

Look out for our December 2011  
Issue 28 Coming soon.....

What's in this months issue...

Chairman's Letter ....

Water Dangers - Spot he difference  
(see inside the centre page for more details)..

10 Things to know about...

Star Joke .....

Colour Me In ...

News from our other clubs.....

Hot News ...

Swim Nights ...

First Aid...

Visit our Website for downloads, information, photographs  
and lots more....

**Anything to add.....**

Contact us via Text message to 07989 475 498  
email us on [lifesaving.club@ntlworld.com](mailto:lifesaving.club@ntlworld.com) or  
[www.broadwayandfailsworthlifesavingclub.co.uk](http://www.broadwayandfailsworthlifesavingclub.co.uk)  
Face Book—Broadway and Failsworth Life Saving Club  
Twitter—@BandFLSC

# Splash...



North west  
Life saving  
Clubs  
Magazine

Published by  
Broadway and Failsworth  
Life saving club



### The Editor...

Splash magazine..  
WELCOME splashers,

If you wish to order a DVD or Photographs of this years Open Water, please call Gaynor on [07989475498...](tel:07989475498)

If you have anything you want to add to your magazine please contact to Gaynor on [07989475498...](tel:07989475498)

Our Aim is to keep members informed about What's On Next, Competitions and Celebrations and more.....

Call or Text me on  
My Mobile [07989 475 498](tel:07989475498)

*Gaynor xx*

## Hot news

WELCOME Everyone,

**Do you know of any who can swim 50m confidently and interested in becoming a Rookie..** If yes, Bring them along to our next session and let them try it out

Visit our web site  
[www.broadwayandfailsworthlifesavingclub.co.uk](http://www.broadwayandfailsworthlifesavingclub.co.uk)  
We have Lists of our Opening Times.  
Photographs, Write-ups and lots more...

To Look us up on **FACEBOOK** search for **Broadway and Failsworth Lifesaving Club** under the pages section and click "Like" to follow the club. Also Follow us on **TWITTER** the address is **@BandFLSC** ....

Colour me...



### Top Ten Lifesaving TIPS for Open Water

1. Always tell someone where you are going
2. Never take inflatable's into the sea
3. Be aware of Jellyfish
4. Know your Flags
5. Never Tombstone
6. Always wear some type of footwear in the sea
7. Check for dangers
8. Wear suitable clothing as the water can be colder than you think
9. Be aware of rip currants
10. Always wear Sun block

**Club Chairman -  
Centre Co-ordinator**  
Danny Wood

**Club Secretary, Treasurer,  
Int. Verifier -**  
Elaine Ratcliffe

**Teachers -**  
Danny Wood—Pool/Beach TA  
Paul —Beach TA  
Jim —L/saving TA  
Dave —Pool TA

**Assistant Teachers -**  
Nikita

**Membership/Open Water  
Co-ordinator—  
Photographer**  
Gaynor Anderson

**Committee -**  
Karen

### Swim Nights are:-

**Monday** Evenings 8-9pm  
At Broadway Baths  
Tel: 0161 681 1060

**Wednesday** Evenings 7-9pm  
North City—Harpurhey  
Tel: 0161 277 1900  
0161 277 1901

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If your friends can **swim 50** meters or more on there Front and Back, Why not bring them training.  
Everyone is welcome

### Regular Spots

- Hot News
- Swim Nights
- First Aid
- Photos
- Spot the difference Page
- Dates
- From Danny
- From Elaine



Hello Splash Readers

Most people today, if you are like me, are absolutely fed up with Comparing prices from one provider to the next.

However I have found a way of seriously SAVING money You probably wont have heard of the company because they don't advertise - so they pass on the huge savings of not advertising to their customers. Can you imagine what some of the major companies pay on advertising and who pays for that advertising? Or course, we do. This company works on word of mouth, and word of mouth is the best advertising ever.

I pay for services in arrears; for example a bill is received in the second or third week in January. This bill is for December usage I don't actually pay for it until the end of January.

How cool is that! And because there are no contracts in sight I can leave any time I want to, but believe me. I won't be leaving. I just wish I had used this company sooner.

