

Newsletter

Autumn 2012



Editorial

It feels like this year has been dominated by the weather. At the start of the season trips were being cancelled due to the lack of water. Only today I went past Hellesdon meadow to see it under several feet of water.

Personally I have not managed to get much paddling in this autumn. A trip with a friend on the Wensum however did prove interesting as I learnt that his son was terrified of spiders.. We had gone exploring down a side stream which was incredibly overgrown – the sort of exploring I love. However, a number of large spiders found their way into the canoe and we suddenly had a hysterical 10 year old with us. This just shows the importance of always being prepared for the unexpected as we calmed him down, made sure that the boat was clear of spiders and made a hasty retreat.

One highlight of the autumn had to be the canoe camp at Thetford. I was only able to join the trip for the camp fire and even by my standards of liking fires hotter than most I have to say we did ourselves proud. Ian found a large tree in the back of his car, we had a pallet, a dozen fence panels and a pile of other wood. Of course it all had to be burnt and watching everyone move their chairs further and further away from the fire was great!

I still have a few spaces available on the snow tubing so get your name down if you would like to take part as soon as possible.

In this edition I have had some great articles including one from the other side of the world and I thank all these who have written articles for helping to make this newsletter a good read. If you would like to make a contribution for the next newsletter please email it to me at MQUADLING@BTINTERNET.COM

See you on the water or at a pool session soon.

Mark

The Scottish Adventure.

Somehow, although I've been sea kayaking all over the world I had never been to the world renowned destination that is the west coast of Scotland. I finally managed to fix this at the end of September. With a group of friends gathered from other sea kayak trips we hired a guide (Roddy from Kayak Bute) and off we went to the Sound of Arisaig. Our plan was to spend a couple of days working our way up the coast then heading over to Muck, Eigg and Rhum before returning to comfy beds and hot showers.



Day one was for getting used to our fantastic tide race boats (yes, I might have bought one...). It was pretty wet and windy, so we were glad to be hiding in the shelter of the bay for most of the trip. I was feeling quite apprehensive as my boat was a lot more tippy than I was used to, so I was feeling quite wobbly on the flat, and wasn't sure how I was going to be on the waves that I could see in the distance. But

I needn't have worried, after an hour or so the involuntary wobbles had lessened and I was enjoying the waves. Roddy assured me this was the boat that was going to improve my sea paddling.

Our first night was spent in a pub listening to the Red Hot Chilli Pipers (check them out on iTunes, they're quite special), and sleeping in the van. Not quite the wild camping we were expecting, but at least the weather sounded pretty wild.



The next morning started with a big vat of porridge, some scary looking waves and torrential rain. Roddy came to see us with the weather forecast. Squally showers, West/South Westerly force 4 winds rising to 6-7 with gusts of 8 and 9 for the week. Not the best sea kayaking weather. Roddy gave us the option of having our money back, and going home. We were tempted, but after driving for three days I was keen to get a bit more time on the water.

Roddy knew the area pretty well, so he was pretty certain he could find a few areas sheltered enough for some day trips, based at our current camp, or at the wild camp. So off we went...

The trip to the campsite was interesting. It started with a nice cruise along Loch Moidart, all very easy, sheltered and pretty. Then we turned a corner bringing us out into the full strength of the wind. Suddenly there was no time to look at the scenery, it was very much head down and don't stop paddling. We managed to hide behind rocks when the force 8 squalls went past. Luckily you could see them coming. Even in the shelter it was hard to hold our position let alone hand around the all important jelly babies. Roddy left us hiding behind the rock while he went off to see if it was safe enough to leave the loch and head over to our campsite. He decided that if we timed our exit with a break in the weather that we could see ahead we would *probably* make it... So we buddied up (the waves were big enough to hide the boats!) and off we went. The wind had dropped to a steady force 4/5 by now so we just had to put our heads down and go for it. We could see our beach almost from the start, it was reassuring to see it getting bigger and bigger. But, I could also see the



surf getting bigger too. Surfing landings in a fully laden composite sea kayak are quite interesting. Roddy made me go first, and then help everyone else, a first for me. I have to admit this was the hardest part of the whole trip! I think everyone else was a bit shell shocked from the size of the waves.

The rain held off until our boats were unloaded, tents were up and dinner cooked. Hurrah. We even managed to stay awake until 9pm. So rock and roll.

The rest of the trip was just as much fun, with just as much wind and waves. It was great to feel reasonably comfortable paddling in those conditions and really reminded me how much my sea paddling has improved. Roddy managed to get the perfect balance between giving us pointers to improve our paddling and letting us try things out for ourselves. I would certainly recommend him if anyone fancies a sea trip in Scotland.

Ann Merryweather

Thinking caps on !

I know it seems a long way off, but I'm thinking about next summers programme !

