

Changing the lives of those with mental and physical challenges



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**President: Air Vice-Marshal Dr Jon Lamonte PhD MA BSc(Hons) CDir CMath CCMI FCIMA
FCILT FIOD FRICS FRIN FRSA CDipAF DL RAF(retd)**

“You hold soldiers’ hands from when they come onto the programme, when they are in that dark place and you don’t let go until we see the light and get back on our right paths, and we feel ready to let go”.

Trooper Danny Martin, Royal Scots’ Dragoon Guards

NEWSLETTER

Winter 2016/7

“A unique charity that feels like a family”

Depththerapy Ambassador

To our President, Vice Presidents, Patrons, Directors, Associate Directors, Regional Reps. Advisory Board Members and Ambassadors

FROM THE EDITOR

Apologies that we have gone a few months without a newsletter but Depththerapy has been busy, busy, busy.

Well if we thought there was going to be a lull in activity post the June2016 trip we were badly mistaken and at the moment it seems to be all hands to the pump. Lots of exciting things happening that are allowing us to form an optimistic view of the future for Depththerapy & Depththerapy Education.

Rolf Wiberg and Allie Crawford have produced a stunning selection of testimonials from six of our programme members whilst at Roots in

June filming the documentary; Chris Middleton is joined by Craig Wood, Danny Martin, Gary Green, Luke Morrison and Andy Searle in what is a very humbling and ringing endorsement for what we do. You can view the video on our Depththerapy & Depththerapy Education Facebook page or on YouTube:

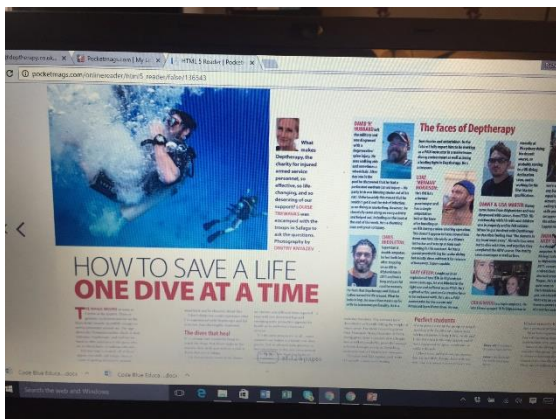
<https://www.youtube.com/watch?v=nxY2x93QQ9g>

We are looking forward to their documentary being completed in the near future.

DIVER MAGAZINE

Louise Trewavas wrote a brilliant article about the June trip that appeared in the October edition of Diver magazine.

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Add to all this a meeting with the Royal Foundation Endeavour Fund, the finals of Miss Scuba UK, Gary Green enjoying his first, if rather wet, dry suit dive in the UK at Wraysbury, followed by Otter Watersports providing him with a fitted dry suit free of charge. We also saw the 22 press up challenge raise funds (it is still raising funds) for us and some excellent work by Danny Martin to obtain items for a charity auction.

There is so much news in this edition – Endeavour Fund and Libor Grants, fundraising that has taken place and the September 2017 Depththerapy Ride to Brussels. Courses, programmes, comments, changes at Board level. All in all excitement and success all the way.

Plus we are experiencing unprecedented demand for our programmes, so keep the fundraising going.

A huge thank you to the team.

OCTOBER 2016 TRIP TO ROOTS



October saw another excellent trip to Roots, the highlight being Chris Middleton completing his PADI Dive Master programme in what PADI Master Instructor Andy Alfred assessed as "The best scores I have ever awarded for a skill circuit!" not bad for a young man who lost both his legs to an IED.

The programme also saw Andy Searle, Luke Simpson and Craig Wood completed their PADI AOW and Deep courses. Ben Lee, Dan Phillips and David 'Aitch' Hubber completed their PADI Open Water Courses.



WHAT AN ENDORSEMENT

If you read the last newsletter you would be aware that we were visited at Roots by the Defence Attaché to the British Embassy in Cairo and the Honorary Consul. I was humbled when I read this endorsement, it is obviously written from the heart and speaks volumes of our work and the people we work with:

"I was both incredibly humbled and inspired when I met this group in El Quseir (Roots). Knowing the horrors these people have seen and experienced, I was staggered by their ability in the water and their courage to overcome perceived difficulties that anyone in everyday life might not even wish to try. Photos and descriptions are fit for purpose but nothing can explain the camaraderie, shared experiences and ethos these incredible people possess. The charity supports these individuals both in and out of water. The bonds of friendship forged between individuals who have experienced the worst of pain have helped each other through their own personal nightmares. The support from the likes of Richard Cullen does not end as the veterans

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exit the water – the injured ex-servicemen call upon each other and their mentors for support when times seem bleak and there appears no end in sight. Depththerapy brings these people together as a community and I have seen at first hand the results. If you are in doubt, visit El Quseir – you will be humbled, inspired, proud and welcomed.”

