

Archive for September, 2014

This is the challenge that we face.

SEPTEMBER 27TH, 2014

So a study has shown that 75000 of those of our armed service personnel have suffered life changing mental and physical injury or are likely to develop PTSD in the coming years as a result of the conflicts in Iraq and Afghanistan . This is the challenge that we face. The guys we help are amazing they face their challenges that would overwhelm most people and are carving out a new life for themselves. How true are Alfred, Lord Tennyson's words in Ulysses and how applicable to those we work with:

"Though much is taken, much abides; and though
 We are not now that strength which in old days
 Moved earth and heaven; that which we are, we are;
 One equal temper of heroic hearts,
 Made weak by time and fate, but strong in will
 To strive, to seek, to find, and not to yield."
 UNCONQUERED

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Chris Middleton

SEPTEMBER 26TH, 2014



Nine days before his 21st birthday on the 19th of August 2011

Chris Middleton, a trooper in the Royal Scots Dragoon Guards was on patrol in Afghanistan when he stepped on an IED, He lost both legs; one above the knee and one below the knee as well as suffering other injuries

"In my eyes Depththerapy will always be in my heart. If it wasn't for Richard Cullen and Depththerapy I wouldn't be the man I am now. You have my full support."

"You can have no idea what scuba diving means to me, it is a sport I can participate in as if I still had my legs, I feel normal again. Being a PADI diver is just awesome, I can dive with a buddy anywhere in the world, there is no tag to say I am disabled, I am Chris Middleton, a PADI Advanced Open Water Diver. I have achieved something very special."

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"Depththerapy can help turn anyone's life around, it changed my life, ask anyone that knows me!"

Kevin Pryke, Private, 1st Battalion 'The Vikings', Royal Anglian Regiment

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PADI qualified

SEPTEMBER 14TH, 2014

It is so important that wherever possible we qualify those with disabilities through mainstream diving agencies such as PADI. The previous practice used by disabled diving training agencies was to award thier own certification. Some will never be able to dive with a buddy and will always need supervision but the overwhelming majority, with adaptive teaching, can qualify as PADI Divers – Instructors just need to think out of the box. Chris Middleton sums it up:

"You can have no idea what scuba diving means to me, it is a sport I can participate in as if I still had my legs, I feel normal again. Being a PADI diver is just awesome, I can dive with a buddy anywhere in the world, there is no tag to say I am disabled, I am Chris Middleton, a PADI Advanced Open Water Diver. I have achieved something very special."

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