



August 2018

Note from the Chair

I always seem to start pieces for the Newsletter with, 'It has been a really busy time for the Trust...'; well, it has been a really busy time for the Trust!

Following our venture into the Naidex exhibition in April we have been busy with several projects to raise our profile. The exhibition itself spread the word amongst many people with disabilities and support groups. We were surprised by the number of divers who visited our stand who did not know about us. The stand looked great.

We are in negotiations with the Injured Rugby Players Charity who are hoping to have a bespoke course and holiday with us. Nothing is confirmed yet but we hope to have news soon.

We are also being promoted onto a new website that offers 'Experience days' aimed at people with disability. They are hoping to visit us at the August Try dive.

There was the holiday in May, which was a great success despite the all too common room issues. The report is included.

In early June we completed the second session of Air Cadets Try Dives in Sunbury. This was a great effort by all involved and raised funds for the Trust.

Amanda Ford has been busy organising a fundraiser in Soho, which we hope will grow next year. Plans for the Dive Show in October are in hand and already we have offers of help for the Exhibition.

Thank you as always to all the volunteers and helpers who make the Trust work. It is always a team effort, which takes commitment and dedication. It was a wonderful moment to see the commitment and bravery of the British Cave Divers in Thailand and to know we are a tiny part of that same community.

Thank you.

Eric



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Courses and Certifications

Well done to all those on courses -- keep up the good work!

Congratulations to **Amanda Worne**, **Dean Humphreys** and **Michael Smart** on completing their PADI Open Water course.

Congratulations to **Austin Neal** on completing his PADI Junior Open Water course and to **Allan Sears** on completing his PADI Nitrox course.

Well done to **Dale Robson** and **Paul Coffey** on completing their PADI Drysuit specialty and to **Jackie Buchanan** completing her PADI Dive Master course.

Congratulations to all 30 members of **862 (Sunbury) Sqn Air Cadets** on completing their try dive and to all the instructors who came along to make it happen.

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EFR course

The next EFR course will be on Sept 8th. This will be the last course we run this year, so if your certification has run out or is due shortly, you need to attend.

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Donations

A big thank you to **Liam & Dee** and their customers and staff of Vapers Juice. They donated a total of £304.49 in the collection boxes at their Bedford shop in the last financial year ending March 2018.

Than you also to **Su and Mike** who had a cake stall at their local bike meet and raised £121.30 and donated it to the Scuba Trust.

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Dive Show 2018, Birmingham NEC

This year's dive show is the weekend 27/28 October. Please let **Amanda Ford** or **Laura Greene** if you are able to help on either/both days.

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Holidays 2019

May/June we are putting together the final details for a trip to the Maldives for two weeks. Please let **Frank** know if you're interested and as soon as we get the package together, we will let you know.

October we are arranging a one-week trip to Hurghada staying at the Hilton and diving with Divers Lodge. If you have been following Wassam and Divers Lodge Facebook pages, you will know the boat has been in for a full refit and is looking superb with all the alterations. Again let **Frank** know if you're interested and as soon as we get the full details, we will pass them on.



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Hurghada 2018
by Amanda Worne

Looking outside today at the rain running down the windowpane, it is very hard for me to believe that this time last week I was scuba diving in the beautiful crystal-clear waters of the Red Sea.

My adventure began in the early hours of May 10th. Everyone from The Scuba Trust going to Hurghada was meeting at the check in at 6am. I arrived a little bit bleary-eyed and sleepy but I don't think I was the only one. We encountered a hiccup before the holiday even started when poor Mac had to go home because his passport was out of date! A bit of a sad start to the holiday. We flew through all the security and passport checks and had time for breakfast before we flew. The flight seemed to go on forever and I felt like a child constantly asking, "Are we there yet?"



After a bumpy landing during which Matt was my hero and allowed me to cling onto him for dear life, we were there. We all drove to the hotel in a big convoy and on arrival, we encountered another hiccup. None of our rooms was accessible. Frank was not a happy man. We spent an hour or so in reception waiting for our rooms to be sorted. We were brought cake and biscuits to lift our spirits, which as far as I'm concerned is a good solution for any problem.

