

The Scuba Trust

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July 2022

Note from the chair

I am happy to report that we are fully back in action with training and holidays! Pool attendance was slow to pick up at first but we are now operating with good attendance at most try dive/training sessions. **Liam** has a success story to tell on training. The pool was used for refreshing those skills and drills, especially for those travelling to Hurghada in May. We really need those pool sessions to keep the Trust and its kit up to date. Please make sure that you are aware of the rules and conditions that allow us access to the pool. If we do not comply, then there is a real risk of the school refusing us further access.

We have an exciting fund-raising event in September which **Simon** will tell you about!

The Hurghada trip in May was the first organised Trust Holiday since October 2019. So, it was an extra special trip after being prevented from travel for so long. There were disappointing hiccups with rooming and airplanes. I am amazed that we still get these issues and we must ensure we do not just 'accept' that problems will arise. It is not right and hotels and airports must do better. **Daria** did a great job of organising our diverse bunch. She was calm and answered the numerous questions before and during the trip. Thank you, Daria.

Most of us completed at least ten dives in the clear warm water. Aquarius Divers looked after us well and having the club and jetty attached to the hotel is a great advantage. They had also made the access to the boat easy with a purpose-built ramp. This led onto the deck which was all on one level. However, this made the drop from the dive platform too high to recover divers who could not use the ladder. This was solved by the addition of a hand-cranked hoist arrangement to recover divers. This stainless-steel hoist could be ideal for installation on other boats and indeed inland dive centres here in the UK. Pictures and plans are being looked at to check feasibility. The hotel was reasonable with decent food. Most of us ate at a superb fish restaurant in town one evening. Lobster, prawns, grouper and calamari were freshly cooked and served to everyone.

Thank you to everyone who came on the trip it was good fun and great to be diving with you all again. Looking forward to Sharm in a couple of months!

Eric



www.scubatrust.org

Charity Number 1053574



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Training Update

On the fourth anniversary of the Scuba Trust's **Liam Coffey** becoming a PADI instructor, Liam was both proud and humbled to announce that one of his students, **Michael Smart**, also qualified as a PADI Open Water Scuba Instructor (OWSI). Happy anniversary Liam and huge congratulations Michael; your hard work and professionalism certainly paid off and we know you will be introducing many new students to the wonderful world of diving over the years. Fantastic effort both of you!

Congratulations also to **Dean Humphreys** who qualified as a PADI Divemaster in June 2022 and will be an invaluable help to the Trust. Well done for all your hard work, Dean; it is much appreciated.

Finally, we would like to congratulate **Daria Gliszczynska** on completing her side-mount course in Egypt. It is fantastic to see members progressing and updating their skills. Brilliant work all and special thanks to their instructors, **Liam Coffey** and **Frank Buchanan** for all their time and effort.

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Scuba Trust Fundraising

The Trust were delighted to have been contacted by **Dan Metcalfe**, a fellow disabled diver, who has kindly offered to raise money for the Scuba Trust by attempting a world record-breaking dive at Stoney Cove, Leicestershire on 28th September 2022.

Dan, who was paralysed in an accident in 2014, is attempting a 5km scuba dive swim without surfacing at Stoney Cove and will dive to a depth of between 6-8m and, as he can't move any of his lower body, he'll be swimming with his arms only for around 6 hours!

Dan is hoping that this will be a new World Record, but more importantly, that he can increase awareness of scuba diving with a disability and raise a significant amount of money for three charities along the way.

Dan has been a scuba diver for four years and has worked his way up to the position of Assistant Instructor. His training experience has recently featured in BSAC's SCUBA magazine! Dan has now set himself this new challenge to raise money for three incredible organisations: The Scuba Trust, MAGPAS Air Ambulance & Stoney Cove Dive Centre (towards improved disabled changing facilities).

