

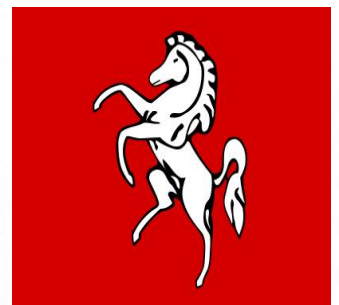
Enjoy Water **Safely**



# **Royal Life Saving Society UK KENT BRANCH Annual Report 2021**

**For the year ending 31<sup>st</sup> December  
2021.**

**Saturday 15<sup>th</sup> May 2022 at 10:00 am at  
Rianos 33 Tonbridge Road Maidstone  
ME16 8RX**



[www.Facebook.com/RLSSKentBranch](https://www.facebook.com/RLSSKentBranch)



[@RLSS\\_Kent](https://twitter.com/RLSS_Kent)

## PRELIMINARY NOTICE

### Annual General Meeting for the years ending 31<sup>st</sup> December 2021

Notice is hereby given that the Annual General Meeting of the RLSS UK Kent Branch will be held on Saturday 15<sup>th</sup> May 2022 at 10:00 am at Rianos 33 Tonbridge Road Maidstone ME16 8RX

In connection therewith all members are requested to note that All Notices of Motion and Nominations for Officers, Office Bearers and Management Committee members of the Branch must reach the Hon Secretary by midnight on 8<sup>th</sup> May 2022.

The following were the 2021 Officers and Management Committee Members of the Branch

a)	President.	Mr Cavell Burchell
b)	Deputy President.	Mr George Payne
c)	Chairman.	Mr Paul Paulding
d)	Vice Chairman.	
e)	Hon. Secretary.	Mr Andrew Griggs
f)	Hon. Treasurer.	Mr Cavell Burchell
g)	Safeguarding Officer.	Mrs Fran Paulding
h)	Youth Development Officer	Mrs Joanne Willson
i)	Competitions Officer.	Mr Paul Paulding
j)	Sales Officer.	Mr Stephen Goldsmith
k)	Public Relations Officer.	Mr Neil Morgan
l)	Events Officer.	Mrs Fran Payne
m)	Club Development Officer	Mr Neil Morgan
n)	Community Outreach Co-ordinator	Mrs Donna Thomas
o)	Committee Members	Mrs Denise McWilliams

This year the following Offices and Management Positions will become vacant and the current holders of these offices are eligible for nomination for election:

a)	Vice Chairperson	Two Year Period
b)	Financial Administrator (inc Sales)	Two Year Period
c)	Competition Officer	Two Year Period
d)	Youth Development Officer	Two Year Period
e)	Events Officer	Two Year Period
f)	Committee Member	One Year Period

Please also note the following positions be appointed by Branch Management Committee at its first meeting following the AGM and we request that interested individuals make themselves known to Hon. Secretary no later than 22<sup>nd</sup> May 2022

Safeguarding Officer, Trophy Secretary, Equipment Officer

Nominations for all the above mentioned Offices and Management positions are invited from Members, all of whom must be in **current membership of the Branch, or duly appointed by the Management Committee.**

Nominations must be submitted on the Official Nomination form attached to this notice and bear the Signatures of the Nominee, Proposer, and Secunder. Electronic signatures are valid and may be validated.

Nominees may submit a 150 word profile of themselves to be included with ballot papers in the event of an election having to be undertaken.

Voting where required shall take place at the AGM in accordance with clause 6.3 of the Branch Constitution which states:

“Any resolution put to the vote of a general meeting of the Branch shall be decided upon a show of hands based on the ‘one Member, one Vote’ principle adopted at the 2015 AGM. Therefore, any member present in person shall have one vote only irrespective of the number of offices any member may hold. In the event of an equality of votes upon any resolution, the Chair of the meeting shall have a second or casting vote. ”

An individual attending the AGM either face to face or virtually as the nominated representative of a Member eligible to vote must, prior to the commencement of the AGM, provide written confirmation of such nomination to the Chair of the meeting (as permitted under clause 12.1 of the Articles of RLSS UK).

If written confirmation is not presented and is not signed by an eligible Member then the returning officer will decide if the authorisation form is accepted or not. If two or more individuals submit authorisation forms for the same Member, no vote will be recorded on behalf of that Member.

The Annual Report and other relevant documents for the Branch AGM will be issued only to Members of the Branch Management Committee, all Past Presidents, Local Managers of the Branch and Affiliated Member Groups.

However, any member of the Branch wishing to receive these papers other than those already mentioned may receive them provided they request a copy from the undersigned, **no later than 8<sup>th</sup> May 2022.**

All such requests should be accompanied with a Stamped Self-addressed Envelope **35cm by 25 cm** (A4 document) in size stamped to the value of £1.83.



Signed :  
Honorary Secretary

## **NOTICE CONVENING ANNUAL GENERAL MEETING 2022**

Notice is hereby given that the 63rd (no meeting in 2020 due to Covid restrictions) Annual General Meeting of the Kent Branch of the Royal Life Saving Society United Kingdom, for the year ending **31<sup>st</sup> December 2021**, will be held on

**Sunday 15<sup>th</sup> May 2022 at 10:00 am**  
to transact business as per the Agenda hereunder.

Mr Paul Paulding  
Chairman

### **AGENDA**

Welcome – President Mr Cavell Burchell

Branch Honours

National Honours 2021

1. Read the Notice convening the Meeting – Chair - Paul Paulding
2. Apologies for absence – Hon Secretary - Andrew Griggs
3. Confirmation of the minutes of the 62<sup>nd</sup> AGM held virtually on Saturday 27<sup>th</sup> March 2021
3. Matters arising from minutes
4. Receive and adopt the Annual Report
5. Receive and not the Annual Financial Report and Statement of Accounts
6. Notices of Motion
7. Induction of President for 2022 - Mr George Payne
8. Installation of the Deputy President for 2022 – Mrs Donna Thomas
9. Election of Officers for 2022
11. Meeting Closed by President

## **KENT BRANCH ANNUAL GENERAL MEETING 2021**

Minutes of the sixty-second Annual General Meeting of the Kent Branch of the Royal Life Saving Society held virtually on Microsoft Teams on Saturday 27th March 2021 commencing at 9:45 hours

### **21/01 Those Virtually Present**

30 No. Other committee members, guests, delegates from affiliated organisations, and other individual branch members were recorded as attending.

