



www.tadpoles.info

The Tadpoles Times

WINTER 2010

Diary Dates

- 3rd Dec 10
Christmas Party
- April 2011
Bring a friend month
- 16th May 11
AGM

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Tadpoles say "Thank You" in style



At a reception on 20th Oct at the King's Centre, Paralympic medallist Louise Watkin presented a specially adapted tricycle to one of the club's youngest members, 10-year-old Izzy Bloom. A number of club members, individuals and organisations had contributed to making the purchase of the trike possible, including the Masons, the Lions, Reed Elsevier staff, Guides and Brownies, Grassroots and East Grinstead Town Council.

Izzy joined the Tadpoles a year ago and her water therapy sessions have been so effective that for the first time in her life she has started to walk with assis-

Tadpoles and supporters enjoying the autumn sun

stance. Those present at the event watched in awe as she was helped onto the tricycle to one of the club's youngest members, 10-year-old Izzy Bloom. A number of club members, individuals and organisations had contributed to making the purchase of the trike possible, including the Masons, the Lions, Reed Elsevier staff, Guides and Brownies, Grassroots and East Grinstead Town Council.

18 year old England Paralympic swimmer Louise Watkin, who was born with Upper Limb Deficiency, won a silver and 3 bronze medals at the Beijing Paralympics in 2008 and 3 months ago was ranked No. 1 in the World in 50m freestyle; definitely one to watch in 2012. Dave Davis, Tadpoles Chairman, said: "At Tadpoles we have seen time after time people grow and become more independent, push their personal boundaries and gain confidence in their abilities. We are very proud and honoured to have Louise here today. She is an inspiration to any swimmer and what she has achieved shows just how much a bit of support and an awful lot of determination can do".

Louise also (re)presented the Taylor Trophy and Barbara Uphill Trophy to Sylvette Budgen and Sylvia Wilson respectively. They've both been coming to the club for two years.



Izzy's new trike

When they first came they were supported in walking in the water and now they both swim many lengths of the pool every week.

After the presentations, the sponsors and guests were taken on a tour to see first-hand the facilities available to the Tadpoles club members.



Sylvette, Louise Watkin and Sylvia



Water Temperature

The water temperature in the pool has been a contentious issue for some time, but we now have assurances from the King's Centre management

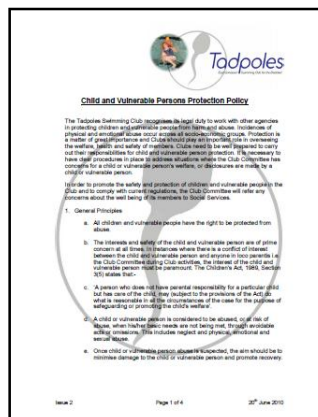
that the temperature will be maintained at a steady 29.5°C. We carried out a trial of raising the temperature to 30°C and were astonished to see that this cost an additional £150 per week. Although not as high as we'd like, 29.5°C is a good compromise between our needs and the needs of the general public sessions.

P&P: Postage and Packing? No, Policy and Procedures...

Some of you may be surprised to find out that Tadpoles have any written down policies and procedures, but in these modern times we need to have an array of documentation. All of the most recent versions of each document are available on the website in the members' area (see page 4 for details). The aim of the documents we hold is to provide guidance to all club members. The documents are open to all and we welcome feedback. However, we do need to make sure our documents work alongside those of the King's Centre so are updating each one in turn. This is an ongoing process and there is still some way to go.

Two documents that are worth highlighting are the [feedback form](#) and [updated application form](#).

- The feedback form allows everyone to have a voice and it can be handed in to either the Tadpoles reception desk, or the main King's Centre reception. They will be available on the Tadpoles reception desk as well as the website.
- The updated application form has been produced as a direct result of this year's first aid training and asks for certain medical information from everyone. We'll be asking everyone to fill out one of these forms for the



Insomnia? Take two sheets before bedti...Zzzz

2011/12 season, but if you want to fill one in earlier, that's OK. If you need to get a Doctor's signature, the cost should be no more than £15. If it is, then let Dave Davis or Allan Rees know and they'll take steps

to ensure it costs you no more than £15. We'll only be asking people to renew the application form if things change, so there won't be an annual Doctor's fee to worry about.

One document yet to be produced that needs everybody's input is the [code of conduct](#), i.e. what behaviour is acceptable or otherwise during club activities.

We all need to broadly agree what's acceptable, so there'll be a survey held early 2011 to ask for everyone's input and the code of conduct will be agreed at the AGM on the 16th May 2011.

Training



Where's the popcorn?

Following the very successful 2010 training programme we are aiming to repeat the training in 2011 including the following sessions:

- Angelman Syndrome
- Prader-Willi Syndrome
- Diabetes
- Down's Syndrome
- Muscular Dystrophy

- Multiple Sclerosis
 - Amputations
 - Motor Neuron Disease
 - Arthritis
- Practical sessions:
- Walking in water
 - Teaching to swim
 - Emergency First Aid



Emergency rescue drills



Self-defence in the pool (?!?!)