At the AGM we discussed this summers programme and how members had found this. As coaches, we had also discussed how new members were made to feel welcome and how we communicate what skill level etc is necessary to attend the various club trips. An on going discussion is what can we do to keep our more experienced members interested / involved in club nights as well as trips.

From these discussions we've come up with a few ideas, but as ever we would welcome feedback from members, before these ideas find their way into next year's summer programme !

The thoughts so far :

For new members

We proposed that for the three weeks following enrolment night, we will run an "introductory group" This will cater for members with limited paddling experience and teach them the basic skills of going in a straight line (rather than circles). In addition, the group will be a sort of "induction" to the club and cover things like where things are; what kit is available for club activities; how good do you have to be to go on a trip; who are the coaches; what are star awards etc. The group will then join a star award group following the next enrolment night.

For youth members

The number of youth members has been slowly reducing over recent years and next year we are going to make a concerted effort to run the paddlepower awards which are specifically aimed at younger paddlers. The club has been building links with local scout groups, youth groups and sea cadets to encourage more youngsters into paddling and the club. Next spring, we are going to dedicate the May 2013 taster session towards younger paddlers so if you know of any youngsters who may be interested point them in our direction.

Skills / star awards

For the last few years we have run 2 and 3 star award groups on Monday nights for a ten week period. This is likely to continue and those interested will need to have enrolled by early May. It is likely that we will try and run a 3 star touring award, being more suited to our locality !

Wednesday nights have had a more "informal" feel for the last few years, but this has resulted in sporadic attendance which makes planning difficult for coaches, and has resulted in very few star awards being attained. It has also led to some confusion for members, such as "am I still a beginner as I've been coming six weeks now ?". We are therefore likely to try and run star awards on Wednesdays as well as Mondays, but obviously the benefit of the Monday group is a dedicated coach, exclusive use of the boats and a quieter environment in which to learn (which is why there will still be an additional charge for the Monday sessions).

To make organising the groups easier at briefing we are also going to put up "meeting points" around the club, so members know where their coach is going to be and so there is space for warm ups etc.

For more experienced members

We will build on the "progressive paddling" week ends which started this year which will introduce members to moving water (hopefully we will get some canoe trips into this programme too). This will aim towards a white water trip to Slovenia in summer 2014.

For Wednesday nights a number of suggestions were put forward at the AGM and I have been "evolving" these suggestions ! I would be interested to hear from members as to whether a series of

short "topic" type groups would be of interest. I am thinking about 3 (or 4 week) block between enrolment / BBQ nights which could cover the following :

- An introduction to canoe poling
- An introduction to play boating skills
- An introduction to canoe freestyle skills
- An introduction to sea kayaking skills
- Scenario evenings – rescues, incidents, white water, first aid on the move (in the dark)
- Foundation safety and rescue skills
- Cross stream challenge activities

Any other suggestions ? Any volunteers to run them (I have some ideas for that already !!!)

We are also keen for members to get more involved in helping to organise trips and week ends away. While coaches will need to attend club trips, there is no reason why trips can not be suggested by members, why members can't sort details like accommodation, food, transport etc, which will help to reduce the work done by coaches. The club will cover the cost of deposits etc so individuals do not need to be out of pocket while trips are being organised.

In addition, we continue to run our coach development programme which is overseen by Jez. If you are interested in becoming a coach, or looking at pre requisite awards etc, please speak to Jez so that we can try and help. The club tries to organise in house courses where there is enough interest or sign post people to relevant courses. We also run a sponsorship scheme which can help with up to 75% of course fees. In early 2013 we hope to hosting a "women and girls Level 1 course". This will be run by female coaches and will provide a learning environment which has been shown to encourage more female members to progress into coaching. If you are interest in this course, please let Jez know.

Stuart Pontin

The 100 Mile Challenge – Part One.....

It all started on 1st January 2012, with the Eagle New Years Paddle on Barton Broad. Paddling tandem with my usual partner in crime Kitty, we were enjoying the blue sky and fresh air when Tim asked us what we were planning on 'doing' this year at Eagle.

'Just taking it easy and enjoying the paddling, without too much hassle' I thought. This wasn't good enough for our Tim though and he suggested that after successfully achieving my three star canoe award last year that a new challenge was in order - Which was to paddle 100 miles on new water over the course of a year....

Sounds good on paper, but in reality there were some obstacles to overcome

- I don't have my own boat
- I have no way of transporting a club boat,
- The summer programme hadn't been organised yet.

What the heck I thought; I'll give it a go.

February 2012 - Horstead to Buxton

A lovely day paddling upstream from Little Hautbois to Buxton, then down to Horstead Mill before heading back to the starting point. Although a total of 6 miles of river, as it was a 'there and back' I could only count it as three new miles! I had a long way to go.

