



SETTLE AREA SWIMMING POOL

Members' Newsletter

A charity run pool for the community

New Year's Resolutions?

Don't forget the benefits of a simple swim and swimming classes:

- ☑ Improves heart health, helps circulation and reduces the risk of heart and lung disease.
- ☑ Gentle on your joints - keep them moving for longer
- ☑ Keeps bones strong - prevent osteoporosis. A third of women over the age of 50 and a fifth of men experience osteoporosis.
- ☑ Increases flexibility
- ☑ Improves posture, and reduces the pressure of back pain
- ☑ Improves muscle strength and tone - shape your body!
- ☑ Improves mental health - a simple swim will reduce stress levels, boost your mood, and increase brain function
- ☑ It's good fun too, and a great social activity

What not to like?? Make this your year, and start off as you mean to go on. See you on 6th January 2020, if not before.



The first *wave* of improvements to your Pool is starting now!

Over the Christmas break we are installing new energy saving boilers. These will be more efficient so will save energy costs, paving the way for the next stage of development.

To do this work, we will be closing the pool from Monday 16th December to Sunday 5th January 2020. We apologise for the inconvenience, but this is the best time to do this essential work.

All the regular learn to swim, classes and public swimming we all recommence on Monday 6th January. If you are a monthly subscriber, please see our staff about compensation.

If there are any changes, these will be posted on our website, on our social media pages, on posters on the Pool door and on the Pool answering machine.

Many thanks for all the support from individuals to community groups which keep us open year after year. We will continue to be a community facility to be proud of.



Seasons greetings to all our customers
from staff and Trustees of the Pool!!



Thank you!!!

The Trustees would like to thank our many supporters who help to keep the Pool running. Thank you if you

- ★ come for a swim
- ★ take paper to the recycling skips
- ★ donate items to the shop in Duke Street
- ★ buy from the shop
- ★ volunteer in the shop or paper recycling.
- ★ are a generous individual making donations - from £20 to many thousands. Every penny helps!
- ★ are a business giving donations - totalling nearly £11,000 since April. Open Gardens and the Rotary Club's Settle Saunter were both very generous supporters this summer.
- ★ In the 6 months April to October 2019, the fundraising shop raised **£37,640.025!!!!**



Many thanks to the talented Octameron Singing Group for making the Pool the beneficiary of its excellent Autumn Concert on 5th October. The theme was 'Splash', with water themed songs (and weather as it turned out!). 'Raindrops keep falling over head', 'Blue Skies' and 'Bridge over Troubled Water' all featured under the direction of conductor Brian Heaton. The generous audience contributed over £250 to the Pool.

Thank you!

A life saver in more ways than one...David and Jackie Kingsley's story

After a serious fall and breaking her back, Jackie spent three months in Preston and Southport hospitals. Part of the treatment at Southport spinal injury unit was hydrotherapy in the swimming pool to build muscle and strength. Back home we needed a Pool to continue Hydrotherapy.

The Settle Pool and their caring staff were there for us. Initially Jackie could only get about in a wheelchair and required assistance in getting to the changing room and shower. We were assured that nothing would be too much trouble and true to their word we have been treated like royalty. As we arrive the ladder steps are removed and replaced, as if by magic, by a purpose built set of steps with handrails. After our exercise session a mobile shower chair is there for her and the female attendants, and even the Pool Manageress Jenn would wheel Jackie into the shower. Then they collect the dry wheelchair so Jackie could be independent again. There are always plenty of flotation aides and 'Noodles' available.

Paul's sessions on a Monday morning make exercise fun. All the staff are first class, polite, and always willing to help in any way. Being so local to us from Clapham just a few miles up the road is just brilliant. Since we first started using the pool Jackie is now more independent she can use her crutches to get to and from the changing room and shower, so real proof of improvement. We understand that the Trustees of the pool are applying for grant funding to improve the changing rooms, this will be a wonderful improvement to the overall experience.

The small print and contacts:

Charity number 1171790. Settle Area Swimming Pool is committed to providing an environment in which all children and young people participating in its activities have a safe and positive experience.



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