Poised like coiled springs to take notes...

These three training sessions are open to all club members and will be held on a Saturday in February, April and June 2011 (dates to be confirmed).

If you or anyone you know has an insight into any of these diagnoses and would be willing to present at these sessions, please speak to Allan Rees or Dave Davis.

Who's who? Meet the Committee

Who are the committee and what do they do?

Dave Davis:

Chairman,
Documentation &
Safety/First Aid Officer



Roger East:
Tadpoles Rep

Jenny Hewitt:
Sponsorship Secretary



Maggie Hunt:
Hon Secretary &
Equipment Officer



Norma James:
Physiotherapy
Advisor



Jenny Leigh:
Protection Officer,
Records Officer &
Anti-Bullying Officer



Theresa Parkes:
Hon. Treasurer



Doreen Powell:
Archivist



Allan Rees:
Vice-Chairman,
Assessor, Training
Officer & Webmaster



Janet Vanderhook:
Volunteers Rep &
Absentee Officer



Charlotte Williams:
PR and Media Officer



Sylvia Wilson:
Equal Opportunities
Officer



We've also got a couple of key people on the Freedom Leisure staff who are there to help us:

Charlotte MacRae:
Tadpoles Liaison



Stuart Etherington:
Centre Manager



60 Second Interview

One of the founders of Tadpoles and a new kid on the block have been interviewed for Tadpoles Times. It's not exactly Paxman, but it's an insight into their psyche.



How do you spend your spare time outside of Tadpoles?

Doreen Powell (DP): Travelling the world with a company called "Justyou", with groups of people travelling on their own; so interesting and such fun. Grandchildren, Tai Chi, and I've been a fan of Formula One for about 50 years.

Dave Davis (DD): Open water swimming, squash, watching rugby and hillwalking.

It's our round, what are you having?

DP: Red wine - Shiraz.

DD: A pint of Real Ale and a wee dram chaser (preferably an Islay).

Where's your ideal holiday location?

DP: Anywhere I haven't been before, but I love Italy. I like lakes and mountains.

DD: Scottish Highlands and Islands or New Zealand

What's your favourite book?

DP: Travel books and autobiographies, so I shouldn't have a favourite.

DD: Lord of the Rings Trilogy.

What's your favourite film?

DP: The Sound of Music, and I have climbed that mountain!

DD: Mister Roberts

If you could have any car, what would it be?

DP: I'm very attached to my 8 year old Ford Focus, but I dream about red Ferraris. I've sat in one at Silverstone, but they wouldn't let me drive it. Probably just as well.

DD: A late 1960s E-Type Jaguar (Scarlet red).

Any choice of meal; what are you having (Starter/Main/Dessert)?

DP: Melon with parma ham/ Mushroom risotto/ the Italian waiter (Second choice of dessert would be tropical fruit salad).

DD: Scallops/Lamb Curry/Cheese and Biscuits.

What 3 people (living or dead) would you invite to your "fantasy dinner party"

DP: Richard Branson, Jeremy Clarkson, Alan Sugar.

DD: Tommy Cooper (Comedian), Alison Hargreaves (Climber) and Bill McLaren (Commentator).

Tell us a little known fact about you.

DP: I have had a baboon and a Chinese gentleman walk into my hotel rooms (at different times I should add).

DD: I hold the record for the most times on Alton Towers' Oblivion in one day.



"...I've had a Baboon and a Chinese Gentleman walk into my hotel room..."



April 2011: Bring a Friend Month

April 2011 is going to be "Bring a Friend Month". Whether you're a Tadpole, a Carer or a Volunteer, we would like you to bring someone along to witness the club's activities first hand. The person you bring could be someone you think may



All you need is friends

benefit from the water therapy, or someone who could be a potential Volunteer.

From the poolside they can get an idea of what we do and how we do it. Many people are put off from joining clubs like ours because of pre-conceptions, so we are hoping to overcome these and show people what Tadpoles is really about.



Caption Competition

Have you got any suggestions for a caption to this photo? Suggestions on a feedback form please with the heading "Caption Competition", or e-mail your suggestions to info@tadpoles.info. The best answer will be published in the next newsletter and the winner will receive a bottle of wine and a box of chocolates from Tadpoles supporters Sainsburys and Waitrose.

Tadpoles on the Web

www.tadpoles.info

The website is the place to go in order to catch up on all the latest news about the club.

There's also a new Members only section, accessible by clicking the link at the top right corner of each webpage. You'll be asked for a password, which is "frog" (why "frog"? Because it's grown up stuff for Tadpoles - groan...).

In the members area are the latest versions of our documents, as mentioned earlier on page 2.

If you have any views on the website, want anything else included or have suggestions for improvement, please contact the Webmaster by e-mailing

info@tadpoles.info or completing a feedback form (available from the Tadpoles reception desk).