March, and the summer programme was announced. I was keen to see what trips I could join in order to build up my mileage. I was slightly disappointed though – where was the round Norwich trip that I hadn't done the year before – or the Hickling Broad paddle? Why hadn't the River Bure weekend camp been re-instated after being cancelled last summer?

On the positive side though, there was the Cambridge trip, which was new for me, and a venture into the depths of Suffolk for a trip on the River Alde.

April 2012 - Costessey Mill to Eagle.

If I remember rightly, there had been a longer trip planned for this weekend, which was probably cancelled due to dodgy weather (a familiar story from 2011!)

I was privileged to be allowed to paddle tandem with Tim himself on this occasion. During the float downstream I questioned the feasibility of completing the 100 mile challenge. Tim decided that as I'd only paddled one new stretch of water since January, that perhaps the year would start from April and the new club season, not from the beginning of the year as first suggested. As I had obviously paddled the river Wensum many a time up to Hellesdon Mill, I could only count the upper stretch from Costessey – making a total so far of 6 new miles!

Another trip this month was the fated River Wye trip. It had been cancelled in 2011, as the river levels were too low. This year I decided I didn't have enough annual leave to take so declined the trip.... Just as well as the hardy paddlers who headed over got thoroughly soaked and returned home after just one night away!

(In May Tim had a sea trip from Brancaster Staithe pencilled in. As I'm not a particularly skilled or brave kayaker I decided to ignore this paddle.)

Then in June, a paddle along the River Waveney caught my eye. As I had done this trip last year it wouldn't count towards the 100 miles, but I knew it would be a pleasant trip....it was cancelled!

July 2012 - River Alde from Snape to Slaughden Quay.

Deepest, darkest Suffolk beckoned and a small hardy crew braved the journey across the border. Despite strict passport control Tim was allowed into the county, although he had to leave the Gluhwein at the border!

After a long journey and another famous Eagle shuttle – I recall that someone went the wrong way – we set off with the tide towards Aldeburgh. With a mixture of sea kayaks and canoes we made good progress until one of the kayakers suffered with a dodgy footrest. It continued to play up the whole journey, but we made it to our destination in one piece and I could add another 6 and a half miles to my total, which was now 12.5 miles... We also got to witness Kitty's great choice of footwear – you'll have to ask her about that!

July 2012 – Cambridge

Due to yet more dodgy weather the weekend trip to Cambridge was relegated to a day trip through the city. A peaceful start through the meadows soon led to dodging the punters along the main stretch. There was even a spot of white water going over the punt rollers. Lunch, ice cream and pub stops made for a very good day indeed and another 7 and half miles added to my tally.

August 2012 – Burnham Overy Staithe, out to sea - in a kayak!

I'd let slip that I was hoping to escape the cold of Norfolk over the winter and was due to head to New Zealand to work. Tim thought it'd be a good idea to brush up on my kayak skills so I had taken a sea boat out on a club night but this was my first trip in one. It was fine, the sun shone and the water was shallow. I even braved the waves!! (Thanks Tim and Mark). A great day, but only 2 new miles to add to my total – now standing at 22.

Sept 2012 – Kevin's Trip – the River Thurne - Somerton to Womack Water

Back in a canoe for this trip – again paddling tandem with Tim. I think he felt sorry for me as my mileage was so low and tandem paddling was the only way I could join this trip. Chris suffered an injury before getting on the water (nasty leech bite that led to antibiotics being prescribed), but this was the only low point. Heading out between the reeds I had the feeling that we were miles from civilisation – this soon changed on the outskirts of Potter Heigham and Tim and myself debated the merits of the varying little chalet houses along the banks. We were also treated to the sight of some of the Hunter's Yard sailing fleet in action.

A great day out somewhere new and another 7miles for me.

October 2012 and the end of my Eagle season

Two trips this month; canoeing again on Barton Broad and a kayak adventure along the Deben from Melton to Bawdsey. (The less said about my cop-out at Ramsholt the better – although I did get a



cosy window seat in the pub with a swift half of ale. Plus the homemade brownies went down a treat so the day wasn't a total disaster).

Unfortunately I'd paddled both these places before so no new miles.

This meant my grand total so far was....a whopping 29 miles!!

It's now mid November and I'm over the other side of the world enjoying the sun.

I've only been here two weeks and I'm yet to join a canoe club.

Mainly because I'm based near Wellington and they seem to paddle in the harbour a lot, in kayaks and it's always windy so it can be very choppy.

With the memories of my last sea kayak trip still fresh in my mind I'm trying to work up the courage to get out there and join in!

There's always the Whanganui River, which can be paddled on one – three days and they even have canoes so perhaps that will provide me with my next new miles, oh and the lovely Abel Tasman National Park just across the water.....