Captain Edward Ahlgren OBE Royal Navy,
Defence Attaché, British Embassy, Cairo.



Ed talking to the troops

It is also pleasing to report that Ed who qualified as a diver a number of years ago, took the PADI Open Water Course in Egypt as did the British Ambassador – welcome on board guys.

WELCOME TO THE BOARD

We welcome to the Board Sarah Waddington, Sarah is a solicitor and owns Sarah Waddington Solicitors. Sarah is a keen supporter of Depththerapy and with her husband Perry Booth funded last year's extremely successful trip to Thailand.



In addition to being both a director of the company and a trustee of the charity Sarah will also be our Board Secretary replacing Andrew Ades who so sadly had to step down from the post in April as a result of ill health.

We also welcome our programme member Gary Green who will represent the views of our beneficiaries on the Board.

Gary lost the sight in his right eye and suffers acute PTSD as result of an IED explosion on Afghanistan.

He loves scuba and in addition to being a Trustee of the charity is one of our Ambassadors and a PADI Ambassadiver.



We welcome two new Associate Directors: Simon Reed a former senior NCO in the Royal Marines who takes over the role of Programme Member Liaison and Jane Herbert who is looking after Communications and Media

22 PRESS UPS

The idea of 22 press ups started in the USA to raise awareness about the number of US Armed Service Veterans who take their life each day. In the UK data of veterans' suicides is not available but we know it is a growing problem.

To try and raise awareness here in the UK and to raise funds for Depththerapy I opened a Just Giving page for the 22 Press Up challenge. Loads of people supported the challenge,

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taking on 22 days of 22 press ups themselves. As those taking on the challenge nominate others for the challenge more donations have been made to the Just Giving page



.Thus far the challenge has raised £1200 + gift aid so somewhere in the region of £1500 and monies are still being donated.

CONGRATULATIONS

To Richard Somerset of PADI on being appointed UK Territory Director. Richard is a good friend of the charity.

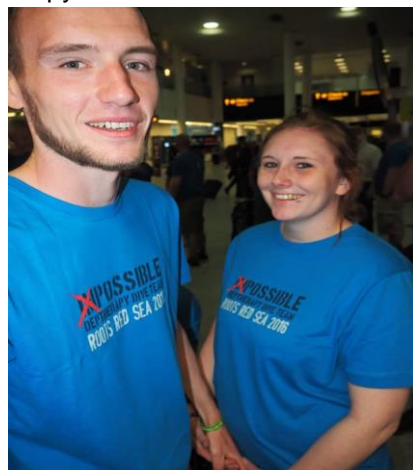


Great team with Emma Hewitt, Simon Chance and Matt Clements all supporters of our work.

GOING SOLO AND A BRILLIANT IDEA

Using his own initiative Danny Martin with the support of his wife Lisa started emailing various Premier League Football Clubs, other sporting organisations and celebrities to see if

they would donate to a charity auction for Deptherapy.

