

Nantwich Neptune Lifesaving Club Winter Newsletter 2023



Welcome to our Winter Newsletter, and the final newsletter of 2023!

We have had another very busy term, and we hope you all get to enjoy some time off over Christmas with family and friends.

We would like to thank all our members, and their families, for all the hard work and support they have given the club over the last few months; We couldn't do what we do without you all!

Using Online Club Manager allows us access to some very interesting data. In 2023, these are the some of our key insights:

- We have run 37 sessions in total
- We have delivered more than 55 hours of lifesaving
- The total attendance of all sessions is 1426
- The highest number of attendees at a session was 47, on 16/09/2023
- The lowest number of attendees at a session was 29, on 25/02/2023
- The average number of attendees at a session was 38

The total number of badges awarded in 2023 is 148!

We will be keeping in touch with you over the Christmas break via our Facebook and Instagram accounts, and look forward to seeing you back at the pool when we return on **Saturday 6th January 2024!**

Em and Liam

Annual Subs

Annual subs are due in January. We have not increased the cost this year, and families with more than one child in the club still get a discount. You can pay per term, or pay for the year upfront:

- £7.50 per term **OR** £22.50 for the year
- £6.50 per term for each additional child **OR** £19.50 for the year, therefore:
 - Two Children cost £14 per term **OR** £42 for the year
 - Three Children cost £20.50 per term **OR** £61.50 for the year
 - Four Children cost £27 per term **OR** £81 for the year

Please pay by cash or card when we return in January. If you have any concern with paying the subs, please let us know.

Feedback

We are really keen to get your feedback after another year of making changes and improvements. Please follow this link to access the end of year questionnaire:

<https://forms.office.com/r/VKzrQnZnN8>



Financial Update from Elf Ian

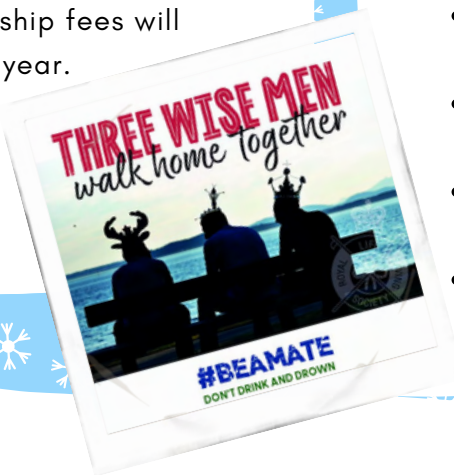


In 2023 the club made a smaller deficit than had been anticipated, mainly due to a lower than anticipated rise in the cost of hiring the pool each week.

New trophies were purchased for the club competition as it was restructured to reflect the structure of the awards and advertising banners have been purchased to promote the club.

The banners will help to maintain membership and keep weekly fees down, and have been paid for by a donation from the RLSS.

While a budget for 2024 is to be confirmed it is expected that the weekly fees and termly membership fees will remain the same as this year.



QCPR Manikin

We are very lucky to have been given a QCPR Manikin. The manikin has built in QCPR technology to provide real-time feedback on compressions and ventilations via a mobile device. It allows our lifesavers to see how well they are performing, and gives constructive feedback. We have started using this in our Life Support sessions, and our lifesavers are finding it really useful.



RLSS UK Don't Drink and Drown Campaign

Don't Drink and Drown is the Royal Life Saving Society UK's national campaign that encourages smart decision making whilst being drunk around water.

It particularly targets individuals to be responsible for their friends if they have had too much to drink; helping them to return home safely.

Research indicates that among those aged 16-25 who lost their lives to accidental drowning, 44% had alcohol and/or drugs in their bloodstream.

Many of them drowned because they walked home alone and fell into the water.

During this festive season:

Our advice:

- Look out for your friends, make sure they get home safely
- If you've had a drink, stay away from the water
- Find an alternative route home, don't walk home near the water
- Stay away from the water in winter, cold water shock kills

Staff Training

This term we have been running additional training sessions on Saturdays and Sundays for our 10 Assistant Lifesaving Instructors.

They have all gained their RLSS UK Life Support 3 qualification, and have completed the theory element of their RLSS Assistant Lifesaving Instructor qualification.

They have all been amazing on poolside! They have supported the younger lifesavers, and are well on their way to teaching enough hours to complete their qualification in the new year.

A huge thank you to all our assistants! You should be very proud of your achievements, and you are really helping the club to grow by sharing your skills and mentoring the Rookies.

We would also like to thank the Chemical Business Association for allowing us to use their offices, free of charge, for the training sessions. We couldn't have run the sessions without their support!

New Members Wanted!

We have space for up to 10 new Rookie Lifeguards aged 7-12. They must be able to swim 100 metres, and should be on, or have completed, Stage 7 of the Learn to Swim Awards.



