

Nantwich Neptune Lifesaving Club

Spring Newsletter 2025



As we wrap up another fantastic term, we want to say a heartfelt thank you to all our members and their families for the incredible support, energy, and commitment you've shown. We truly couldn't do what we do without you!

It's been wonderful to welcome so many new faces to the club. As our community continues to grow, so does our impact—and together, we're helping to create a safer future by potentially saving even more lives.

We'd also like to let you know that we've made the decision to postpone our annual Club Competition until October 2025. With May Bank Holidays interrupting our regular sessions, and many of our older members focused on their GCSEs, we feel it's best to allow more time for proper training and preparation.

But don't worry—there's still plenty to look forward to! As we head into a new term, we have lots of exciting events and opportunities lined up.

So, grab your calendar—this newsletter is packed full of fun!

Em and Liam

Our First Ever Lifesaving Sport Event!

Saturday 12th July 2025

7:45am – 9:15am

We're making a splash this summer with a brand-new team event that brings together fun, fitness, and friendship—and everyone's invited!

Our amazing club members will be mixed into fun teams with children of all ages and abilities, so everyone can take part, learn from each other, and cheer each other on.

Each team will take on relay challenges specially designed by our very own Lifesaving Sport legend, Warren! Expect laughter, teamwork, and maybe even a little friendly rivalry...

Why are we so excited? Because it's the perfect way to kick off the summer holidays—with older kids mentoring younger ones, building confidence, and having an awesome time together in the pool!

Every participant will receive a medal, and of course, there's a special prize for the winning team.

More info will be shared soon—but to help us plan, we need to know if your child will be joining in.

Please check your email this week and click the link to register via Online Club Manager.

We can't wait to see our whole club team in action—let's make it a morning to remember!

Join Us at the Wybunbury Fig Pie Wakes!

Saturday 7th June 2025

12.00pm - 5.00pm

We're excited to announce that this year, our club will be taking part in the world-famous Wybunbury Fig Pie Wakes—a unique and much-loved local tradition!

What is the Fig Pie Wakes?

Dating back to the 1800s, the Wybunbury Fig Pie Wakes is a quirky village event where participants race specially made fig pies down the hill on a sloping road, all in the name of fun and community spirit. It's a day full of laughter, local stalls, and traditional games—and we're thrilled to be part of it!

We'll be there to promote the club and share some important lifesaving skills with the public. But we're doing it with a twist...

Hook-a-Duck... Lifesaving Style!

Our stall will feature a fun Hook-a-Duck game—but this isn't just about winning prizes. It's a playful way to highlight a serious message:

When someone is in trouble in the water, jumping in should be your last resort!

Instead, we use tools like ropes, poles... or in this case, hooks—to save the day. And yes, we'll be saving ducks instead of diving in!

Come and visit us at the event:

- £1 for three attempts
- A prize every time

All money raised will go directly toward new equipment and exciting future events for our club.

We'd love to see you there—bring your friends and family and help spread the word about lifesaving skills in a fun, memorable way!



Exciting Opportunity: Train as an Assistant Lifesaving Instructor!

We're thrilled to share an exciting opportunity for those who'd like to get more involved with the amazing work we do here at Nantwich Neptune Lifesaving Club!

Over the last three years, our club has grown from strength to strength – we now have 64 members, doubling our size and expanding our impact in the local community. To keep delivering high-quality lifesaving lessons to children, we're looking for enthusiastic, committed volunteers to join our instructor team. For the first time in five years, we're inviting parents to train as Assistant Lifesaving Instructors. Could this be you?

Becoming an Assistant Instructor means helping young people learn life-saving skills, supporting a fantastic club, and being part of a passionate and friendly team. Most importantly, you'll be helping to save lives.

What do you need?

- Confidence swimming 100 metres using recognised strokes
- A clean background check (DBS check will be provided)
- Availability for training and Saturday morning sessions (7:45–9:15am)
- A love for working with children of all ages and abilities
- A willingness to learn, be part of a team, and make a difference

What happens next?