### **21/02 Presentation of Branch Awards**

### **21/03 Notice convening the Meeting**

Branch Secretary Mr Andrew Griggs read the Notice convening the Meeting.

Those present:

Andrew Griggs, Paul Paulding, Cavell Burchell, Neil Morgan, Fran Payne, Joanne Wilson, Andrew Fooks, Martyn Steers, Denise Williams, Stephen Goldsmith, Faye, Tina Smith,

Andrew Griggs started the meeting by welcoming everyone. Much to disbelief of many I come from a time before computers ventured into homes and mobile phones had been even thought off and due to technology progressing, we can now hold this meeting. After coming out of the Covid Crisis I wonder what will come in the next few years. Many of us have lost things that we have come accustomed to in our lives, our sense of purpose when furloughed and most importantly our friends and love ones that are no longer with us.

With this adversity, we have gained much, use of technology and virtual events progressed when in previous had faltered. As a branch we have undertaken more meetings than ever, being they were virtual there was not need to travel. We have held virtual instructor courses.

Cavell Burchell

Statement of the meeting was read by Cavell on behalf of the National Board. To put into context of the meeting itself, due to Covid restrictions the Annual General Meeting was postponed and all the current member of the Kent Branch Committee were extended by one year. Kent branch were the first to take this proposal on, with other branches following suit. It was set that Virtual Annual General Meetings

could take place in the future if required. This is the contents of the meeting today. We are a legal meeting, and a verbal meeting and the RLSS have endorsed the meeting today.

Paul Paulding

Gave notice that this is the 62<sup>nd</sup>AGM, meeting to take as per agenda.

### **Apologies**

Lorraine and Alison Mackie, Kathy and Steve Bates, Debbie, John and Andy Hunt,

Minutes of the previous year were read by Andrew Griggs, which was held at Gads Hill in March 2019. Minutes were passed as a correct record.

### **Treasurers report**

All the account reports were covered in the AGM booklet. Accounts were proposed and seconded.

### **Presidents Report**

Last year changed so many lives, with much loss and uncertainty and circumstances that will challenge us all and as life savers we are all equipped to deal with them all. It has been an honour and a privilege to be you President for the previous two years. I have seen many acts of kindness, humanity as its best. I have great pleasure in passing over the presidency to Mr Cavell Burchell.

The President and Escorts chains were presented.

Cavell gave his thanks for the honour of being President.

Cavell announced that the Deputy President for the coming will be George Payne.

### **Elections of Officers**

All officers nominated were proposed and seconded.

### **National and Branch Honours**

Annual award ceremonies took place virtually. Cavell spoke about Tahdah with regard to nominations.

Cavell formally closed the AGM meeting.

Enjoy Water **Safely**



# Royal Life Saving Society UK KENT BRANCH

## Officers Reports

President

Chairman

Treasurer

Safeguarding Officer

Club Development Officer

Competitions Secretary

Events Officer

Youth Officer

Outreach Co-Ordinator (Acting)

Sales Officer

Awards Officer

Honours Officer

Public Relations Officer

## **PRESIDENT'S REPORT**

Life throws up all sorts of unexpected and sometimes tragic challenges. The emergence of the Covid-19 pandemic early in 2020 impacted on everything we hold dear, let alone our activities and plans to celebrate our sixtieth anniversary. It has forced us to reflect on every aspect of our lives and adjust to a new 'normal'. This of course includes our lifesaving activities.

What should have been a celebration of our Diamond Jubilee as a Branch became instead focused on strategies and initiatives to keep the clubs in the Branch viable and my real thanks must be to the Club Officers and members who managed to find a path through the many challenges and who now in 2022 are again offering courses and clinics to their local communities.

But I couldn't forget that it was our 60<sup>th</sup> anniversary and with the enforced curtailment of many lifesaving activities I might have hoped to support, I spent some time over the past year looking back to what the Branch and its officers have achieved and you will soon see a summary of some of our highlights published on the website.

Although lifesaving activity was severely restricted for most of the year I was able visit a group operating out of Beckenham Park Lake who look to become more involved with the Branch this year and also to visit 2 of our affiliated clubs and make presentations of award certificates and national honours that members were unable to receive in person at Worcester last November. And whilst referencing National Honours I was proud and delighted to attend the National Honours Ceremony at Worcester and see Branch members and Clubs receive 4 out the 6 Special National Trophies awarded annually by the RLSS UK (full details in the Honours Committee Report). It appears to be without parallel that members of a single Branch have been the recipients of such a large proportion of these Special Trophies.

As a Branch, Kent has always recognised that change happens but we have always responded positively to it. We now face a 'new normal' and the national society has to adapt and respond to a new cultural, economic and political environment within which we operate. But this is Kent Branch and we don't forget that we exist to deliver lifesaving and CPR skills to the local community, to promote safety in and around water and help develop grassroots lifesaving sport. We do what is necessary; then do what is possible; and suddenly we are moving towards doing the impossible. Who knows what we will achieve in the future?

On behalf of the 2021 RLSS UK Kent Branch Management Committee I thank all of our past and present Officers, Members, Clubs, Headquarters and affiliated organisations for their support. If it wasn't for your and their dedication and enthusiasm, the Kent Branch wouldn't be here today.

Thank you! Here's to many more years of enjoying water safely in Kent.