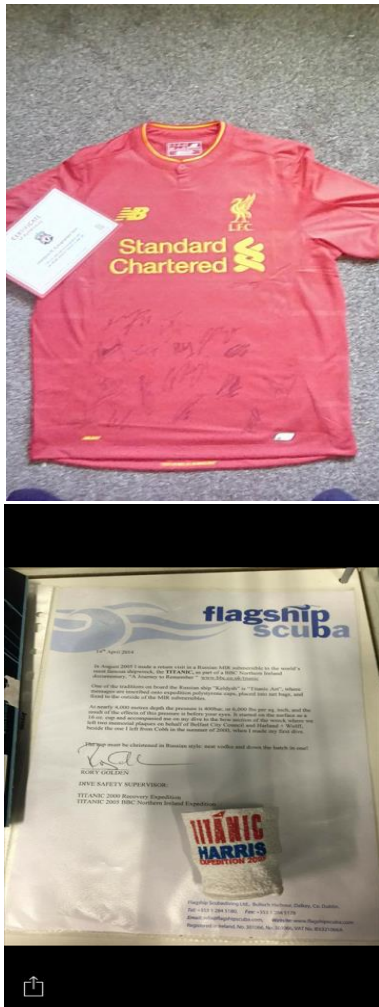


The results thus far have been amazing. These vary from footballs signed by the first teams of Everton and Manchester United, to VIP tickets, to a cup taken down to the Titanic when the ROV visited and filmed the wreck – all authenticated – donated by John Campbell at DiveStyle. Liverpool top signed by the players, a top signed by John Harston; English cricket – a signed photo. JK Rowling a signed book, Tom Jones a signed photo, David Yates Harry Potter memorabilia and much, much, much more.



A stunning effort by Danny and Lisa and the Board will work out how to maximise the money we can make at an auction for these items.

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The majority of the items were raffled off at the 2016 Party in the Park at Cantley House Hotel and the event raised a total of £7000.

UNIVERSITY OF SHEFFIELD FACULTY OF MEDICINE 'Independent medical study confirms significant health benefits of the Deptherapy Scuba Diving Programme'

An independent Service Evaluation Study by the University of Sheffield Medical School has recorded a significant improvement in the general wellbeing and mental health of military veterans who have completed the PADI Deptherapy programme.

Fifteen ex-Service personnel took part in the ground-breaking study by medical students from November to December 2016. Each of the 15 participants had experienced a variety of physical injuries as a result of combat and

some had recorded an additional diagnosis of Post-traumatic Stress Disorder (PTSD).

The study was originally conceived by Hannah Higgins, a fourth-year Sheffield medical student, who is also Miss Scuba UK 2017.

Participants were surveyed for the study using the established General Health Questionnaire (GHQ-28) and semi-structured personal interviews. Family members and health professionals who had observed the diving programme were also interviewed.

90% of those surveyed reported improvements in their general wellbeing and mental health, which were attributed, at least in part, to their participation in the Deptherapy programme. 60% of those surveyed reported an overall improvement in psychosocial wellbeing, most notably relating to anxiety levels, insomnia and depression. The study generated an 87% response rate.

The study concluded that the Deptherapy Scuba Diving programme can offer significant therapeutic benefits for ex-Service personnel experiencing anxiety and PTSD, notably in terms of alleviating social dysfunction and symptoms of depression. The study additionally found that scuba diving enables those with severe physical impairment to perform alongside, and in the same manner as, an able-bodied person thus bolstering self-confidence and self-esteem.

Until now, medical research into scuba diving as a prospective therapy for injury and disability has been very limited. This study, therefore, offers both considerable insight into the potential of scuba diving as a therapeutic aid, as well as independent validation of the actual benefits of the Deptherapy Scuba Diving programme for its members.

Dr Richard Castle, Vice President of Deptherapy and Deptherapy Education commented on the study:

"This has been an important and innovative piece of research which has demonstrated that the Deptherapy programme offers significant therapeutic benefits for ex-Service personnel, particularly for those experiencing anxiety, depression and PTSD."

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As well as documenting the therapeutic benefits of the Depththerapy programme, the study also highlighted areas of potential enhancement, for instance in evolving a peer support scheme. The Depththerapy Buddy Peer Support Scheme, trialled last summer, has now been launched this January with the aim of providing an additional support mechanism for programme members.

PADI Ambassadiver, Depththerapy Board Member and Trustee Gary Green knows first-hand the very real benefits of the Depththerapy programme. The former Rifleman was injured by two exploding IEDs whilst on tour in Afghanistan in 2009, resulting in him losing the sight in one eye and a lengthy battle with acute PTSD.

Gary joined Depththerapy in 2015 and is now training to become a PADI Dive Master. He explained the positive effect the programme has had on his life:

“Depththerapy has been a support for my growth. When I first got in contact with the charity I believed I would be labelled as PTSD for the rest of my life. Underwater I found a peace of mind and a realisation that PTSD does not have to define me. Underwater I did not have PTSD and this feeling has stayed with me from the point my head went under the blue until this very day. Diving has healed me.”

The Board wishes to thank Alice. L. Morgan Ellen Thomas, Alexander Tan, Harriet Sinclair who carried out the research, supervised by Depththerapy Vice President Richard Castle.