1. Register your interest via Online Club Manager
2. You'll receive a DBS pack to complete
3. You'll complete a 2-hour online Safeguarding course
4. Join us for a weekend of training at Williston Scout Hut on Saturday 14th June & Sunday 15th June (12pm – 5pm)
5. Take part in 2 weeks of poolside training on Saturday 21st June and Saturday 5th July.
6. Optional open water session on Saturday 28th June
7. From September, you'll be assigned a mentor and group to support

This could be the start of something even bigger. From here, you could go on to train as a Rookie Lifeguard Instructor, a National Lifesaving Academy Instructor, or even take part in local and national events.

If you're passionate about making a difference and up for a new challenge, we'd love to hear from you!



Open Water Event at Boundary Park

28th June 2025

8.00am - 1.00pm

The Liverpool and District Branch is running an Open Water Event for our NLA groups.

This will be taking place at Boundary Park, Cranage, specifically for our older members that are completing the National Lifesaving Academy awards.

This event will give eligible lifesavers the chance to develop their skills in a real open water environment.

There are certain prerequisites that participants must meet to take part safely, so if your son or daughter is eligible, we'll be in touch with more details as soon as we receive them. If they are not eligible to take part this time—don't worry! There will be a beach-based lifesaving event happening this October at New Brighton for our NLA groups and our Rookie Lifeguards!

Watch this space for more information coming soon!



Canal & River Trust Explorers Challenge Badge

We're excited to share that our club will be taking part in the Canal & River Trust's Challenge Badge—a brilliant initiative designed to help young people enjoy water safely while having fun and learning new skills. This challenge is all about encouraging safe exploration around canals, rivers, and open water, while also promoting respect for the environment.

The badge will be launched in time for the summer holidays, giving our members a great opportunity to stay engaged with water safety during the break. By completing a series of fun and interactive activities, children will not only learn valuable lifesaving knowledge but also earn a special award to celebrate their efforts!

We'll send out full details and instructions as soon as the resources arrive, so keep an eye on your inbox. We can't wait for our members to take part in this exciting summer challenge!

Easy Fundraising

Easy Fundraising turns your everyday online shopping into funds to support our club. When they use the Easy Fundraising website or app to shop with leading retailers, the retailer sends a free donation at no additional cost. It is really simple to set up, and we are already starting to see money coming in.

If you use this link to sign up, once you have raised £5, we receive an additional bonus £5, for free!

<https://shorturl.at/Lxra2>

So far, we only have 4 supporters, but they have raised over **£160** between them!

Thank you so much!



Join us for Wear It Green Day

17th May 2025

Mental Health Awareness Week is 12th – 18th May. On the 17th May, we are inviting all members to wear green; the colour associated with the Mental Health Foundation Charity and this year's theme of Community.

They could wear a green t-shirt, headband, swimwear etc. But, don't worry if you can't find anything! Em has bought everyone a little green gift to wear.

If you wish to make a donation, we will transfer it to the Mental Health Foundation Charity for you. We will be taking photos during the session to share with the RLSS UK and the charity.



RLSS UK Drowning Prevention Week

14th to 21st June 2025

Every year, the Royal Life Saving Society UK (RLSS UK) runs Drowning Prevention Week, one of the most important national campaigns to raise awareness about water safety. This year's campaign aims to equip families, schools, and communities with the knowledge and skills to enjoy water safely—whether at the pool, beach, or by open water.

As a club dedicated to lifesaving, we're proud to support this campaign. Throughout the week, we'll be sharing important tips, videos, and facts on our social media channels to help educate others and prevent accidents. We're asking all our members and families to like, share, and comment on these posts to help spread the message as far as possible!

To learn more and download free resources you can share with friends, family, or schools, please visit the RLSS UK website:

www.rlss.org.uk/pages/category/sharing-drowning-prevention-week