Cavell Burchell  
President – RLSS UK Kent Branch 2021



## **CHAIRMAN'S REPORT**

When COVID-19 hit us in March 2020 little did we know how it would affect us for the following two years and influence our lifestyle for the foreseeable future.

The good news is we are beginning to accept or adapt to leading active lives again whilst accepting the Covid virus will be part of our lives.

The last two years has taught us (in particular me being a more mature member) to embrace technology in a very positive way and use it to share our safety knowledge to a wider audience.

We were able to embrace this technology in 2021 and ran the Kent Branch AGM remotely online on the 27<sup>th</sup> March 2021. Also during the Lockdown the Society and the Kent Branch management team have carried on their work within obvious constraints running regular online management meetings during the pandemic restrictions. However, it was a great feeling when the management team were able to hold their first face to face management meeting for two years in January 2022.

Our Clubs have tried to remain proactive through 2021 in particular Gravesham Lifesaving Club, Thanet Lifeguards, West Kent Bexley Beavers and City of Rochester SLGC have all reopened their lifesaving sessions in 2021 with Gravesham and Thanet active in their local community.

The SABL team have been able to run some of their programmes online and more recently have been going to small family groups and beginning to see more activity in the early part of 2022.

RLSS HQ have been proactive in looking to the future of the society by holding a virtual Branch Briefing Day meeting early 2022 for the purpose to try and stimulate Branch activity following the full lifting of Covid restrictions that impacted on Society activity for the last two years. The expectation is the Branch will consider their planned activities for the coming year and record their activities on a annual plan to help focus the future activities of the Branch and the Society.

RLSS UK are delighted to announce the launch of the Platinum Jubilee Medallion to mark RLSS UK's Patron, Her Majesty The Queen incredible anniversary. To mark the 70 years of service, RLSS UK has created this unique award based on a modern take of the award Her Majesty completed in 1941.

I am looking forward to a more active 2022. With the encouragement and support form RLSS HQ and the traditional proactive members of Kent Branch I am sure we will see a fuller programme of activity develop from the membership throughout 2022.

Finally, we are immensely proud our very own Debbie Hunt who has been the RLSS UK Deputy President from the summer of 2020 will be installed as the first ever female RLSS UK President from the summer of 2022. I am sure you all join me in wishing Debbie the very best and without doubt she will be a fantastic President of the RLSS UK.

Yours always

Paul Paulding  
Kent Branch Chairman 2021

## **TREASURER'S REPORT**

### **Year ended 31<sup>st</sup> December 2021**

I reported last year that none of us had realised initially the impact that the advent of the Covid pandemic would have on the activities of the Society nationally and the Branch locally. This impact continued through 2021 with activity at the local volunteer level continuing to be severely curtailed, though there was some increased levels of activity recorded nationally as leisure centres emerged from lockdown.

In 2020 the Society introduced emergency spending controls within the Society and its Branches in order to try to secure the financial viability of the Society against the background of significantly reduced income from all sources. These controls included the introduction of a basic block grant to Branches and expenditure control procedures. Automatic payment of proportions was stopped (albeit no award income would have been received). Kent Branch continues to be one of the 3 highest income generation Branches of RLSS UK and the Committee recognised the efforts of all members and clubs in promoting the work of the Society within the county.

Membership numbers fell in 2020 to 223 as a consequence of little or no activity removing the need to continue with membership and no opportunities to recruit members. However, data from HQ indicates that Branch membership in Feb 2022 was 323 with most of the growth being in the Licence to Operate and Lifeguard categories reflecting the reopening of leisure centres from the summer onwards.

The 2021 Profit and Loss Account and Balance Sheet for the Branch are shown below. We should note that national accounts go to the Society's Auditors during Q2 and will be presented to the national AGM later in the year within the consolidated accounts of RLSS UK. All RLSS UK members will receive due notice of this and will be able to receive the national accounts at that time. The overall Branch Accumulated Total Funds rose slightly from £30,149 to £30,620.

The overall financial picture for the Branch is that we remain financially viable, having built up sufficient reserves in recent years to sustain us through to 2023 by which time we may hope that lifesaving activity within the Branch has been able to return to something approaching previous levels.

Two notes of caution though:

- i) Branches have been advised that the funding mechanism for Branches is under review and
- ii) Members who previously ordered awards through the Branch have since September 2021 been using the functionality within Tahdah to order awards and resources directly.

Taken together it is likely that the activity shown pre Covid on the profit and loss accounts will reduce and may in future be a need to increase our own fundraising efforts.

My thanks go to all members, volunteers and supporters that continue to support the Branch and in particular to the SABL Team whose outstanding efforts result in the receipt of many donations to the Branch each year and also to Stephen Goldsmith who continues to do sterling job as our Awards and Sales Officer

Cavell Burchell  
Hon. Treasurer.

THE ROYAL LIFESAVING SOCIETY - UK  
Branch: Kent

Year Period 2021  
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Income and Expenditure Account for year ending 31st December 2021

