

AUTUMN NEWS LETTER 2024

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SANDY LIFE SAVING CLUB



[LINKTR.EE/SANDRINGHAMLSC](https://linktr.ee/sandringhamlsc)



COMMS@SANDRINGHAMLSC.ORG.AU



PRESIDENT

Vicky McKay

president@sandringhamlsc.org.au

Thank you to everyone who has been part of Sandringham Life Saving Club this season. Whether you have just found us or you've been a member for years, it is the people that make our club what it is. Together we have achieved a lot and we have so much to be proud of. We have even been recognised by Life Saving Victoria, who chose to put our club and program forward for a VicSports state achievement award!

Over 12 months ago we launched our clubs Strategic Plan, with a focus on;

1. Recruitment and development of our volunteers
2. Member engagement, and
3. Building community awareness

Through activities like our community swims, our trivia night and an increased number of members volunteering, I am pleased to share that we have made great progress across-the-board this season putting into action our Year 1 priorities. Now that the flags are down for another season we will take time to reflect and plan for the season ahead.

Through our continued focus on growing our community engagement in new and complementary club activities and a growing Nipper program, we have continued to grow our membership. We now have 937 people engaged with our club, which is the highest number of people involved in our club than we have ever had!

WOW!! What an achievement!

I would like to give a massive shout out to all our volunteers!! We couldn't do what we do without you. There is something for everyone in lifesaving. Everyone is important. Thank you. A special mention to our patrollers who completed 2,035 volunteer hours this season! Amazing!! We are so grateful for all that you do to keep people safe in, on and around our Sandringham beach.



PRESIDENT CONTINUED...



You may also have noticed our new look logo (launched at our recent awards night)! A terrific development in our lifesaving club's journey. The new design is much more in keeping with who we are (as a community focused club) and gives us a contemporary look whilst still acknowledging that we have been serving our community for over 100 years.

On a personal note, looking back on the season, for me a big achievement was getting my Bronze Medallion and joining patrols with my husband Hamish & son Archie. I look forward to next season and having my daughter Evie join us too! Thank you for the family award ... a proud mumma moment! We do love being part of this wonderful community.

It's been a privilege to lead our club. I hope to see you around Sandy during the off-season and maybe down at the beach for some cold water swimming.

Stay safe,
Vicky





BOWLS AND AWARDS

comms@sandringhamlsc.org.au



Thank you to everyone who came to celebrate our incredible 2023/24 season at our Bowls and Awards Night last month.

It was so much fun to enjoy good food, great company and acknowledge the hard work and dedication of our volunteers!

A particular thank you to Sechelle and Richard from the Little Brixton Food Group for providing the delicious food, the Hampton Bayside Bowls Club for the amazing venue and to Vicky and Hamish McKay for all your organising behind the scenes!!

A really fun night had by all!!

Congratulations to all of the incredibly deserving award recipients:

President's Award

Harper Morrissey

Pam McClean Award

Ellie Harper

Family of the Year

The McKay Family

Member of the Year

Ross Lavender

Lifesaver of the Year

Harper Morrissey & Archie McKay

Outstanding Contribution to Lifesaving

Bianca Pither

Best First Year Lifesaver

Hamish McKay

Encouragement Awards

Phil Cameron, Xavier Dutrieux, Ellie Harper & Charlie Williams

Chief Instructor Award

Phil Cameron

Age Manager of the Year

Miranda Tolmer

Silver Salties Award

Kirsty Batchelor

BOWLS AND AWARDS CONTINUED...





LIFESAVING

Claire and Daniel Pardo

lifesaving@sandringhamlsc.org.au



We've had an incredible season this year! Here are the stats for the great season we had: 2035 hours and 39 mins patrolled, 457 more hours than last season! We also had 1 Rescue and 1 Major First Aid. Alongside 21 Minor First Aids and 6291 Preventative Actions. All this, was treating a Total beach Attendance of 40,099. Of course, we had many visits from the local wildlife as well!

Congratulations to all the patrollers who patrolled over 100 hours. These were: Ellie Harper, Archie and Hamish McKay, Harper Morissey and Lucas Pardo.

Thank you so much to all patrollers for making it down!

We also had a few memorable patrols this season. The Pink Patrol and Pride Patrol are among the most notable. For the Pink Patrol we had a breakfast with club members from Sandy and other local clubs, in which our very own Jen Beer spoke. Zoe Daniels also spoke at the breakfast. To follow this we had some yoga and then of course patrol! Congratulations to all the women that volunteer at our club. We also had the Pride Patrol. The rainbow was brought out in full force that day. With many decorations and some costumes, our club was very vibrant. It was also a great reminder of how anyone is welcome at Sandringham. We hope that these patrols can be even more fun and exciting in the next seasons coming.



LIFESAVING CONTINUED...

Thanks also to anyone involved in any rescues or first aids this year. You've all made a big impact on the club and community.