Please phone me any time on [0161 211 9837](tel:01612119837) or [07789 383 699](tel:07789383699) (if I don't answer please leave a message with your contact details and I will phone you back). If you don't want to phone me please speak to me on a Monday or Wednesday and we can arrange a mutually agreeable time to meet.

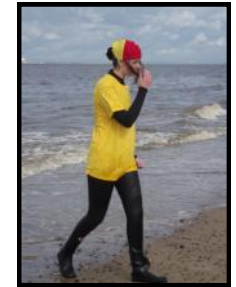
Let's get saving money, and not just for a year but for ever!

Elaine Ratcliffe

Hi, Everyone.....

Between now and the end of the year bring friends for free it can be 1 or 21 let them come and enjoy lifesaving with you. Learn all the skills of water safety have fun at the same time.

Danny Wood  
Chairman  
Broadway and Failsworth LSC



### 10 **THINGS** you should know about **DEPRESSION....**



1. Depression is a serious illness, very different from feeling unhappy, miserable or fed up for a short time.
2. When depressed, you may have feelings of extreme sadness that can interfere with your daily life, and can last for weeks or months rather than days.
3. Depression is common - about 1 in 10 will be affected at some point.
4. Women are more likely to have depression than men, and 1 in 4 women will require treatment for depression at some point, compared to 1 in 10 men.
5. In serious cases, men are far more likely than women to commit suicide, which may be because men are less likely to seek help.
6. Depression can affect people of any age, including children. Studies have shown that about 4% of children in the UK aged 5-16 are affected.
7. With the right treatment - counselling, exercise, yoga or medication - most people make a full recovery.
8. People with a family history of depression are more likely to experience depression themselves.
9. See a GP if you think you maybe depressed.
10. Visit [www.mind.org.uk](http://www.mind.org.uk) or call [0300 123 3393](tel:03001233393)

Did you know you can now download this magazine and see lots more Photographs, information, Forms and the Calendar of Events from the club website  
[www.broadwayandfailsworthlifesavingclub.co.uk](http://www.broadwayandfailsworthlifesavingclub.co.uk)

## News From Elaine

Hi Everyone,

Welcome to the November edition of the Splash Magazine. Now that the Open Water 2011 is over and the dark nights are drawing in, Broadway and Failsworth LSC is running a promotion (as Danny has mentioned).

Bring a friend and the friend, and you, get in for free!! To qualify for this promotion the following applies....

This is primarily for Monday night at the moment

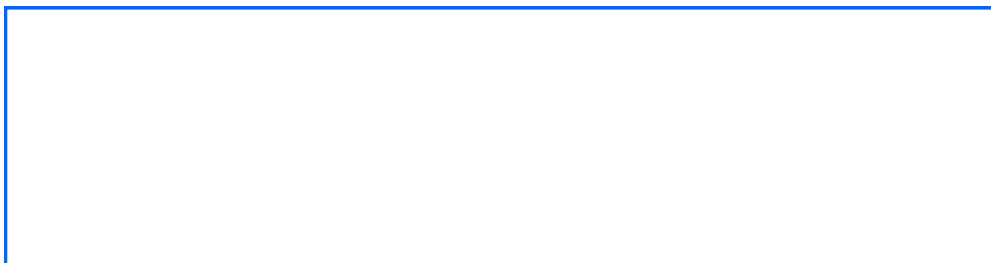
For members under 16 years of age

Until the Christmas Break

This doesn't stop at one friend you can bring as many as you want!

How fantastic is this?!!

Take care  
Elaine



It is Important you bring your **Full Kit** with you to **All training** sessions, as failure to do so may result in **YOU NOT being able to Swim**.