	Year to Date 2020 (£)	Quarter 1 2021 (£)	Quarter 2 2021 (£)	Quarter 3 2021 (£)	Quarter 4 2021 (£)	Year to Date 2021 (£)
<b>INCOME</b>						
RLSS UK Branch Proportions - Membership	555.67	300.00	-	-	-	300.00
RLSS UK Branch Proportions - NRSTAC	24.30	-	-	-	-	-
RLSS UK Branch Proportions - S & S 1st	3.00	-	-	-	-	-
RLSS UK Branch Proportions - S & S Further	4.20	-	-	-	-	-
Competitions	35.00	-	-	-	-	-
Courses	826.97	-	-	-	280.00	280.00
Examination/Awards Income	4,256.90	528.90	2,040.00	1,037.00	-	3,605.90
Goods/Equipment Income	675.61	-	-	-	-	-
Branch Membership Income	-	-	-	-	-	-
Local Authority & Other Grants	-	-	-	-	-	-
Donations/Gift Aid	219.76	-	-	50.00	-	50.00
Branch Events/Raffles etc	-	-	-	-	-	-
Postage Receipts	-	-	-	-	-	-
Bank Interest Received	267.53	-	-	-	0.12	0.12
Sundry Income	150.00	-	-	-	-	-
<b>TOTAL INCOMING RESOURCES</b>	<b>7,018.94</b>	<b>828.90</b>	<b>2,040.00</b>	<b>1,087.00</b>	<b>280.12</b>	<b>4,236.02</b>
<b>DIRECT EXPENDITURE</b>						
Competitions	-	-	-	-	-	-
Courses	128.57	-	-	-	-	-
Examination/Award Fees	4,746.65	580.38	2,040.00	-	-	2,620.38
Goods/Equipment costs	1,125.55	-	272.50	-	-	272.50
Branch Event Costs	-	-	-	-	-	-
Branch Membership Fees	-	-	-	-	-	-
Branch AGM Expenses	219.67	-	-	-	-	-
RLSS UK Conference & AGM Expenses	-	-	-	-	-	-
Training Fees	-	-	-	-	-	-
Trophy Costs	-	-	-	-	-	-
Grant costs	-	-	-	-	-	-
Sundry Costs	23.96	-	-	-	-	-
<b>TOTAL DIRECT EXPENDITURE</b>	<b>6,244.40</b>	<b>580.38</b>	<b>2,312.50</b>	<b>-</b>	<b>-</b>	<b>2,892.88</b>
<b>GROSS INCOMING/(OUTGOING) RESOURCES</b>	<b>774.54</b>	<b>248.52</b>	<b>(272.50)</b>	<b>1,087.00</b>	<b>280.12</b>	<b>1,343.14</b>
<b>OVERHEAD COSTS</b>						
Postage Costs	-	-	-	-	-	-
Stationery Costs	-	-	-	-	-	-
Telephone Costs	-	-	-	-	-	-
Insurance	522.16	469.13	-	-	-	469.13
Bank Charges	-	-	-	-	-	-
Marketing Costs	39.87	-	-	-	-	-
Printing Costs	-	-	-	-	-	-
Maintenance Costs	-	-	-	-	-	-
Room Hire Costs	-	-	-	-	-	-
Travel & Expenses	-	-	-	-	-	-
Depreciation Costs	-	-	-	-	-	-
Irrecoverable VAT	22.80	-	-	-	16.27	16.27
Bad Debt Write Offs	-	-	-	-	-	-
<b>TOTAL OVERHEAD COSTS</b>	<b>584.83</b>	<b>469.13</b>	<b>-</b>	<b>-</b>	<b>16.27</b>	<b>485.40</b>
<b>NET INCOMING / (OUTGOING) RESOURCES</b>	<b>189.71</b>	<b>(220.61)</b>	<b>(272.50)</b>	<b>1,087.00</b>	<b>263.85</b>	<b>857.74</b>

**THE ROYAL LIFESAVING SOCIETY - UK**  
 Branch: Kent

Balance Sheet as at Period 12 2021

	£	£
	as at 31st Dec 2020	as at end of December 2021
<b>FIXED ASSETS</b>		
Equipment Costs	31,181.57	31,181.57
Equipment Additions	0.00	0.00
Equipment Disposals	0.00	0.00
	31,181.57	31,181.57
Equipment Cum Depreciation	(31,181.57)	(31,181.57)
Equipment Deprecn on Disposals	0.00	0.00
Investments	0.00	0.00
NET BOOK VALUE	0.00	0.00
<b>CURRENT ASSETS</b>		
Stock	2,184.27	2,184.27
Kent Debtors Control Account	744.88	744.88
Prepayments	0.00	0.00
Accrued Income	0.00	0.00
VAT	33.95	55.73
Bank Current Account	0.00	0.00
Bank Deposit Account	27,647.86	28,067.14
Other Monies Not Specified	0.00	0.00
TOTAL CURRENT ASSETS	30,610.96	31,052.02
<b>CURRENT LIABILITIES</b>		
Kent Creditors Control Account	461.59	432.00
Deferred Income	0.00	0.00
Accruals	0.00	0.00
Other Creditors	0.00	0.00
TOTAL CURRENT LIABILITIES	461.59	432.00
NET ASSETS	30,149.37	30,620.02
<b>REPRESENTED BY</b>		
Retained Profit	21,031.89	21,221.60
SURPLUS FOR YEAR	189.71	857.74
ACCUMULATED BRANCH FUNDS	21,221.60	22,079.34
<b>DESIGNATED &amp; RESTRICTED FUNDS</b>		
Save a Baby's Life (Designated)	8,542.77	8,155.68
Eric Stokes Memorial Bursary - Youth (Restricted)	385.00	385.00
ACCUMULATED TOTAL FUNDS	30,149.37	30,620.02

## **BRANCH SAFEGUARDING OFFICER'S REPORT 2021**

During this period there has been very little activity within the branch.

Therefore, there has been no incidents to report.

Fran Paulding  
Branch Safeguarding Officer



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## **CLUB DEVELOPMENT OFFICER'S REPORT**

So, what has been happening during the year? Well, twenty plus clubs and affiliated organisations in Kent continue the societies' work of promoting 'drowning prevention' in various forms. Ranging from, training communities, lifesaving, life support and personnel survival techniques.

Pathway progression through RLSS UK award suites and 'Save a life series' Save a Life Gravesham, Save a Child's Life Medway, Save a Baby's Life RLSS Kent, all champion the society's initiative.

Competitions in Kent are very active, and clubs who partake, hold their own, which reflects in the results gained at Regional, National and international championships. Although there has been an absent during Covid, plans are afoot to establish a broad range of competitions for 22. Various clubs within Kent also provide further awareness in the form of outreach work. Local events. Talks and demonstrations.

