Welcome to our Spring Newsletter! Everyone at the club has been extremely busy since Christmas, so it is great to be able to give you a summary of all the exciting things that have happened, and what we can all look forward to in the next few months.

Em Makes a Splash!

The RLSS UK have asked Em to be an Ambassador for their 'Make a Splash' campaign. During 2023, she will be swimming 10km, and asking for sponsorship to support RLSS UK with their campaigns.

Em is having to squeeze her swims between her two lifesaving classes, and will be fighting to keep the naughty diabetic glucose sensor attached to her arm, as the patches don't seem to like Nantwich Pool!

Em has been asked to raise a minimum of £250, and is aiming for £500, so she needs your help! Any donation would make a huge difference, so whether it is £1 or £10, please visit: <https://www.rlss.org.uk/fundraisers/em-serventi> and hit DONATE!

We will be keeping you posted on her progress weekly via our Facebook page, and letting you know how you can get involved.



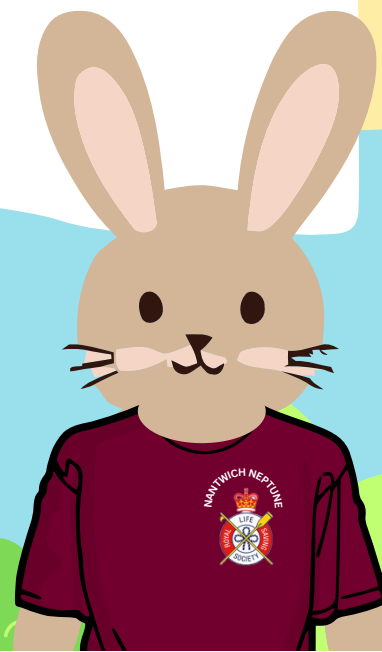
New Kit Order

We have teamed up with Kris from Cheshire Work & Leisure Wear Ltd to produce some Nantwich Neptune branded clothing!

Our members will soon be wearing hoodies and t-shirts adorned with the RLSS logo and branded with their name.

Kris has 43 items on this order, so please give his sewing machine some time to get everything sorted. We will keep you posted on a delivery date.

We would like to thank Kris for his incredible work, and we cannot wait to see our members in their new attire.



Awards

Since our return from Christmas, 4 people have achieved Rookie Bronze 1, 5 people have gained Rookie Bronze 2, 10 people have completed Rookie Silver 1, 1 person has received Rookie Silver 2 and 1 person has acquired Rookie Silver 3!

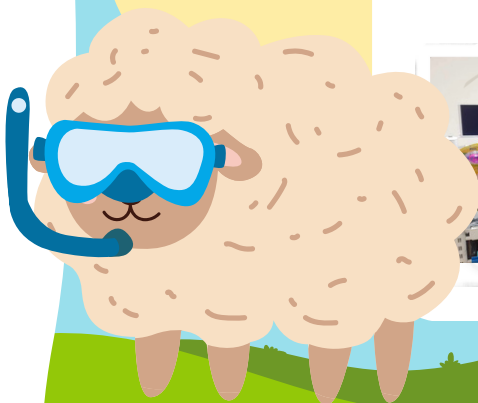
15 people passed the Rookie Lifeguard Winter Safety Award and 12 people have achieved their Survive and Save Bronze Medallion!

Well done to everyone for all your hard work. We are incredibly proud of you.

Em and Keith Achieve Lifesaving Instructor Status

We mentioned in our last newsletter that Em and Keith were undergoing their assessment to become fully qualified Lifesaving Instructors. We are incredibly proud of all they have achieved at the club and are so pleased to announce that they both passed with flying colours!

Well done Em, Keith, and both of their groups, who also passed their Survive and Save Bronze Medallions as part of this process.



Club competition on the horizon

We are so pleased to announce that the Club Competition is back!

On April 22nd, our lifesavers will descend on Nantwich Leisure Centre in the evening to compete against each other in our annual Club Competition. Groups have already started to practice the skills for the competition and a sign-up email has been sent out. If you have not received it, please let us know.

This year we will be combining our AGM and Club Competition. An agenda has been sent out to all members via email. At this AGM, we will be confirming members of the trustee board, discussing our club's financial state and confirming pricing for the next 12 months.

Nomination forms for the trustee board have been sent out already. If you have not received this email then please let us know at NantwichLSC@outlook.com.

Duke of Edinburgh Awards

If you are completing your DofE Award at school, the activities you'll be involved with at Nantwich Neptune Lifesaving Club can be counted towards your DofE programme.

Volunteering: Become a Young Leader or an Assistant Lifesaving Instructor, and help out at the club.

Physical: Rookie Lifeguard (Stages 1,2 and 3), Survive & Save Medallion, Survive & Save Sport, or Survive & Save Stillwater

Skills: Life Support, Life Support 3, or Survive & Save Beach.

Speak to Em and Liam if you want to know more.

Blue Peter Badges

If you are under 15 years old, you can apply for a Blue Peter Sports badge. Use the link below to tell Blue Peter about your experience at the club, answer their sporty questions, and send a photo of you in action. Your badge will get you free entry into lots of popular family attractions.

<https://www.bbc.co.uk/cbbc/joinin/blue-peter-apply-for-the-sky-brown-sport-badge>

Scouts

Completing the Rookie Lifeguard Awards can support you in gaining your Cub and Scout Swimming Badges. Speak to Liam if you would like to know more, as your Scout Leader will need to provide you with some paperwork for us to sign when we assess you.

New Website

Em and Liam have been working on our new website, and you can now find all the information you need in one place. There will be regular updates, so if you have anything you would like us to include, just let us know.

The website can be found at:
<https://www.nantwichlifesaving.org.uk/>



The Scouts logo, featuring a fleur-de-lis symbol above the word 'Scouts' in a bold, sans-serif font.



National Lifesaving Academy

The Survive and Save Awards come to an end on the 31st August 2023. We will be starting to offer the new RLSS UK National Lifesaving Academy courses, which includes the new Bronze Medallion.

In preparation for this, all instructors need to complete the National Lifesaving Academy course. So far, Em, Liam and Doug have all completed this.

Em has also completed her Open Water qualification, so she can support the branch at the Stillwater and Beach events this September.

Thank you all for a great term!

