

Angmering-on-Sea Lawn Tennis Club

Adult Members' Quarterly Newsletter - Winter 2020



Upcoming Tennis Events this quarter

Saturday 28th March ~
Seniors Championships start

Saturday 4th April ~
Tie Break Ten's Tournament

Social

Sunday 26th April ~
Wimbledon Draw

Don't forget to opt in!! Go to:-

<https://www.lta.org.uk/Members-Area/home/benefits/british-tennis-membership-wimbledon-ballot-opt-in/>

Looking Ahead...

Sunday 26th July ~
A 'tennisathon', bar, BBQ &
other events will be held for
charity

Happy New Year!! I hope you all had a fun-filled Christmas with lots of festive fayre & cheer!!

As we ease into a new decade hopefully there are lots of dry-day opportunities ahead this winter for tennis to support some of your new year resolutions!! 😊

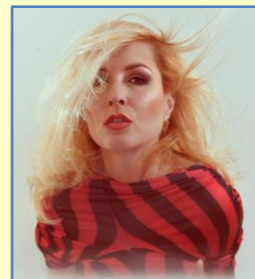
The Quiz Night in November was a lot of fun and our thanks go to Carole Chandler for organising it. Similarly, the Beaujolais Nouveau lunch was wonderful and our thanks go to Peter Johnson for his excellent food, assisted by Sylvia Johnson, as well as to Carole & Tony Chandler for organising it and running the bar!!

The Christmas Party held on Friday 13th December was a big success! Thanks go to Georgie Elles and Jon Rowlings for organising this fab evening, to a number of helpers and to

Carole & Tony for running the bar – again! The buffet was lovely...



....and the live music provided by Aurora Chanson, a professional French singer who lives in East Preston, was superb. Particularly her Blondie tribute act!! The dance floor was certainly packed!!



Committee Vacancies

Chairman

Ian Robinson has given early notice that he will be standing down at the end of this year. If any member is interested in the position please speak to Ian.

Entertainment

Social events are an important part of any club and your Club is no different. We are looking for an Entertainment Secretary to replace Lyn Palmer who stood down at the end of last year after 4 years. The role is fun and requires the organisation of a few social events a year. You would not be on your own as many of the members volunteer to assist. The role also necessitates joining the Committee and to attend 6 Committee Meetings per year.

Refurbishment of the interior of the Clubhouse

It is hoped that the refurbishment of the interior to include the lounge area, kitchen and bar will commence in September this year. If any members have any expertise in interior refurbishment matters and could lend advice please let Sarah in the office know.

Clearly the refurb will cost the Club a significant amount of money so if any members would be interested in sponsoring any aspects of the work then, apart from the Club members' lasting gratitude, there would be advertising benefits and the opportunity to have a plaque displayed in recognition of the sponsorship. If anyone is interested then again please let Sarah know.

Health & Safety

There are 2 very important health and safety matters that the Committee would like to bring to your attention and ask for your co-operation....

As we are all aware health & safety are key features of work, leisure and life in general. One aspect of health & safety is 'Safeguarding'. Safeguarding refers to the process of protecting children, as well as adults, at risk to provide safe and effective care. The Club and its members bear a responsibility for the welfare and safety of all persons whilst in and around the Club.

The Club operates under its own Safeguarding Policy & Procedures, which have been approved by the LTA. The details are to be found on the Club's website.

Peanut Allergy

One of our junior members has a high risk allergy to peanuts. If the junior were to consume a product containing peanuts there is the danger of going into anaphylactic shock. The individual and the junior's parents and the Club coaches are aware of this condition and possible threat to health.

Anaphylaxis is the most severe allergic reaction to peanuts and it can be life-threatening! Symptoms may include vomiting, shortness of breath, impaired breathing, swelling in the throat, a sudden drop in blood pressure, weak pulse, pale skin or blue lips, fainting and dizziness.

Anaphylaxis should be treated immediately by using an Epipen. This is an auto-injector which contains adrenaline also known as epinephrine. Inhalers and antihistamine such as Piriton can be used. The junior concerned will be in possession of an Epipen but may need assistance.