Outside the club world, organisations are continually providing vocational RLSS UK lifeguard training courses for those who are seeking employment in the swimming pool/beach environments. The RNLI provide a beach lifeguard service for fifteen of Kent beaches and are now actively engaged with local RLSS clubs.

So, what's in store for next year? Continue spreading the message and to extend and engage a larger audience. No big leaps though!

However, through planning, identifying and implementing strategies the impact can strengthen clubs. One initiative being considered is a festival of lifesaving which would capture the elements mentioned above which in turn will raise awareness, further engagement and create and establish partnerships.

One such area that Kent Branch has preliminary taken steps to support, is with Canterbury Lifesaving Club.

Neil Morgan  
Club Development Officer

## **REPORT OF THE COMPETITIONS SECRETARY**

Unfortunately due to the Covid-19 pandemic restrictions continuing throughout 2021 the branch has not been able to hold any lifesaving competitions. Thankfully the feeling is we are all looking more positively to leading a lifestyle approaching what we are more familiar with pre Covid.

Following this optimism the RLSS UK, after a long wait to get back in the pool competing, introduced and ran the RLSS UK Lifesaving Challenge 2021 in Leeds on the 16<sup>th</sup> October 2021. The event was well represented from clubs around the country although sadly none of the Kent clubs were able to send any competitors.

There has been a continued nervousness of group meetings at competitions throughout 2021, however, RLSS UK Sport are bringing back the National competitions for 2022 with:

### **RLSS UK National Speeds Championships**

held in Sheffield on 12<sup>th</sup> and 13<sup>th</sup> March 2022

### **RLSS UK National Lifesaving Championships Final**

to be held in Leeds on 5<sup>th</sup> November 2022

In line with the National competitions, Kent Branch propose to run at least two competitions in 2022.

**RLSS Kent Skills Championships** – June /July 2022 at Thanet

**RLSS Kent Lifesaving Championships** – September 2022 at Gillingham

Also there will be a South East Regional qualifying championships for the National Lifesaving Final

### **RLSS SER Lifesaving Championships - Autumn**

Holmewood House School, Barrow Lane, Langton Green, Tunbridge Wells, Kent TN3 0EB

In addition we are looking to run a Branch Judges Course in Kent during the summer months of 2022.

### **Well done to Donna Wickens**

In the UK Lifesaving Challenge 2021 Folkestone's Donna broke the European Female Masters record in: 50m Manikin carry with a time of 00'49"31 and 100m obstacle Swim with time of 01'22"57. Following on from this in the RLSS UK National Speeds in Sheffield 2022 she broke the European Female Masters records in the:

100m Rescue Medley with a time of 01'43"82

and broke her own record in the 100m obstacle Swim with time of 01'22"28.

Ending with that positive news!

We are looking forward to a more active year of competitions in 2022.

Thank you

Paul Paulding

Kent Branch

Competitions Secretary 2021

## **EVENTS OFFICER'S REPORT**

Unfortunately, due to the nature of previous years events, planning future events became a precarious task and it was decided to pause plans until later in the year.

Hopefully we can return to 'normal' events again and are already looking at potential events.!

If you have any ideas for future events, would like to help or donate a prize then please contact me.



Thank you  
Fran Payne  
Events Officer

## **YOUTH DEVELOPMENT OFFICER'S REPORT**

These past few years have been challenging for every club and its members, not just in Kent but nationwide.

As you can imagine not much has developed over the last year, but this won't stop us. Each club has focused on how to retain its current members, which have fallen in numbers, but we In 2021 Kent run a Teacher's course, which predominantly was made up for members under 25 years old. They are the one that will be taking clubs forward in the future. Kent will be focusing on how we move forward, looking for new innovative ideas.

This is up to you, the youth. Share ideas, speak to your trainers.

Joanne Willson  
Youth Development Officer  
Kent Branch





## Save a Life Kent Team 2021 Report

The Save a Life Kent Team deliver classes to the public teaching them baby, child and adult CPR, how to deal with choking, provide drowning prevention tips and how to use an AED. The team is always looking to expand and if you would be interested to join us then in particular read the report from Gravesend.

***Below are reports from three of the teams that cover Kent:***



### **Lorraine Mackie**

So another year of maybes, shall we or shan't we. Being dependant on local authority it was another year of the pause button being on due to the uncertainty and respect towards Covid19. So will 2022 be a year of rebuilding – YES! Appointments have been made with 50% of my usual venues. As there is still uncertainty, it has been agreed that the classes will be smaller and less frequent, this will ensure all precautions can be taken to minimise the spread of Covid19 and everyone's well being is considered.

So fingers crossed, I can assist RLSS Kent Branch regain the SABL/SACL unchallenged reputation of excellence.

### **SABL Medway**

Save a Baby's Life Medway classes finally got going again in June of 2021, after a break of over a year due to Covid. Was really good to be back out teaching lifesaving skills again!

Covid was still presenting problems though, and SABL Medway was unable to use the fire station facilities to deliver classes. Not to be defeated, we found alternatives and so delivered classes in people's houses, gardens, local parks, pubs and community centres.

More problems with Covid - we had to limit the number of people attending each class and we were also not able to offer the opportunity to younger members of life saving clubs to come along and get involved. However, despite all this we managed to teach in the safest possible way and delivered 17 classes, reaching 108 people, and had a morning of 5-minute taster sessions at Medway Park to parents of toddlers having swimming lessons.

The good news is Medway Park has offered us the use of their facilities for 2022 and more mini taster sessions are planned. The Army in Gillingham and Maidstone have lessons booked in for 2022, plus we have the opportunity to deliver classes at a Blissful Babies Baby Massage and Holcombe Health Clinic.

So here's hoping 2022 will keep Covid at bay and give us lots of opportunities to reach as many people as possible!

## **Save a Life Gravesham**

SAL Gravesham is the community outreach team from Gravesham Life Saving Club. Like everyone trying to arrange and deliver basic life support training, we have had our fair share of disappointments in trying to deliver sessions through the pandemic, with sessions being cancelled and attendees becoming unwell and having to isolate.