Please visit Dan's JustGiving page for more information and to share his story. Any donation, no matter how big or small, would also be gratefully received.

https://www.justgiving.com/crowdfunding/wheelsdan?utm_term=B7rY8bm6N

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Ocean Diver Diaries

Andy Jarvis tells

the story of his fellow Bingham SAC member Dan Metcalfe-Hall, who was paralysed after a motorcycle accident but is determined to serve as an instructor

Being confined to a wheelchair brings its own set of challenges to say the least. To help people in this situation and with other disabilities, BSAC have developed the Diving for All diver training programme. Teaching diving as a disabled diver and plus those challenges to another diver, one which Dan Metcalfe-Hall decided, with some encouragement, to take on.

The Instructor Foundation Course (IFC) is probably one of the best two-day courses run by BSAC. It challenges participants to look at themselves and their diving abilities, then to become able to transfer these skills and knowledge to new or developing divers, imagine trying to do this while not having leg or lower body control due to paralysis.

Dan Metcalfe-Hall was the victim of a motorway accident back in 2012 and has since used a wheelchair for mobility. Anyone that knows Dan will know that such a confinement would not prevent him from taking on a challenge.

Meanwhile, Stoney Cove decided that as a BSAC Centre, they should offer every course available through the BSAC Diver Training Programme and set up an IFC for November 2013, being the event advertised and strongly encouraged by members at the club in Bingham, Nottingham. Dan decided to sign up.

Given the facilities at Stoney, they were able and prepared to accommodate Dan's mobility requirements, where other venues had to be chosen.



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Donations & Contributions

We have been very lucky to receive a number of kit donations and are very grateful to **Nicole Smart** for bringing cakes to the pool sessions to raise funds. We believe the Valentine's Day cakes in particular went down a treat (pardon the pun!). Further to the excellent on-going fundraising efforts, we would also like to thank **Daria Gliszczynska**, **Neil Duncan**, **Anjolie Rusius** and **Steve Poley** (Dive UK Hurgada) for their kind and generous donations.

To all our supporters both past and present, thank you for your much-appreciated contributions, which will be put to very good use to ensure the Scuba Trust can continue its valuable work.

General Update

On the 12th May 2022 the Scuba Trust were invited to the **Hospital Saturday Fund (HSF)** Annual General Meeting at the Guildhall, London with key-note speeches from the Group Chief Executive of HSF, Paul Jackson, and Katie Piper of The Katie Piper Foundation. We are extremely grateful for the continuing support of the HSF and were delighted and honoured to join this event and connect with so many other inspiring charities.



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Holidays

As reported in the last newsletter, Daria has taken over arranging the holidays.

****DIVING HOLIDAYS, last call for October****

SHARM EL SHEIKH – TUI 06Oct22 Gatwick/Sharm 1425/2040 hrs to 13Oct22 Sharm/Gatwick 2140/0210 hrs (14Oct) at Camel Dive Club (B&B).

Including 1 bag 20kg * plus 5kg extra with diving certificate. 5 days diving (10 dives).

As with all diving holidays, please ensure you have a valid passport, the correct dive medicals and travel insurance in place to cover your individual needs and please remember that if you require any personal assistance on the holiday, you must bring your own carer. If you are interested in joining, please contact Daria on dariascubatrust@gmail.com as soon as possible for further information as places are on a first come, first served basis.

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Finally, thank you to all our volunteers and members for all their hard work in maintaining the kit and the van, providing refreshments at pool sessions and for all the work that goes on behind the scenes to keep the Trust running.

Try dive dates for the rest of 2022

Venue Heathfield School, Ascot, Berks. 12:00hrs to 14:00hrs

July 3rd

August -- CANCELLED

September 11th

October 9th

November 20th

December 11th

Please note no one should be on school grounds more than 10 minutes before any session and must be clear of the grounds no later than 15 minutes after.

COVID: If you have any signs of Covid please do not attend the session. If you are intending to attend a training session, please let **Howard Sobey** know by responding to the email sent out prior to each session. If you do not notify him you intend to come along, there may well be no instructor/equipment for you.

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