In order to reduce the potential threat from airborne peanut particles in the clubhouse there will not be any products containing peanuts for sale either behind the bar or in the vending machine. Members and staff are asked to not prepare or cook any meals in the kitchen including the microwave that may contain peanuts or peanut products. Furthermore, to refrain from bringing in food prepared at home or elsewhere that may contain peanuts or peanut products. If a food product says it "does contain nuts" or "may contain peanuts", please do not bring these products to the Club. However, products labelled "may contain nuts" are allowed. A really good website if you would like further information is www.anaphylaxis.org.uk

Safety in and around the car park

There is a potential blind spot in the car park on the east side where the pathway coming from the east side of the clubhouse into the car park and past the waste bins meets the Club's main access road. A mirror giving a view of this junction is attached to a post opposite on the south side and warning signs are in place either side.

Currently the Club's policy is that members arriving by bicycle are asked to park their bikes placing them in the racks provided to the east side of the mini court. Members and visitors arriving by foot access the courts and clubhouse either by walking around past No 1 court or the other way around the clubhouse past the mini court.

Members are asked to be aware whilst moving in and around the car park and to navigate the junction between the car park and access road cautiously.

Physiotherapy

A new physiotherapist, Tom Wakeling, has taken over the practice in East Preston that our member Lesley McKenzie-Kemp used to run and who sponsored the mini-court. Then it was known as PhysioActive. It's situated next door to the Clockhouse public house. Tom also works as a physio in the NHS. He currently runs the practice privately. He does offer a 10% discount for AOSLTC members. His website is: www.bbphysiotherapy.com

Sponsors Corner

Currently the Club enjoys the sponsorship of 2 local companies. Our thanks to Wellesley Wealth Advisory, our main Club sponsor, and Kreston Reeves, the Club's firm of chartered accountants.

New year, new you? Spring-clean your finances for the year ahead

Ian Howard from Wellesley Wealth Advisory explains why it's the perfect time to streamline your finances and investments, helping you take 2020 in straight sets.

Much like in tennis, starting early and having an unwavering focus on your goals are vital to success when it comes to your finances. The new year brings a chance to refresh your finances and investments, and make plans for the retirement you want. Here are some ways you can start:

1. Diversify your investments

2019 was a turbulent year for the UK, with various Brexit twists and turns and a general election leaving sterling reeling. Globally, the economy grew at the slowest pace since the financial crisis, with trade tensions weighing on exports, industrial output and capital spending. Such events and trends showed the importance of taking a diversified approach to your investments – especially as it wasn't all bad news! It was a strong year for global equities and bonds alike. Plus, unemployment remains low, wages are rising and consumers are still spending. By diversifying your investment portfolio across different companies, asset classes and geographical areas (i.e. not putting all of your eggs in one basket), the theory is that, while all your investments may not go up at the same time, they won't all go down together either.

According to Deloitte, 2020 is “likely to be another so-so year for global growth.”¹ While they admit such a prediction “doesn't sound very inspiring”, there's arguably something to be said for a “so-so” year when many experts have suggested the West is overdue a recession. In the UK, more Brexit-related instability is likely to come – again showing the importance of having a varied portfolio.

2. Find your lost pension pots

The start of the year (and decade) is the perfect time to do the pension admin tasks you have been putting off. Why not start by tracking down any lost pension pots you might have? Research suggests there are around 1.6 million unclaimed pots worth a staggering £19.4 billion – the equivalent of nearly £13,000 per pot.² Tracking down a lost pension can be as simple as making sure any longstanding pension providers have a current address for you – if you have recently moved house, you should write to the pension company, telling them your new address and ask for a statement.

3. Use your available tax allowances

Experts expect tax giveaways to be in short supply in 2020 – the Conservative manifesto made little reference to tax, and recent data showed that public finances are less healthy than previously expected. With a March budget looming, it is worth using your available tax allowances while you have them, if appropriate to do so.

But what is expected in the next budget?

- National Insurance – The annual threshold will rise to £9,500 in 2020 and ultimately to £12,500, to be in line with Income Tax.
- Tax freeze – The Tory manifesto pledged not to raise the rates of Income Tax, National Insurance nor VAT.
- Inheritance Tax – The manifesto did not include a promise to abolish IHT, as some had hoped, but the party has pledged it will not increase.

Spring-cleaning your finances

As we have seen, the start of the year is the perfect opportunity to refresh your finance plans – not just for the year ahead, but for the future too. If you need assistance with tax, pensions or investment planning, please contact me on 01444 244551 / 07717 773807 or via email at ianh@wellesleywa.co.uk.

Happy New Year!!

Best wishes,

Ian

Ian Howard DipPFS

¹ Deloitte, Monday Briefing: 2020 global outlook, 13 January 2020

² The Pensions Policy Institute, October 2018