

Changing the lives of those with mental and physical challenges



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Depththerapy Diving Team achieves continued success in Red Sea

A team from scuba diving rehabilitation charity Depththerapy has returned from another successful Red Sea training programme with three new PADI Open Water Divers, one PADI Advanced & Deep Diver and four PADI Rescue Divers.

The latest Depththerapy programme took place during the last week in October and was the second to take place this year at Roots Red Sea in El Quseir. The Programme Members were all wounded in service veterans from the UK Armed Forces suffering from life changing mental and/or physical injuries including several with acute PTSD.

The instructional team included Depththerapy Ambassador and PADI AmbassaDiver Chris Middleton who was one of the very first Depththerapy Programme Members who learnt to dive. Chris may have lost both legs in Afghanistan but refuses to be defined by his disability. He is now a fully qualified Divemaster and will take his Instructor course next year in order to realize his ambition to become the world's first double amputee PADI Instructor.

Chris was recently featured alongside fellow Depththerapy Ambassador and PADI AmbassaDiver Gary Green in a BBC3 Amazing Humans documentary that has so far achieved almost 6 million views: see

<https://www.facebook.com/bbcthree/videos/10155229543295787>

Amongst the Programme Members on this trip was triple amputee Josh Boggi, a former Royal Engineer and now an award-winning Invictus Games cyclist in training for the 2020 Paralympics. Josh achieved his Advanced Open Water, Deep Diver and Peak Performance Buoyancy Specialty, adapting his trim to sidemount to compensate for his injuries. Depththerapy will continue to work with Josh to help achieve his Rescue Diver qualification.

Former Signaller Adam Deans of the Royal Corps of Signals pushed through his battles with acute PTSD, OCD and extensive knee damage to partake in the programme. He said:

"Literally until the moment that we were checked in, I wasn't sure I was going to go on the trip. I am so glad that I did. The diving made me feel good about myself and I have regained my confidence. I – and my family - have noticed a huge difference. I've caught the diving bug now and cannot wait to do my Advanced course!"

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The Depththerapy team is now working towards finalizing their 2018 programme to satisfy both rapidly increasing demand from prospective new divers as well as professionals who wish to learn the skills required to teach adaptive diving techniques. Already planned are two Red Sea training programmes, a UK-based Depththerapy Education Pros' course and Mental Health First Aid course, as well as a ground-breaking expedition to Truk in August.

Once again, Depththerapy passes on its grateful thanks to its Corporate Sponsors and Individual Members whose generosity ensures both the continuation and expansion of the charity's life changing work.

For more information about the work of Depththerapy and Depththerapy Education visit their NEW website at www.depththerapy.co.uk.

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Notes for Editors

About Depththerapy: Depththerapy and Depththerapy Education is an English charity since 2014 that aims to rehabilitate seriously injured UK Armed Services Personnel who have suffered life changing mental or physical injuries, through the medium of scuba diving. The charity also provides education in adaptive scuba diving techniques to dive professionals.

Images: The attached images may be used to illustrate this story - (1) Triple amputee Josh Boggi, who qualified as an AOWD on the trip, diving sidemount; and, (2) Team Depththerapy at Roots Red Sea, October 2017. Please credit the photographer: Dmitry Knyazev.

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