Rooms finally sorted although slightly inaccessible, we had dinner and went to bed to recharge our batteries in preparation for our first days diving.

Yet another hiccup in the morning as the boat we were diving from was moored at a jetty across the beach. Sand and wheelchairs aren't a good combination and it took a great amount of effort to get all the wheelchairs across the sand and to the boat. Again Frank sorted the problem and for the rest of the holiday taxis were provided to take us around to the jetty and avoiding the sand. I was starting to think Frank would need another holiday to get over the stresses of this one as so far things had been a little challenging.

With any scuba diving holiday the first dive is always spent checking weights and getting buoyancy correct. It was a little more choppy than I had anticipated and my legs proved to be very floaty to say the least, The first day diving seemed to be a day full of learning experiences for me both in and out of the water and I was exhausted by the end of it. I took a day off by the pool the following day just to get myself up together again and recharge my batteries.

However, on Day 3, I felt ready to conquer anything again and things started to come together and I finally got to feel what it felt like to dive. I was working my way through skills that would give me my PADI Open Water Diver qualification. Ever since I can remember, I have always wanted to scuba dive and remember vividly as a child taking my mask and snorkel in the bath and pretending I was swimming with fish in the sea. 40-odd years on, here I was doing just that and it was far more amazing than I could have imagined. Everywhere I looked there were fish swimming around me, some swimming in shoals, some on their own and some hiding in amongst the brightly-coloured coral. It was a real conscious effort not to gasp "Wow!" and lose my regulator in the process, as the new world I was discovering was so breathtaking.



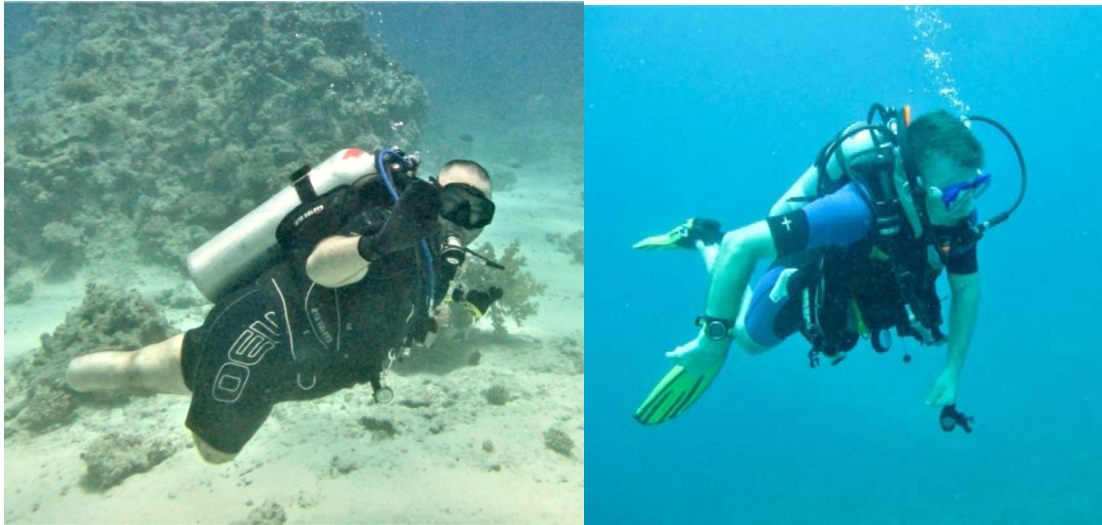
SCUBA TRUST NEWSLETTER

Diving with Disabilities



Almost 3 years ago, I was lying in a hospital bed with 11 broken bones, paralysis from the waist down, a punctured lung and pneumonia. I was never going to walk again, yet here I was, swimming along with the fish with total ease, my disability totally out of sight and all the freedom in the world. The world literally was my oyster. I felt at that moment that there was nothing I couldn't do. I felt invincible. I had forgotten my disability so much that when it came to getting out the water I made my way over to the ladder and was about to climb up it. It was a wonderful way to feel and I couldn't wait for my next dive.