Before the pandemic started, we began a project with The Grand in Gravesend for us to train their young people in adult basic life support and AED use, and then they would fundraise and purchase 2 AEDs for Gravesend town centre to be available to the public 24/7. This is a complex project and continues to be on-going, but we hope to be able to provide the AEDs soon. We have also been heavily involved with the provision of a public access AED in Chalk throughout the recent months, offering advice and helping plan the location of the device. The AED that we manage at the Gravesend Boat was used on a patient following a 999 call recently. Luckily a shock wasn't required from the AED and the patient made a good recovery, but the great thing to note is that the AED was on the patient before the arrival of the ambulance.

During the autumn months of 2021, we started to deliver AED workshops for a couple of the local Parish Councils.

48 people were trained last year in the full range of workshops. For 2022 (at the time of writing), we have trained 26, but we have many more workshops planned.

We have great support from Bridget at the Extra Tuition Centre based at Cyclopark as she has very kindly offered the facilities there for us. For 2022, we have one of the Save a Life workshops every month rotating between baby, child and adult.

As we have restarted these workshops on a regular basis, we have gained more interest from some of our younger club members, and even a couple of former club members as well, in delivering these workshops over the coming months which is fantastic to see.

We are planning a Community Instructors course soon, split over 2 sessions. The first will enable prospective candidates to undertake Life Support 3 training and assessment, and the second session to train them up to deliver the workshops. We will then be in a position with our regular workshops to give them the valuable experience of delivering the sessions, being supported by the more experienced instructors. If you know anyone who might be interested in attending either of these sessions, please contact us.

We also have plans to attend summer fetes this year, increasing the profile of SAL Gravesham and RLSS UK. To support this publicity, we have produced some A5 leaflets, and we have also designed our new logo.

Luckily, it would appear we are over the worst of it now, and it's great to be able to say, "We're back!"

We can be contacted via Facebook page, **Save a Life Gravesham**, Instagram **@salgravesham** or website <https://www.glsc.org/save-a-life-series/>

Please like, follow, and share us to aid promotion of our work.



RLSS UK Shop understand this may increase the need for manikin wipes and lung replacements.

#### IMPORTANT CPR MANIKIN HYGIENE ADVICE:

The majority of resuscitation manikins have features that help prevent the spread of infection (including respiratory infections such as COVID-19). Here are the options that can be used for manikin hygiene:

#### Alcohol Wipes

MUST be used on the manikin to sanitise the face between learners. An emphasis should be placed on scrubbing the mouth area of the manikin. The chest, nose and forehead of the manikin can be wiped too if the possibility of 'hand to hand' transmission is a concern.

**Resusci Manikin Wipes – Pk 1200 (RLSS UK Shop Code 152401) £252.12 incl VAT**  
**Resusci Manikin Wipes – Pk 50 (RLSS UK Shop Code 152400) £13.56 incl VAT**  
**70% Alcohol Antibacterial Manikin Wipes 150 – Single Tub £12.50 incl VAT**

#### CPR Face Shields

For maximum protection we recommend to use wipes **and** issue each learner with a face shield.

Filter face shields are available on a roll for CPR training. They don't offer complete bio-protection, but they will give a high level of safety when combined with wipes and a manikin that has a one-way valve (see below).

An obvious advantage to a learner using a face shield in practise is that they are familiar with using one if they ever need to give CPR for real.

**IMPORTANT NOTE:** *If a learner re-uses a facemask for repeated CPR practise, they should ensure that the face mask is placed on the manikin same way around each time (so they blow into the same side of the mask each time).*

**Manikin Face Shields – 6 Rolls of 36 Sheets (RLSS UK Shop Code: 15120103) £91.44 incl VAT**  
**Patient Face Shield – 50 Pk (RLSS UK Shop Code: 460000) £101.40 incl VAT**

#### Laerdal Little Anne and Little Junior

**Replacement Faces** are available so that each learner can have their own manikin face. This will reduce the reliance on alcohol wipes alone. The faces can be disinfected after each class and re-used.

**Little/Resusci Anne Faces - Pack 6 (RLSS UK Shop Code 310210) £56.88 incl VAT**  
**Little Anne Face Mask Ethnic - Pack 6 (RLSS UK Shop Code 310215) £56.88 incl VAT**  
**Resusci/Little Junior Faces - Pack 6 (RLSS UK Shop Code 183010) £66.72 incl VAT**  
**Junior Ethnic Faces - Pack 6 (RLSS UK Shop Code 183015) £66.72 incl VAT**  
**Resusci Anne - Replicable Faces Decorate (RLSS UK Shop Code 310220) £64.32 incl VAT**

#### Replacement Airways

Little Anne manikins are designed with a one-way-valve in the part of the airway that sits behind the face mask.

The valve redirects expired air from the manikin's lungs out of the back of the head. This prevents contamination in the lungs coming out of the mouth towards the learner.

**Little Anne Disp Airways 24pk (RLSS UK Shop Code 020300) £60.60 incl VAT**  
**Little Anne Disp Airways 96pk (RLSS UK Shop Code 020301) £222.48 incl VAT**  
**Resusci Anne Replacement Lungs 24pk (RLSS UK Shop Code 152250) £175.56 incl VAT**  
**Resusci/Little Junior Airways 25pk (RLSS UK Shop Code 183210) £56.88 incl VAT**  
**Disposable Airways 100pk (RLSS UK Shop Code 183211) £208.92 incl VAT**

Little Anne airways must be **replaced frequently** (at least every course) failure to do this could result in the one-way valve failing. If the valve isn't working properly you can spot this as it becomes impossible to fill the lungs (because air leaks out the back of the head).

#### Laerdal Baby Anne and Laerdal MiniAnne (inflatable) manikins

The MiniAnne and Baby Anne manikins **DO NOT have a one-way-valve** – so contamination could theoretically be passed from the lungs with shared use.