### Come on Ladies

Well done to Donna and Emma for entering the **Aspire CHANNEL Swim 2011** held on 12th September-4th December 2011 22 miles, in 12 weeks at your Pool For further information on this event log onto [www.aspirechannelswim.co.uk](http://www.aspirechannelswim.co.uk)

### Swim Nights are:-

Monday Evenings 8-9pm  
Wednesday Evenings 7-9pm

If your friend can swim 50 meters or more, Why not bring them training. All are welcome

# Recognising stroke

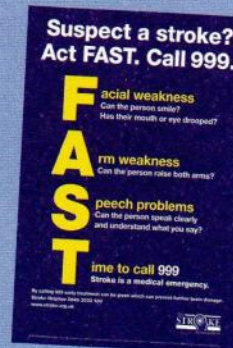
A stroke can be a frightening experience for both the person affected and their family. While some strokes are severe and happen very quickly, others are more subtle and may even go undetected by the person experiencing them.

The FAST test (see right) was developed through research funded by The Stroke Association, as a quick way to identify the symptoms of stroke. When the brain is being deprived of blood, a speedy response can minimise the damage to a person's brain, improving their chances of a full recovery. Any delay in getting help can result in death or long-term disability.

Even if symptoms are only temporary, the person may still have had a stroke. A transient ischaemic attack (TIA), or mini-stroke, should be treated as a medical emergency as there can be a major stroke risk in the future.

## Saving lives **FAST**

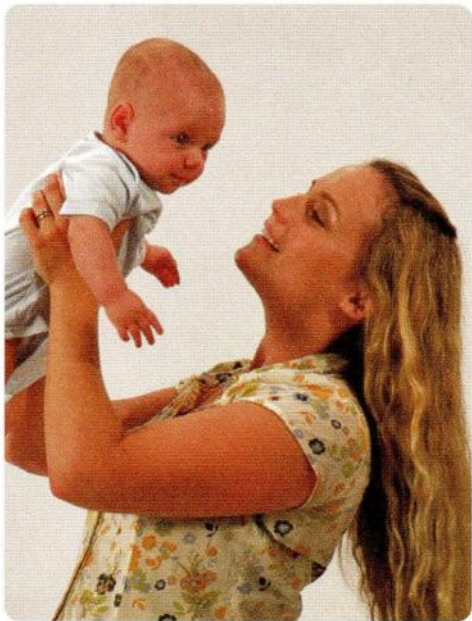
- F** **Face**  
Can the person smile?  
Has their eye or mouth drooped?
- A** **Arms**  
Can the person raise both their arms?
- S** **Speech**  
Can they speak clearly or understand what you say?
- T** **Time to call 999**  
**Stroke is a medical emergency.**



# Preventing stroke

Some people are more at risk of having a stroke than others. Some risk factors can't be changed, like your genes or your age. However, there are a number of things you can do that may prevent a stroke from happening.

If you have already had a stroke, simple lifestyle changes may help to keep you from having another. Addressing these risk factors will lower your stroke risk and improve your overall health and well-being.



These are just a few of the most effective ways you can reduce your risk of stroke:

- Stop smoking**  
 It's not easy, but it halves your risk of stroke
- Drink sensibly**  
 Consuming too much alcohol raises your blood pressure and your stroke risk
- Eat a healthy diet**  
 Focus on fruit and vegetables – avoid salt and saturated fats
- Take more exercise**  
 An active lifestyle can do wonders for lowering your stroke risk
- Manage conditions**  
 that raise your stroke risk, like high blood pressure, diabetes and high cholesterol.

Did you know ??

**Debdale & Fleetwood Open Water 2011 Photographs and DVDs** available from **GAYNOR** Please ask for details

## Did you Know?

The Saxons called October 'Wyn Monath' because it was the season of wine-making ...

## Coffee...

Women who drink two or more cups of coffee a day may be less likely to get depressed....

## Did you Know??

The First Model T Ford was introduced on 1 October 1908.

American fast-food chain Mc Donald's opened its first UK store on 1 October 1974

## Did you know?

It takes 30 minutes for the body to produce enough heat to boil half a gallon of water

## Did you know?

100,000 is the average number of hairs on the human head....

## It Takes...

27 days for a human to shed and re-grow their skin...

What does the ocean say to the boat?  
Nothing.. It just waves...

## Jokes

Why did the clock get sick?

It was run down..

Why are astronauts successful people?  
Because they always go up in the world..

## STAR JOKE...

What do you call a boomerang that doesn't work ?

A Stick .....