We would also like to extend our gratitude to any other lifesavers that helped out this season. Whether that was doing water safety for the Sunday Swim or Nippers. Even cleaning the beach and keeping a keen eye on the beach goers. You all helped our club to maintain a safe and enjoyable environment for all that came down to our beautiful beach.

Although we did not have as many major incidents as the previous season, it is very important to remember that any incident can be mentally and physically taxing. It is so important for everyone to



look out for one another on and off patrol. If you are struggling please reach out, as there is so much support within lifesaving that we can offer.

We, your club captains, are ending this season incredibly pleased and excited for all the patrollers that contributed to Sandringham Lifesaving Club this season. We hope that you will all be able to return for the upcoming season! We are also hoping to run some off-season social nights and events, so keep an ear out for those.

Stay safe and we will see you back out there soon!

Claire and Daniel Pardo
Club Captains





NIPPERS

Hamish McKay
nippers@sandringhamlsc.org.au

Celebrating Success and Looking Towards the Future: Sandringham Nippers End of Season Report

As we conclude another successful season of the Sandringham Nippers program, we reflect on the contribution from a number of key groups who make our program the success it is.

Starting with the Nipper parents who this season really stepped up their involvement and support of the program, on the beach, in the water and in supporting other club activities such as the bbq and the zooper dooper hand out. Your involvement was really noticed and appreciated by the wider club. To our ever supportive water safety team who enable our Nippers the valuable time in the water and who make the activities so much fun. To our Age Managers who every season step it up finding new and fun ways for our Nippers to learn the core program and who themselves are working towards additional certificates to enable us to extend our program.

To you all, we say thank you!!

As we prepare for the 2024/25 season, we are committed to continuing the evolution of the Nipper program. Building upon the successes and learnings of previous seasons, we aim to adjust our training methods and curriculum to ensure we have variation in what we are delivering to keep our Nippers engaged but also challenged to achieve more.

Looking ahead, we are excited by the next cohort of Nippers aging out and becoming cadets, as they continue their journey to active patrolling roles. This transition marks a significant milestone in their journey within the lifesaving community and for our club, empowering them to become capable and responsible lifesavers at our beach.

Lastly, we are delighted to announce the purchase of additional Nipper boards for the upcoming season. This investment will not only cater to the growing demand within the program but also ensure that all participants have access to high-quality equipment, facilitating their skill development and overall enjoyment of the surf environment. With these enhancements, we are confident that the Sandringham Nippers program will continue to thrive and inspire future generations of lifesavers.

TRAINING

Bianca Pither
training@sandringhamlsc.org.au



What a huge season! We are running more and more courses every year. It is so great to finally see an increase since COVID, only up from here!

Since our last issue we ran a Side-by-Side Vehicle (SSV) Operator Certificate, Resus and ARTFA Course and Sandy College Taster Lifesaver Programs. We also had a few of our members complete their IRB Crew Course in Elwood.

Thank you to all our members who continue to volunteer their time to extend their skills and upskill. It is always a joy training you, and we hope that you have enjoyed learning and honing in on your lifesaving skills.

A particular thank you to our wonderful trainers who continue to dedicate countless hours to training our volunteers; Daniel, Claire, Simona and Anatole - you are my shining stars!

A special mention also goes out to the recipient of the Chief Instructor Award this season, Phil Cameron. Completing a whopping 5 awards in his first season, Phil was a clear stand out - congratulations!

Even though we are now enjoying the off-season it will not last long!

We will be back on Saturday, the 20th of July for our Winter Advanced Resuscitation Techniques and First Aid Course (ARTFA) + Resus (CPR). For full details for the course and to enrol, [please visit our website](#), or email Bianca at training@sandringhamlsc.org.au!

Hope to see you then!





SILVER SALTIES

Meagan Holstrom

silversalties@sandringhamlsc.org.au



Although we've come to the end of the patrolling and nippers seasons at the club, our dedicated Silver Salties will keep on going right through the depths of winter! Our year-round classes include yoga, tai chi, fitness, and pilates, and continue to build strength, flexibility, and social connections with our participants. It's delightful to run into our Silver Salties enjoying a post-exercise coffee in the village, or planning a dinner out - the Silver Salties program has really grown into its own welcoming community.

We were delighted to find out that the Silver Salties program was nominated by Life Saving Victoria for the Polytan Peter Norman Inclusion Award in the 2023 Victorian Sports Awards... and we're a finalist!! The nomination recognised the inclusiveness of the Silver Salties program and the ways it has contributed to the health, well-being, and social

connection of the participants. The awards ceremony is on June 12th - stay tuned for the results!

We would also like to extend our warmest congratulations to Kirsty Batchelor, who won the 2023-24 Silver Salties Award at our annual end-of-season award night on Saturday, April 27th. Kirsty began with Silver Salties yoga classes in July of 2023, and has gone on to join our open water swimming community, earn her Surf Rescue Certificate, and start volunteering as a Water Safety patroller at Nippers. She cheerfully puts up her hand for whatever needs doing and is always a pleasure to be around. We're so glad to have her as part of our community and are thrilled her passion, dedication, and generosity has been recognised with this award.