GARY GREEN GOES DRY SUIT DIVING IN THE UK

Gary has been keen to dive in the UK and a dry suit was kindly donated to allow Gary to do this. So Gary meet Richard at Wraysbury Dive Centre to start his dry suit course and a local orientation dives. Until then Gary had only dived in the clear waters of the Red Sea. What I have to say is that Gary is already a good diver with excellent buoyancy control and he adapted very quickly to diving in a dry suit. Wraysbury was packed for Gary's visit and despite problems with his dry suit leaking we managed a 40 minute dive.



Gary is an Ambassadiver for PADI and really loves scuba diving. He will progress to be an excellent PADI Pro.



Every cloud has a silver lining and after seeking a sponsor for a new dry suit John Womack from Otter Watersports offered to fit Gary with a new Otter dry suit. One week later a very happy Gary travelled to have his dry suit fitted. Huge thanks to John and Otter Watersports. Gary is now a Dry Suit diver.



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Gary in his Otter dry suit, thank you John Womack.

MISS SCUBA UK FINALS

Craig Wood and Richard Cullen travelled to the Miss Scuba UK finals held at the Royal Victoria Hotel on 19th August.

What an event, great to see one of our supporters Keith Horsted and his partner at the event and sharing a table with us. An evening of good food, wine, great contestants, brilliant singers all wrapped up in what was a sparkling package.

Three finalists were chosen who moved forward to the diving aspect of the finals where Hannah Higgins was selected as Miss Scuba UK 2016.

A huge well done to all the contestants and through Just Giving and fundraising on the night the contestants and the Miss Scuba UK organisation raised £4000 for the charity. A tremendous effort that will help to rehabilitate men and women who have served in our Armed Forces through scuba diving.



THE ENDEAVOUR FUND

On Wednesday 24th August Richard travelled to Kensington in London to the offices of the Royal Foundation's Endeavour Fund where he met with Victoria Nicholson (consultant to the fund) and David Wiseman of Invictus fame.

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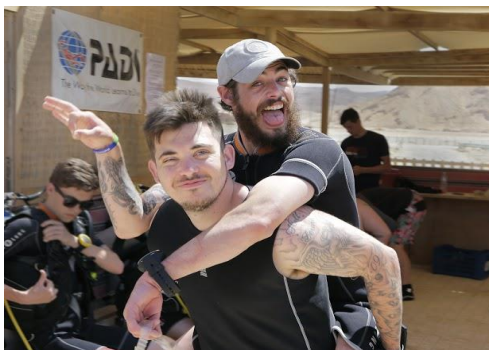
David runs the fund on behalf of the Board and the Royal Princes.



In what was an excellent meeting Richard discussed with Victoria and David the Truk Lagoon project, the waiting list for open water course places and the desire to get programme members UK diving. They also discussed the progression of programme members to PADI Professional status and the new PADI NVQ Level 3 Diploma associated with the PADI Instructor Development Course.

We also discussed the environmental study aspect of the Truk Lagoon project and the build-up programme together with community involvement project on our Roots programme to work with children from local schools and in particular the local special needs school.

A very positive meeting concluded with the charity being asked to present our pitch at the full Endeavour Fund Board on 29th September. On the 29th we received a grant of £14000, £11000 to train more PADI Open Water and £3k to equip some troops with dry suits so they can dive in the UK..



Gary and Chris at Roots

CHANCELLOR OF THE EXCHEQUER AND THE LIBOR FUND

We made a bid to the Chancellor of the Exchequer for funds from the 2016 Libor Fund. Our pitch was for funds to cover the cost of the 2018 Truk Lagoon Expedition and the build-up programmes in 2017/8. After what was a complex application process it was announced in the Chancellor's Autumn Budget Statement that our bid had been successful and that the expedition and build-up programme would be funded.

GIVING BACK TO THE OCEAN AND COMMUNITIES

The ocean has given so much to our programme members we are keen to give something back. On our June trip to roots the 'troops' participated in a Project Aware Dive against Debris and carried out a beach clear up. We will repeat that on our May 2017r trip and involve a local school in the beach clear up. We also intend to give back to the local community by hosting the local special needs school and introducing them to the pleasure of scuba.



On the Chuuk Expedition we aim to take this further and our friends at Coral Cay have devised a programme for us that will monitor

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the health of the coral. There will be pre trip training to undertake and then two dives aimed specifically at the surveying the coral.