What did the right shoe say to the left shoe??  
I think we must be sole mates...

Joke  
What did the mountain climber name his son?  
Cliff....

What's the richest kind of air??  
Billionaire...

What type of bow can never be tied...?  
A Rainbow...

What do you call a scared dinosaur?  
A Nervous Rex...

What do you call a fish with no eyes...  
A Fsh....

Which are the strongest creatures in the ocean?  
Mussels...

What happens if you eat yeast and shoe polish?

Joke  
Which president was least guilty?  
LINCOLN. He is in a cent?

# First Aid

## RESPONSIBILITIES

In any situation where the assistance of a First Aider is required, the First Aider should follow an organised assessment of both the surroundings and the casualty or casualties. If no First Aider is available then the Appointed Person should be called and follow the same procedure.



### ARRIVAL AT THE SCENE

- Assess the situation
- Make the area safe if possible
- Ask questions about the situation
- Obtain help from others
- Send for help

Always ensure that it is safe for you to approach a casualty before attempting to carry out any treatment. Your safety comes first, so do not put yourself in any danger. Ask what happened, if anyone saw the incident or if there are any other trained personnel available. Do not allow yourself to become isolated when dealing with emergency situations. Take control and obtain assistance from those around you. Their help may be required with the casualty or in sending them for a First Aid box and calling the Emergency Services. You may be dealing with multiple casualties, so assistance is vital.

### DEALING WITH CASUALTIES

- Protect yourself
- Check for responsiveness
- Ensure the airway is open and your casualty is breathing
- Assess the extent of the injury or illness
- Treat in order of priority
- Be calm and confident
- Make sure that qualified help has been called for as soon as you have determined the extent of the injury or illness

## CONTACTING THE EMERGENCY SERVICES

### MAKING THE PHONE CALL

- State which service you require
- Give your telephone number
- State your exact location
- State type of incident
- Give number of casualties
- State type and extent of the injuries
- State dangerous hazards



The European Union emergency number 112 is now in operation as well as 999.

## puzzles

### Test your Knowledge...

- 1) How many lungs does the average human body have?
- 2) Another name for your voice box is the ?
- 3) Your tongue is home to special structures that allow you to experience tastes such as sour, sweet, bitter and salty, what is their name?
- 4) The holes in your nose are called?
- 5) The bones that make up your spine are called what?
- 6) The flow of blood through your heart and around your body is called?
- 7) The shape of DNA is known as?
- 8) The bones around your chest that protect organs such as the heart are called what?
- 9) What is the name of the long pipe that shifts food from the back of your throat down to your stomach?
- 10) True or False? Your ears are important when it comes to staying balanced?

### 3 In A Row

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
Make 3-nine letter words, using the 3 letter sections.								

### Did you Know??...

90% of surgeons in the UK listen to music while operating. Rock music is the favourite...

10% of the world population are left handed ...

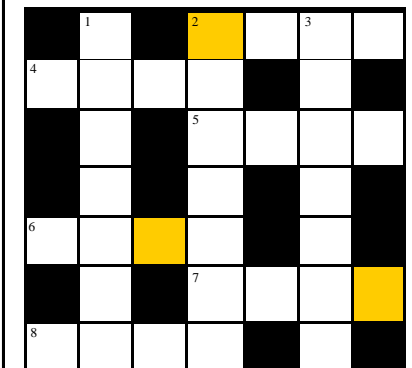
Once the puzzle is solved the yellow letters spell your PRIZE word.

#### Across

2. Rock 'n' Roll dance (4)
4. Bran of children's building bricks (4)
5. Arm Bone (4)
6. Head of a university (4)
7. Dutch cheese (4)
8. Remain (4)

#### Down

1. Sweet course after a meal (7)
2. Trip, voyage, eg (7)
3. Pickling condiment (7)



puzzles



Rearrange the letters below into a regular 9-letter word

E R B O T L A A E



5 Mins

Sudoku Sets the Pace. Add the 3 yellow squares to get the answer.

		9		4				
3							1	
			3					9
8								1
				1				
9							5	
				7				
	8						7	

Name the song title....  
There's nothing you can do that can't be done, Nothing you can sing that can't be sung, Nothing you can say but you can learn how to play the game, it's easy....?