The lungs must therefore be swapped between every learner practise.

To do this each learner would be issued with their own baby manikin lung. A face shield could provide alternative or additional protection.

**Baby Anne Airways 24pk (Pink Suit) (RLSS UK Shop Code 130-10150) £21.00 incl VAT**  
**Little Baby QCPR Airways 24pk (RLSS UK Shop Code 133-10150) £24.00 incl VAT**  
**Resusci Baby Disp Airways 24pk (RLSS UK Shop Code 143700) £68.04 incl VAT**  
**Resusci Baby Disp Airways 96pk (RLSS UK Shop Code 143701) £250.92 incl VAT**

**Replacement Faces** for Baby Anne are available so that each learner can have their own manikin face. This will reduce the reliance on alcohol wipes alone.

The faces can be disinfected after each class and re-used.

**Baby QCPR / Baby Anne Faces Light - Pack 6 (RLSS UK Shop Code 130-10450) £33.36 incl VAT**  
**Baby QCPR / Baby Anne Faces Dark - Pack 6 (RLSS UK Shop Code 130-10550) £33.36 incl VAT**  
**Resusci Baby Faces - Pk 6 (RLSS UK Shop Code 143600) £46.92 incl VAT**

**PLEASE NOTE ALL ITEMS LISTED CAN BE ORDERED THROUGH THE KENT BRANCH SALES OFFICER**

## **We would like to encourage Kent Clubs and Associated Individuals to order Resources and Equipment through the Branch Sales Officer, Stephen Goldsmith.**

All purchases made through the Branch do not cost any more than the listed catalogue or web site prices, however, the Branch benefits by earning commission on all orders it places which enables us to continue with Branch initiatives which support all our clubs.

### **HOW TO ORDER:**

Send an email to [RLSS-Kent.Sales@outlook.com](mailto:RLSS-Kent.Sales@outlook.com) or [Stephengoldsmith198@hotmail.com](mailto:Stephengoldsmith198@hotmail.com) detailing what it is your after the quantity, size you require and any relevant course registration codes along with your delivery address.

I'll place the order through the Kent Branch and confirm back to you that your order has been placed.

### **HOW TO PAY:**

Once you receive your Sales invoice from RLSS UK either write a cheque payable to "RLSS Kent Branch" and post it to either:

Mr. S Goldsmith, 10 Kimberley Road, Ramsgate, Kent, CT12 6HQ or  
 Mr. C Burchell, 10 Falconwood Avenue, Welling, Kent, DA16 2SQ.

Alternatively, you can pay direct using the BACS details on the sales invoice and drop an email to [RLSS-Kent.Sales@outlook.com](mailto:RLSS-Kent.Sales@outlook.com) or [Stephengoldsmith198@hotmail.com](mailto:Stephengoldsmith198@hotmail.com) referencing the Sales invoice number advising you have paid via BACS.

**Kent Branch Sales Officer Contact Details: Stephen Goldsmith**

**Should you wish to have a digital copy of the catalogue, please email [rlss-kent.sales@outlook.com](mailto:rlss-kent.sales@outlook.com)**



### Branch Honours Committee Report 2021

As ever the Branch wishes to thank all members, clubs and supporters for the work undertaken to promote water safety awareness, increase the numbers of people with the skills base of CPR techniques and provide safe swimming environments in Kent during the year.

2020 was the Diamond Jubilee of the Branch and, because of the restrictions associated with the management of COVID 19, was also the most challenging year in the history of the Society. For the year ending 31<sup>st</sup> December 2020 the Branch made 31 nominations for Merit & Service honours, all of which were approved by the National Honours Committee.

I am also delighted to report that of the 6 Special Trophies awarded annually by RLSS UK, 4 were awarded to a group or individual members of the Kent Branch in recognition of the work undertaken to promote the aims of the Society over a longer period and/or in the most challenging of times. The recipients are for these 4 Special awards were:

- **Emma Sawyer** of Gravesham Life Saving Club - The national **Young Leaders Trophy** for her continued support of the Community Life Support Programmes in her area
- **Gravesham Life Saving Club** - The **Clive Holland Trophy** for carrying out Society objectives in their area promoting supporting the deployment of defibrillators and the creation of online resources for use by their own members and also other clubs across the UK & I in 2020
- **Thanet Lifeguard Club** - The **Stuart Bailey Trophy** for outstanding work specific to an open water environment through the public promotion by a variety of strategies of open water safety on Thanet Beaches during the summer of 2020
- **West Kent Lifeguards** - The **Brian Morrissey Outreach Cup** for serving the community through supporting Bexley Beavers Disabled Swimmers Club for 40 years

It appears to be without parallel that members of a single Branch have been the recipients of such a large proportion of these Special Trophies.

To have the work of individual members and of our clubs recognised so strongly with these national honours, and in our Diamond Jubilee year, should make all associated at any time with the Kent Branch very proud indeed.

Details of all recipients of RLSS UK awards for 2021 (and the previous 8 years) and the criteria for each of the categories are published on the Society website.

#### **Branch Honours Committee**

The Branch Honours Committee currently comprises -

- The Branch President
- The Branch Deputy President
- The Branch Lifesaving Community Outreach Co-ordinator
- The Branch Youth Development Officer
- The Branch Vice Chairman
- The Branch Treasurer (Chair)

We meet annually to consider nominations received from members and groups with the county and to prepare any additional nominations. We rely on information now held centrally on the RLSS UK membership database but we supplement this with our own knowledge and records of activity and individuals within the Branch.

I wish to thank the members of the Committee for their hard work.

C Burchell  
Chair – Kent Branch Honours Committee



## **PUBLIC RELATIONS OFFICER'S REPORT**

The Kent Branch still use Facebook <https://www.facebook.com/RLSSKentBranch/?ref=bookmarks> as their primary voice to show case lifesaving in Kent.