We will also commit to a dive against debris and beach clear up and working with the local community.

Deptherapy is looking to become formal partners with both Project Aware and Plastic Oceans.

Read about Gary on the Project Aware website: <https://www.e-activist.com/ea-campaign/action.handleViewInBrowser.do?ea.campaigner.email=Xip9%2FA97VBjRNR6M5Js%2B2q7cBxMKPBLH&broadcastId=128509&templateId=105391>

PADI NVQ LEVEL 3 DIPLOMA IN BUSINESS MANAGEMENT



Deptherapy is pleased to announce it supports the new OCR Level 3 Diploma in Management alongside the PADI Instructor Development Course (IDC)

The OCR Level 3 Diploma is eligible for a learner loan (like a student loan) from the government which makes the course incredibly accessible. So what's involved and can I sign up?



PADI UK Territory Director Rich Somerset and Alex Griffin talking about the

***programme on a very hot evening at
Wraysbury Dive Centre on 24th August***

THE COURSE:

The course is called an OCR (Oxford Cambridge and RSA Examinations) Level 3 Diploma in Management. OCR is an examination board that sets examinations and awards qualifications (including GCSEs, A-levels, NVQ's etc).

The course is aimed at those who will or would like to take a management role in the workplace and deals with all aspects of management from coaching and mentoring to training and development and conflict management. The course results in a recognised, useful qualification which maybe in itself a proof of competence for a job role or can add value to an existing set of qualifications.

The Board has, dependent on funds, decided to sponsor one programme member per year as they take their IDC on this programme.

BIRMINGHAM DIVE SOW NEC BIRMINGHAM 22/23 October



Well a great time at the Dive Show we took £4k in sales and from donations. We had a brilliant time speaking on the Diver Stage on both days and Chris was invited to speak on the main stage with Monty Halls.

Huge thank to Monty, Andy Torbet and Paul Rose for supporting us during the day, Monty showed one of our short videos and we raised a lot of money.

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Great social event with lots of networking and thanks to all who volunteered to work the stand but especially Dave and Lee Guthrie, great supporters of the charity.

We are hugely grateful for the continued support of Diver Group and in particular Nigel and Dorothy 'Dot' Eaton.

POLICIES AND PROCEDURES

Deptherapy has launched a new Complaints Procedure and complaints can now be made via the website

The Buddy Peer Support Programme

New guidance on conflicts of interest.

WEBSITE REVAMP

David Hubber one of our programme members is working on a revamp of our website and we are all eagerly awaiting the outcome.

DIVECREW OUR NATIONAL CENTRE

Divecrew in Crowthorne has been appointed the National Centre for Deptherapy and Deptherapy Education programmes in the UK

DEPTHERAPY EDUCATION PROS' COURSES



We ran a Pros' Course on the October Programme at Roots and congratulations to Keith Horsted on passing the course and getting a week of hands on experience with the injured troops on the programme.

We also ran a large course at the Cantley House Hotel, organised by Divecrew. Congratulations to all the successful course members who benefitted from working with Chris Middleton and Andy Searle



PARTY IN THE PARK 10 DECEMBER

2016's Party in the Park was again held at Cantley House Hotel on 10 December. Programme members Danny Martin, Gary Green and Dan Phillips attended with their partners and their places were very generously paid for by Alistair Cole.



Sam Egan who presented the charity with a cheque for £2.5k and her son Lewis who raised money by leaf clearing and a collection on the night of the Party. With Deptherapy trustees, Ambassadors Gary and Danny + programme member Dan Phillips.

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A special thanks to Sam Egan who secured £2.5k funding from her employers 3M. Together with Danny Martin's efforts with the auction, the raffle etc we raised over £7k. A great night yet again.

NATIONAL COUNCIL FOR VOLUNTARY ORGANISATIONS (NCVO)



Deptherapy has joined the NCVO something which is encouraged by the Charity Commission and Cobseo. The Board has also committed to working towards the PQASSO quality kite mark and the independent assessment that goes with this.

SOLDIERING ON AWARDS

Our own Chris Middleton is a finalist in the 2017 Soldiering on Awards in the Sunday Express People's Choice Category. Please look at our Facebook pages on how to vote for Chris.