Q. Flora was the ancient Roman Goddess of what??  
A.....

Name 5 Types of Bones.  
1.  
2.  
3.  
4.  
5.

Q. Which British Sir provides the voice of Finn Mc Missile in Cars 2  
A.....

Name all Five senses.  
1.  
2.  
3.  
4.  
5.

Name Five types Of muscles.  
1.  
2.  
3.  
4.  
5.

Q. What is your largest Organ ?  
A.....

- General Knowledge.....
1. Stable hand (5)
  2. Picture made from tiles (6)
  3. Cake topping (5)
  4. Bow and scrape to (6)
  5. Luxurious fabric (6)
  6. Block, ban (4)
  7. Shockingly bad or wild (10)
  8. Handy (6)
  9. Unable to eat anymore (4)
  10. Where scousers hail from (9)

**PRIORITIES OF FIRST AID TREATMENT**

Wear gloves to protect both yourself and the casualty. This will help to prevent the risk of cross-infection. Carry out a primary survey and quickly assess the condition of the casualty. Deal with life-threatening conditions first.

**TREAT IN THE CORRECT ORDER**

- Breathing
- Bleeding
- Bones/Burns
- Other conditions (treat and prioritise accordingly)

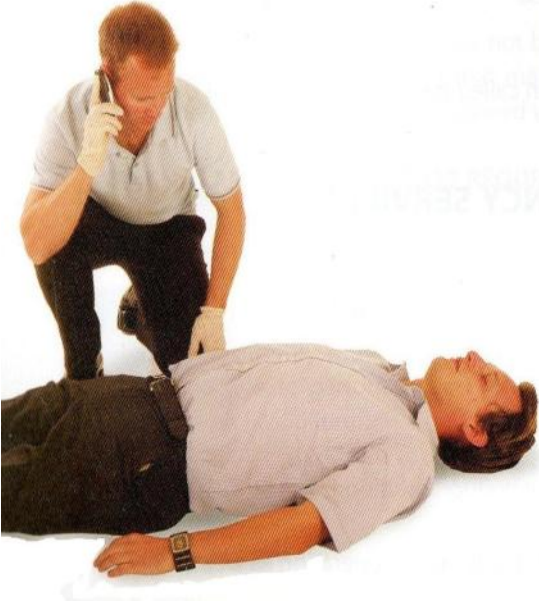
**THE CLEARING-UP PROCESS**

Give an accurate account of the situation to the Emergency Services. Complete the accident book and RIDDOR form if necessary. Wear protective clothing and clean up any blood or bodily fluids. Dispose of any contaminated materials in a yellow biohazard bag for incineration. You may need to talk about the incident, especially if the treatment was unsuccessful and you feel that you are unable to cope with your feelings.

**CASUALTY COMMUNICATION**

Someone who is sick or injured will be scared and may not understand what is being said or done. Therefore, gestures, body language and attitude towards the casualty are critically important in gaining their trust.

**999/112**



- Remember LIONEL**
- L** Location
  - I** Incident
  - O** Other services
  - N** Number of casualties
  - E** Extent of the injuries
  - L** repeat Location

# By The River

## THE WATER SAFETY CODE

SPOT THE  
DANGERS  
EACH KIND OF  
WATER OFFERS  
A DIFFERENT  
DANGER  
KNOW THEM

TAKE ADVICE  
FROM SIGNS,  
LEAFLETS OR  
PEOPLE

DON'T GO ALONE  
YOU MAY  
NEED HELP

LEARN HOW TO  
HELP

EMERGENCY  
RESPONSE SKILLS,  
RESUSCITATION AND  
LIFESAVING ARE ALL  
WITHIN  
YOUR

CAPACITY



ALWAYS  
WEAR A  
BUOYANCY  
AID WHEN  
ON THE  
WATER

OBEY ANY  
LOCAL RULES  
TO DO WITH  
ACTIVITIES  
ON OR NEAR  
THE WATER

BE AWARE  
OF TRIP  
HAZARDS