

Swimming at Motcombe Pool every Sunday afternoon with the

Sovereign Disabled Swimming Club

Registered Charity No. 263846

Summer 2017 Newsletter

Sussex
Community
Foundation



2-Jul-17

Seafront Stroll - Saturday 5th August 2017



Our Summer fundraising and social event takes place on Saturday 5th 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.



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

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.

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.

Total Giving Fundraising

Total giving is an online way of donating money with no cost to our club. To set up a page go to www.totalgiving.co.uk and search for "Sovereign" and follow the links or ask Bob for details.

To sponsor Rowena online go to:

<http://www.totalgiving.co.uk/mypage/rowena2017>



Follow us on Facebook at:

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 search for **sovereigndisabledswimmingclub** to register and start shopping.

Award of Club Shield



The Shield was presented to Tom at the AGM by our Chief Instructor, Sian.

The Club Shield, awarded annually for "Courage Determination and Effort" was presented to Tom Weller at our AGM on Friday 2nd June.

Tom always enjoys his swimming, chatting to everyone in the pool. He won a gold medal in the gala and has taken part in all our events this year.

Your New Committee

Elected at the AGM in June were:

Chair - Rowena Gausden

Secretary - Bob Gausden

Treasurer - Chris Merredew

Swimming Reps - Shirley Barrow,

Michael Reynolds, Ruth Mowbray

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.

Charity Coffee Morning



Club members attend the Coffee Morning.

Thanks to our friends at the British Queen in Willingdon, their charity coffee morning on Thursday 8th June raised over £200 for club funds.