ACKNOWLEDGEMENT FOR DEPTHERAPY



On 14 February 2017 PADI Regional Manager Emma Hewitt presented Deptherapy with an award:

"In recognition of dedication to the dive community in PADI diver training"

Martin Weddell and Richard Cullen were delighted to receive the award on behalf of Deptherapy at a meeting with PADI at Divecrew in Crowthorne. We have a close working relationship with PADI who are huge supporters of what we do.

YUKON CHALLENGE

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A huge well done to Deptherapy Patron and Alistair Cole and Associate Director Simon Reed who took part in the above challenge in temperatures of -30 degrees these guys achieved massively raising £4k for the charity.

The Board are humbled and touched by their amazing efforts and in Simon's case 430 miles travelled.



2017 PROGRAMME

**Mental Health First Aid Course
19/20 February 2017**



Richard castle is running another Mental Health First Aid for the Armed services Community at Cantley House Hotel. Sixteen instructors, board members, ambassadors and programme members are attending. The course is a pre-requisite to being involved in Deptherapy programmes and is essential for those who are identified as 'buddy supporters' for our new Buddy Peer Support Programme that was trialled in June and October.

DEPTHERAPY EDUCATION PROS' COURSES



8/9 April UK based at Divecrew

On both our Roots programmes 16/23 May and October

Contact info@divecrew.co.uk for the UK course and info@pharaohdiveclub.com

ANNUAL GENERAL MEETING 20 APRIL CANTLEY HOUSE HOTEL



The Annual General meeting of Deptherapy and Deptherapy Education will take place at the Cantley House Hotel Wokingham. A

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presentation will be given by Gary Green, Trustee and Director of the charity about Depththerapy's work.

The AGM will be followed by dinner in the Milton's Restaurant (delegates pay) We think this is a brilliant way for people to get to know each other and to chat informally about our work

We hope to see a good number of our Patrons , supporters and Ambassadors in addition to Board members at the meeting



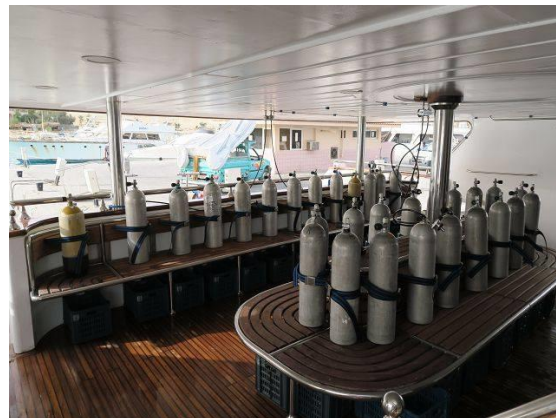
16 – 23 May 2017



PADI Open Water, AOW and Deep courses we have seven (7) OW students and 4 completing their AOW and Deep courses. We are all looking forward to another amazing week of diving at Roots. The trip will also see the launch of our Buddy Peer Support Programme.

1 – 12 July 2017

Get Military Wrecked – Red Sea Liveaboard Chuuk Lagoon Build Up Dives



Eleven programme members who have been identified as being able to dive Chuuk Lagoon will undertake 10 days of wreck diving on a liveaboard in the Red Sea. In addition to diving the wrecks, some of which are rarely dived they will also undertake their PADI Wreck and Tec 40 courses in preparation for Chuuk.

SEPTEMBER 2017 DEPTHERAPY RIDE TO BRUSSELS



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Jonathan Jarman and Stuart Green together with Dave Glazier and others from the Aquatic Element Dive Club have devised a major fundraising event for 2017. The plan is to ride from Windsor via the Cenotaph in London where a reef will be laid, to NEMO in Brussels. As divers know NEMO is a deep indoor dive facility.

The 350 odd mile route will take in battlefields in France and or Belgium with homage being paid at the Sunset Ceremony at the Menim Gate.

The ride will be in September 2016 and the dive will be on the last day prior to travelling back to the UK.

The full ride is only for serious riders and training will start soon. For others there will be stages, for instance from Windsor to the Cenotaph.

This is a huge logistical exercise with support vehicles and stop overs being required.

We will also be seeking a headline sponsor.

A page will be opened on Facebook and a special Just Giving page created. A logo is presently being designed.

Please watch closely for updates and get peddling.

PARTY IN THE PARK 2017

New Year's Eve 2017 at Cantley House Hotel be there or be square.



Cobseo
The Confederation
of Service Charities

October 2017



PADI Open Water and Advanced Open Water programmes at Roots.