If you're interested in learning more about the Silver Salties program, you can check our website or email us!





COMMUNITY SWIM

swimming@sandringhamlsc.org.au

We have had another successful season delivering our weekly Sunday morning supported community swims. Our team of volunteers delivered this activity throughout the entire season. From October to April! A big round of applause for all involved.

This free weekly community initiative brought like-minded members of the community together. The event went from strength to strength this season, quickly reaching 60 swimmers! We then had to think fast and change our operating procedures to accommodate the demand. Fortunately everyone quickly adapted to the new pre-registration system which enabled us to readily plan and deliver on our water safety commitments. This enabled us to support more swimmers each Sunday by swimming in staggered wave starts. We had over 150 different swimmers join us throughout the season.

Based on participants' feedback, the impact was resoundingly positive, both socially, emotionally, and psychologically.

It was great to see swimmers of all ages and abilities join in and it was wonderful to see parents and their kids feeling safe and confident to swim out with the support of the water safety team.

Many swimmers new to open-water swimming grew in confidence over time and those who wanted to extend themselves felt safe in the knowledge that they could swim further, for longer, whilst supported by the water safety assistance on hand. Many are braving the colder water and weather and have continued to gather, swimming from the clubhouse on a daily basis.

If you are interested in staying connected with some of our keen swimming crew, [join our community Facebook page](#) to connect with other local swimmers.

We will be hosting a Winter Solstice Dip on Sunday 23rd June to celebrate the shortest day and the countdown to summer. Regular time 8am, for either a cold water dip or a 400 m swim out to the first pole and back. [Please register to help us with numbers.](#)



VOLUNTEER ROLES

development@sandringhamlsc.org.au



Are you king of the BBQ? Are you passionate about recycling? Do you love to walk along the beach and have a chat? We're looking for you!

We're building our volunteer base and would love for all of our members to have the opportunity to volunteer at the club and help to build our community. We're a welcoming, inclusive club because of our volunteers - and that can include you!

Below are some of the roles we'd love to see filled - however, if you have a vision for how you'd like to contribute, or a problem you'd like to help fix, we'd love to help make that happen too!

Grants Coordinator (Board Position) - works with the Surf Life Saving Australia grant seeking team to identify and submit grants for the club. 5 hours per month.

Member Engagement (Board Position) - works with our members to provide awareness of opportunities for additional training, fill volunteer roles, and encouragement more member engagement with the club. Flexible time commitment.

Silver Salties Walk 'n Talk - coordinate a weekly walk from the SLSC clubhouse along the beach and the coastal paths and end with coffee/tea afterwards at a local cafe. Aimed at our Silver Salties community (ages 60+). Two hours per week.

If you're interested, please email
development@sandringhamlsc.org.au!

Recycling Heroes - we're looking for a few people to help our club become more sustainable! Volunteers who could help with implementing a cash for cans collection, recycling our soft plastics on a weekly basis, taking the compost away after nippers, and recycling our coffee cups. Flexible time commitment (during the patrolling season the recycling items need to be picked up at least once per week).

Maintenance Coordinator - provide occasional support for maintenance issues, including liaising with tradespeople and Bayside Council about clubhouse repairs. Flexible time commitment.

Silver Salties Promotion - help with promotion of the Silver Salties program, including putting up posters around the community, liaising with community centres and local groups. Flexible time commitment.

SAVE THE DATE



MAY

16th

- Thank a First Responder Day
- Winter Warmer Yoga begins

17 - 19th

- LSV U15s Development Camp

20 - 26th

- National Volunteer Week

26th

- LSV Valuing Volunteers Event

JUNE

6th

- Last session of Winter Warmer Yoga

12th

- Vic Sport Awards

21st

- Winter Solstice Yoga Workshop

23rd

- Winter Solstice Sunday Swim

JULY

18th

- Winter Warmer Yoga recommences

20th

- ARTFA + Resus Course

AUGUST

3rd

- AGM (from 12pm)

8th

- Last session of Winter Warmer Yoga

10th

- LSV Awards of Excellence

For more info, please visit...
www.linktr.ee/sandringhamlsc



BOOK NOW!

**\$15 PER
CLASS**



WINTER WARMER YOGA

**THURSDAY 6:30PM
16 MAY - 6 JUNE 2024**

WINTER SOLSTICE YOGA WORKSHOP

FRIDAY 21 JUNE | 6:30 - 8PM



**BOOK
NOW**



SANDRINGHAM
LIFE SAVING CLUB
EST. 1917

WINTER SOLSTICE SUNDAY SWIM



23 JUNE

Celebrate the Winter
Solstice with an 8am
Sunday Swim!

BBQ brekkie and hot
cuppa to follow.

Please book via
www.linktr.ee/sandringhamlsc