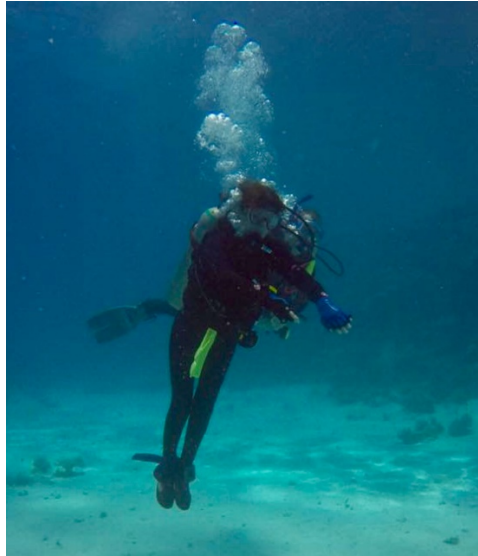




I passed all my scuba skills and qualified on my fourth dive. Amanda was an amazing instructor and Frank was the best buddy anyone could wish for.

After qualifying, I got to dive down to two different wrecks and the fish I saw were breathtaking. I only think it is since I have been home that the reality of what I have achieved has really sunk in. I have had many times since I have been home when I just smile to myself and think about the fact I had actually dived in the Red Sea.

There were quite a few funny moments on our trip too. I learned even as an experienced diver you can make mistakes. I won't mention any names or how many times but it is really not a good idea to jump into the sea without your fins on!



There was also an episode with a poor little rat who obviously wasn't a very good swimmer. Someone had found it in the mask container, which was full of water, and it couldn't get out. Al was holding the poor little thing up by his tail claiming that he had found him in the leg of his wet suit. Al actually made me laugh on many occasions but he also gave me some real pearls of wisdom and very good advice. On the subject of animals, Howard dressed up as a penguin on the last dive and was accompanied by Batman, alias Liam; partners in crime indeed. We also had some lovely evening meals out together and some fun times round the pool.

I came home from Egypt feeling so accomplished and proud of myself, having overcome so many challenges in the seven days we were there and not giving up. I had also made some lovely new friends who supported and helped me in so many ways, making my dream of diving come true.

I am looking forward to my next adventure with the Scuba Trust already, although I slept for most of the first week when I got back !! It was one of the best experiences of my life and the exciting thing is, my scuba adventure has only just begun.

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Facebook & Twitter

A big thank you to everyone who posts on our Twitter and Facebook pages, to **Pippa Ashley** who monitors Facebook for us and to **Suzanne Harper** who looks after our Twitter account, @ScubaTrust .

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Try-Dive pool sessions

A few polite reminders -

Please remember that pool sessions start at 10.30 a.m. and finish at 12.30pm prompt (unless otherwise stated), and we have to be out of the pool by 12.30pm as there is often a group following on. Please plan to arrive for 10 a.m.

Smoking is not permitted anywhere on the school grounds. This is not our policy but the schools and must be adhered to. If you wish to smoke you must leave the school grounds. Also it would be appreciated if kit you are using was broken down and returned to the van. If you are teaching it is good practice for students to carry this out as part of their course and everyone's help is appreciated in clearing up.

If during a pool session you notice a problem with any piece of Scuba Trust kit, please attach a completed **RED** tag and place the faulty item on the seat in the front of the van. This will greatly assist us in keeping all kit in a serviceable condition.

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Regalia Sale

We have a few hoodies left and looking to clear the stock at a reduced price of £12 each. Sizes we have are:- 1 x XS, 1 x S, 1 x M, 3 x L, 2 x XL, 1 x XXL.

Hoodies



Polo shirts



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Spreading the message

Many of the instructors are now able to teach a full range of PADI, BSAC, DE and DDI courses so we are able to spread the enjoyment of diving further.

Do you know of any organisations that would benefit from hearing about Scuba Trust, and how regardless of the disability, diving is an accessible activity?

Please contact any of the Trustees who will be happy to help.

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