Christmas Fun Session

35 people attended our Christmas Fun Session, which was lovely to see.

The Instructors and Assistant Instructors went head-to-head in a few games of Water Polo... Despite several allegations of cheating from both sides, the Instructors won!



William Henry Award

RLSS UK simply would not be able to deliver their lifesaving work without the support of their volunteers.

Named in honour of their founder, William Henry, the award acknowledges the volunteer hours spent promoting RLSS UK, raising the profile of their clubs and members, and providing networking opportunities for the lifesaving community.

Our Instructors and Assistant Instructors can record their volunteering hours to gain their William Henry Awards,.

All they need to do is:

- Log into their [RLSS UK Account](#) (powered by tahdah). If you don't currently have one, you can [create a free account](#).
- Click the 'My Details' tab, followed by 'William Henry Award'.
- Complete the Volunteering Hours submission form then click 'Save Form'.
- Please provide as much detail and add photos where possible, as this enables RLSS UK to measure the impact of their brilliant volunteer community.
- When you reach a milestone they will send you your award within 6 weeks. Please ensure your address details are up to date on your RLSS UK Account.
- If you are having any difficulties submitting your hours or you have not received your award after 6 weeks, please contact the team by emailing volunteer@rlss.org.uk



Hours	Award
25	Certificate
50	Certificate + Blue Milestone Pin Badge
100	Certificate + Red Milestone Pin Badge
250	Certificate + Yellow Milestone Pin Badge
500	Certificate + Bronze Milestone Pin Badge
750	Certificate + Silver Milestone Pin Badge
1000	Certificate + Gold Milestone Pin Badge



RLSS UK Honours 2023

The 2023 Honours ceremony and AGM took place on Saturday 28 October 2023 at Coombe Abbey Hotel, Warwickshire.

Members, volunteers, and the lifesaving community came together to celebrate the fantastic achievements of individuals from across the charity.

All our instructors achieved RLSS UK Service Honour awards, in recognition of the number of years service they have given.

HONORARY UK LIFE MEMBER

Doug Leech

Over 35 years service

2ND BAR TO SERVICE CROSS

Warren Riley

Over 30 years service

SERVICE MEDAL

Liam Potts

Over 12 years service

CERTIFICATE OF THANKS

Keith Jump

Emma Serventi

Over 4 years service

Doug attended the ceremony to be presented with his award. His dedication to the world of lifesaving, and his enthusiasm every week, is absolutely amazing! Thank you Doug for all that you do!



RLSS UK National Lifesaving Championships

This term, Ben, Brett, George and Izzy took part in the North-West heats for the RLSS UK National Lifesaving Championships. This is the first time we have sent a team in a number of years, and they did brilliantly well. Brett and Izzy came second, and Ben and George came third.

Unfortunately, they didn't make it through to the finals, but it was a great learning experience, and we hope that more of our lifesavers take part in 2024.

Warren and Josh are already practising their rope throws, and they plan to train up our team in the new year.

The RLSS UK have just released their brand new National Lifesaving Academy Sports Awards this month. These awards allow lifesavers aged 12 and up to learn the skills needed for these competitions.

We will keep you posted on future plans, and hopefully you will be cheering our team on in Leeds next year!



MAKE A SPLASH Challenge 2023

Em has completed her Ambassador duties for the year, and has also completed her 10km swim.

The RLSS UK asked Em to raise £200. She has actually raised £550, which equates to **£649** when the Gift Aid donation is added!

Thank you to everyone who sponsored her, or bought cakes at the annual club competition. This money will help the RLSS UK to continue their mission to be the leader in lifesaving and lifeguarding in the UK and Republic of Ireland. Sharing their expertise and knowledge with as many people as possible, giving everyone the potential to save lives and enjoy water, safely.

Online Club Manager Updates

During the Christmas break, please take some time to check your details are correct on Online Club Manager.

The link is: [Online Club Manager](#)

Your log in credentials will be your email address, and the password you created when you first accessed the system. If you have forgotten your password, you can request a new one by clicking 'forgotten password'.

New Marketing Materials

The Liverpool and District Branch has supported the club this term, by providing funds for some new marketing materials.

We now have:

- Leaflets to display at the pool, and hand out at local clubs and events.
- A pop up banner, which is currently displayed in the viewing area.
- A poolside banner, which is just waiting to be installed.

The Crewe and Nantwich Link have also put our advert in their monthly magazine for free, and Em is continuing with our daily posts on social media.

In the new year, we are hoping to attend some local events, to raise awareness of water safety, and attract new members to the club.

If you have any other marketing ideas, that you think could support the club, please let us know.



The Committee Members
wish you all a very
Merry Christmas and a
Happy New year!