

Archive for September, 2014

It's all about giving

SEPTEMBER 14TH, 2014



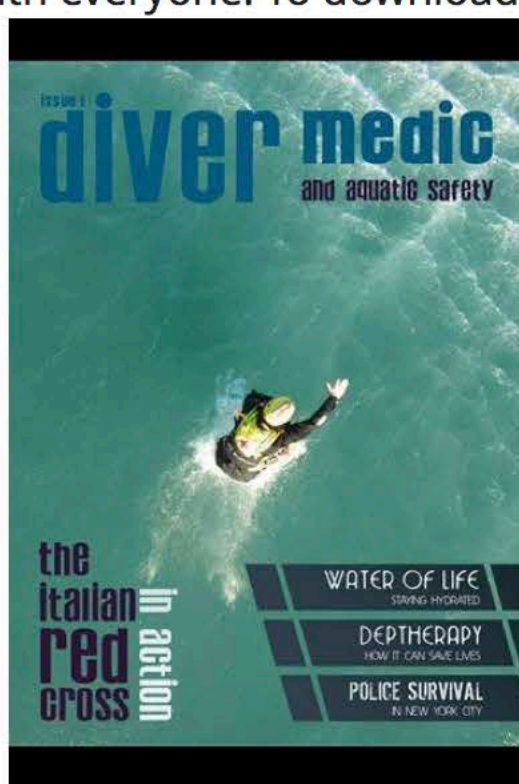
I am told a great day at the Masonic Girls' School, huge thank you to Dickie Henderson for organising and Divecrew for providing the pool and kit, Big thanks to Huw Rowlands and others for helping and our own Danny Richards for being there and Danny, the CEO of the Veterans Charity for being there as ever for us

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Diver Medic

SEPTEMBER 14TH, 2014

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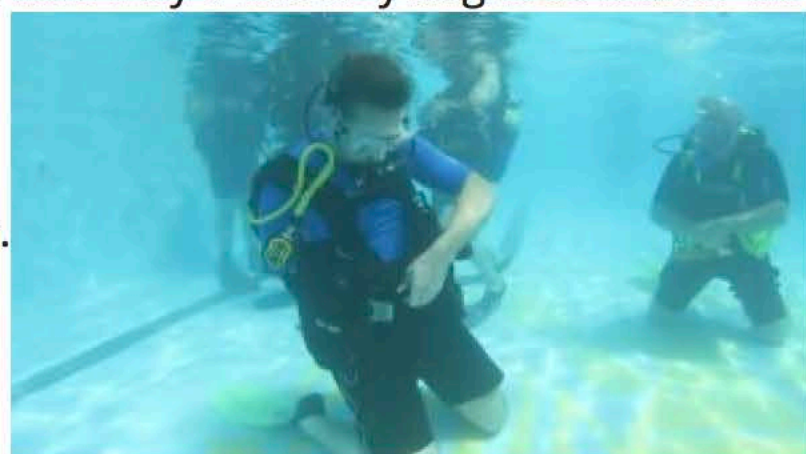
Adaptive Training

SEPTEMBER 14TH, 2014

Adaptive Teaching is really about thinking out of the box, as instructors we are trained to teach in a certain way and it is often difficult to move away from our indoctrination when dealing with those who have disabilities. Something many of you gentlemen do everyday is tie your tie – would you try and tell a one armed person how to do that – answer is probably no.

So when we come to kit removal and replacement underwater with the same person with one arm would we tell them how to do the skill or would we ask them how they think they might do it after we have demonstrated the skill to

them.



Do not try and be the disabled person. You should rehearse how the skill might be done but you do not know the individual's capability. The video shows Danny Richards, a rare right arm, through the shoulder amputee, with a short prosthetic shoulder, removing and replacing his kit underwater. First note the kit adaptations, and therefore on the grounds of both his injury and his primary regulator being on the left side he needs to do this skill differently.

For Dan having his right shoulder strap and his chest strap tight are very important to stop his bcd slipping off his prosthetic.

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UNCONQUERED/INVICTUS

SEPTEMBER 14TH, 2014

The Board wishes every success to the athletes, the wounded warriors in the INVICTUS GAMES. It is a tremendous event but we have been using the poem INVICTUS in Depththerapy and Depththerapy Education since 2011. The poem was written by William Ernest Henley, an English poet, in 1875 and first published in 1882. It sums up his own battle against TB and he has a good deal of affinity with many of our programme members as he was an amputee. But in the first stanza of the poem he alludes to darkness "Out of the night that covers me, black as the pit from pole to pole..." I liken this to those who are suffering from TBI or PTSD these hidden mental challenges can be as debilitating to some as the loss of a limb.

For most people when they see an amputee or those with visible signs of injury they feel great empathy, sympathy and emotion. Yet the soldier/sailor/Marine/airman/woman standing next to that wheelchair may be suffering the turmoil of PTSD – you may never know.

So to all our guys and gals whether suffering from physical or mental challenges you have Henley's spirit you are:

UNCONQUERED, You are INVICTUS

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