Still second only to the Societies own page and well ahead of all other UK branches in terms of Page likes & numbers of posts.

For the time being this will their platform. To increase its usability and increase awareness, I would ask members to further engage and take up the following initiatives:

- Invite your friends from your profile, to join.
- If you have any items of interest relating to lifesaving, not just Kent but also globally. Please create a post or drop me an email.
- If you are involved in other group pages, try following RLSS Kent Branch.
- If you see any interesting items in your local newspaper relating to lifesaving, do take a photo and post on to our page.

Web site is live <https://www.rlsskent.co.uk/home/> a big thank you to Andy for the hard work.

A slick professional site and easy to navigates. Note to members, when sending correspondences, letters, emails include links to web and FB sites.

Stop the press! Thank you for reading my report.

Neil Morgan  
Public Relations Officer

# RLSS UK HONOUR NOMINATION FORM

## Merit – Kent Branch

(for year ending 31<sup>st</sup> December 2021)



**NB PLEASE read the Guidelines carefully prior to dispatch. Incorrect/Incomplete information may disqualify the nomination. Please complete all sections of this form.**

## MERIT HONOUR PROPOSED

### Details of Nominee

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Title (Mr/Mrs/Ms/Miss/Other) \_\_\_\_\_ Society No of Individual \_\_\_\_\_

If not in individual membership, both **RLSS UK Society Number** and **Name** of Affiliated Club, ATC or Organisation must be given

Home Address (if changed in the past 24 months) \_\_\_\_\_

Postcode \_\_\_\_\_

Reason for Nomination \_\_\_\_\_

### Contact details of the person completing this form

This is important for any queries which may delay the process

Name\_ \_\_\_\_\_

Email \_\_\_\_\_

Telephone \_\_\_\_\_

\_\_\_\_\_  
Printed Name of Signatory

Please ensure that this form is received by the Branch no later than the 30th April 2021)

Cavell Burchell, Chairperson, Kent Branch Honours Committee 10 Falconwood Avenue, Welling, Kent DA16 2SQ. Tele 020 8319

8811

Email; [rlsscav@icloud.com](mailto:rlsscav@icloud.com)



## RLSS UK HONOUR NOMINATION FORM –

## SERVICE - Kent Branch

(for year ending 31<sup>st</sup> December 2021)\_\_\_**NB PLEASE read the Guidelines carefully prior to dispatch. Incorrect/Incomplete information may disqualify the nomination.** Please complete all sections of the form.

www.rlss.org.uk

## SERVICE HONOUR PROPOSED \_\_\_\_\_

## Details of Nominee

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Title (Mr/Mrs/Ms/Miss/Other) \_\_\_\_\_

Society No of Individual \_\_\_\_\_

If not in individual membership, both <b>RLSS UK Society Number</b> and <b>Name</b> of Affiliated Club, ATC or
--

Home Address (if changed in the past 24 months) \_\_\_\_\_

Postcode \_\_\_\_\_

**Contact details of the person completing this form** This is important for any queries which may delay the process

Name \_\_\_\_\_ Email \_\_\_\_\_

Telephone \_\_\_\_\_

This nomination is submitted to the Kent Branch in accordance with the published Guidelines for Service Honours Nominations. The year in which continuous service to the Society started was \_\_\_\_\_ (Service start date) and the number of years' service to the Society is \_\_\_\_\_ (Total number of years served)

\_\_\_\_\_  
Printed Name of Signatory\_\_\_\_\_  
Date

Please ensure that this form is received by the Branch no later than the 30th April 2021)

Cavell Burchell, Chairperson, Kent Branch Honours Committee  
10 Falconwood Avenue, Welling, Kent DA16 2SQ. Tele 020 8319 8811  
Email; rlsscav@icloud.com



ROYAL  
**LIFE SAVING**  
SOCIETY UK  
[www.rlss.org.uk](http://www.rlss.org.uk)

**Kent Branch**

**Would your lifesaving club benefit from some  
extra training equipment?**

**Kent Branch is introducing annual  
Club Equipment Grants**

*Grants available at 3 levels*

*Gold—Up to £300*

*Silver—Up to £200*

*Bronze—Up to £100*

The Grant will allow the Branch to purchase and provide the requested equipment for use by the club.

**For full details and Terms and Conditions**

**Please see application form available from the Branch Secretary**

Enjoy Water **Safely**



# **Royal Life Saving Society UK KENT BRANCH**

## **NOTICES OF MOTION**

**None Received**



Mr Andrew Griggs  
 24 Darnley Street  
 Gravesend  
 Kent  
 DA11 0PJ

Tel:- 07799958832

e-mail:- cazzandrew@aol.com

Kent Branch

RLSS-UK Kent Branch Annual General Meeting

Individual Member Authorisation Form 2022

Name .....

RLSS UK Membership Number .....

Membership expiry date .....

This is to certify that Mr./Mrs./Miss.....

Is authorised to attend the Kent Branch RLSS-UK Annual General Meeting being held on 14<sup>th</sup> May 2022.

As an individual member in any eligible category

Name (printed).....

Signed .....

Date .....

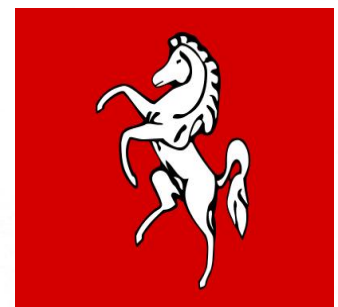
N.B:

Enjoy Water **Safely**



**The Kent Branch  
Management Board thank-  
you all for Joining us today  
and look forward to sharing  
with you another successful  
year.**

**Please Stay safe and we  
look forward to seeing you  
all at the many upcoming  
events.**



[www.Facebook.com/RLSSKentBranch](https://www.facebook.com/RLSSKentBranch)



[@RLSS\\_Kent](https://twitter.com/RLSS_Kent)