

Swimming at Motcombe Pool every Sunday afternoon with the

# Sovereign Disabled Swimming Club

Registered Charity No. 263846

## Summer 2018 Newsletter

8-Jul-18

### Seafront Stroll - Saturday 4th August 2018



Our Summer fundraising and social event takes place on Saturday 4th August. We will meet at 10.30am on the promenade by the Treasure Island car park on the seafront and walk to the Wish Tower and back. This is a total of 2.5 miles so if you feel that is too far for you, you could join us for part of the way.

After the walk we will meet for lunch at the Beach Deck Café, which is next to Treasure Island, at 12.30. Please let Rowena know if you are coming to lunch as we will need to book a table.



Members and supporters at the half way point on last year's walk.

If you have never joined us on the walk before, why not come along? We walk leisurely, stopping for an ice cream or coffee on the way and hopefully enjoying the summer sunshine.

This is a fund raising event and we would like everyone to have sponsorship. Sponsor forms are available from Rowena or donations can be made online through our Total Giving page.

To set up your own free sponsorship page go to [www.totalgiving.co.uk](http://www.totalgiving.co.uk) and search for "Sovereign" and follow the links or ask Bob for details.

Alternatively, to sponsor Rowena online go to:

<http://www.totalgiving.co.uk/mypage/rowena2018>



Follow us on Facebook at:

[www.facebook.com/sovereigndisabledswim](http://www.facebook.com/sovereigndisabledswim)

or use the QR code to visit our web site



Help us at no cost to you by shopping online via [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk) search for **sovereigndisabledswimmingclub** to register and start shopping.

### Annual General Meeting



A Dolphin was presented to Ruth at the AGM and to Michael at the Pool.

Our AGM was held on the 25th May

Elected at the AGM were:

Chair - Rowena Gausden

Secretary - Bob Gausden

Treasurer - Chris Merredew

Swimming Rep - Shirley Barrow

Chief Instructor - Sian Morris

Deputy Chief Inst. - Theresa Griffin

These are the people who run your club. Please support them all as they work hard to keep this club afloat.

Michael and Ruth stepped down from the committee and were presented with dolphin ornaments to thank them for their work over the last three years.

### Eastbourne Local Lottery

Win up to £25,000 and raise funds for our club when you buy tickets from our page. Tickets only cost £1 and 50% of all tickets sold from our page go to us!



To start supporting us please visit [www.eastbournelocalottery.co.uk](http://www.eastbournelocalottery.co.uk) and search for Sovereign Disabled Swimming or scan the above QR code to go straight to our page.

In order for this to work we need to sell 50 tickets so don't delay buy today!