I certainly can't let Tim down now can I?!

To be continued.....

Jenny Birchell

Wildlife Corner

This is the second instalment in a series of articles about some of the wildlife that you may get to see from on the river. Last time was about bats, so this time it's all about how to spot an otter.

There are 13 species of otter worldwide. In the UK we have the European otter, (*Lutra lutra*). These creatures have now returned from very low numbers to a pretty healthy population, and recently it was noted that otters can once again be found in every



county in England, so now is as good a time to see an otter as ever. Their numbers plummeted because of habitat loss, water pollution, hunting, and pesticide use, which systematically poisoned the otter population as it worked its way up the food chain. These pesticides were banned some time ago now, so the source of poison has been removed. Water quality is generally improving, and associated conservation measures mean that habitat loss is less of an issue too.

However, all is not yet rosy, as they remain classified as Near Threatened on the IUCN (*International Union for Conservation of Nature*) Red List.

So, how do you identify an otter? Otters have sleek brown fur, which is often paler on the underside, and a long lithe body with a thick tail and short legs. They often get confused with mink, but these are much smaller, ferret-sized, and very dark brown or black.

Adaptations for an aquatic lifestyle include webbed feet, the ability to close the ears and the nose when under water, and very dense, short fur which traps a layer of air as insulation. Dog (male) otters can grow to up 95 cm long, not counting a tail of 35-45 cm, (compare that to the family pooch?) whereas the female (bitch) otters are smaller. Between one and four pups are born after a 60 to 64 day gestation, and they are dependent on their mother for protection, milk and other food, and to learn hunting skills, for over a year.

Their main prey is fish, as you'd perhaps expect, although water-birds, frogs and insects will also be eaten when fish stocks are low. This means that they often travel along river banks, plopping onto the water and then getting back out again at regular intervals, so tracks, trails and slides in the bankside vegetation are a good place to look for signs that otters have been through. Hunting generally takes place at night, so your best chance of a sighting is early in the morning or late evening although I have seen an otter bitch hunting and playing in the River Yare between UEA and Cringleford/Eaton one sunny spring morning this year, which was a real privilege. Anyone else seen one on the Broads?

Otters maintain territories that run along rivers for significant distances. These can be up to 40km long, although 18 km seems to be the average. Territories are defended against otters of the same sex, and are most often marked by spraints (droppings) placed on prominent objects, like logs, rocks, twists of grass etc, so these are another tell-tall sign to look out for. Spraints are generally quite dark, with lots of fish scales, bones and feathers in them. They have a distinctive smell, especially as they begin to mature, which is not fishy as you'd think, but sweet, more like the jasmine flower. Don't believe me? Give it a go! We have had otter spraints appear on the banks at Eagle in the recent past, so keep your eyes peeled!

Simon Allen

Editor note – I have seen otters on two different broads, the great Ouse, the river Wensum and countless times when fishing on gravel pits. For those interested in otters watch out for a springwatch special in January on the BBC.



Mentor you, Mentor me.

Mentoring is a key part to the new UKCC coaching programme. It used to benefit new coaches and to give them feedback on their coaching. Not only does this benefit the coach being mentored but it can help the coach observing/mentoring the other.

During the Level 1 course I observed at the club earlier in the year the new coaches were told they should take up opportunities to work with other coaches and observe them. It is a requirement for the Level 2 and 3 programmes. For both of these there is a section for the mentor to sign off in their portfolio.

I have several mentors for my level 3 programme. I have asked experienced paddlers to be my mentors; one of them is one of the few that have completed the new level 3 award (under 20 so far). I choose these people for their different experience and information. The level 5 coach is for their experience in paddlesport, and the one that has completed the level 3 programme for his knowledge

about the specific level 3 requirements. I use them in many different ways, it could be a phone call or email asking them about specific ideas I have for sessions, I will need to get one of them to observe a session I deliver and provide me with feedback, as part of my Level 3.

I have been a mentor to several coaches within and outside the club. Some of these have now completed their Level 2 programme. I have also worked with new level 1's to help them gain further knowledge and experience of coaching.

Stuart asked me to be his mentor as part of his Level 2. Having completed the BCU mentoring paddlesport coaches module and attended a workshop on portfolio for level 2, I had a good knowledge of the requirement to mentor others for their level 2. I observed 2 sessions that Stuart delivered as part of the 2 star programme he delivered this year. Stuart also asked me for specific ideas on the method for coaching and up to date ideas about the skills required.

It has not only benefited the coach I have mentored but it has helped me too. While observing coaches deliver their sessions I do take notes of what they are doing to help me remember when we are discussing it later. I have taken ideas from their sessions, I may not use them exactly like they did but modify them for my own style. Mentoring has also made me think about the way I coach and approach ideas. During one session I observed I was given a different use for a paddle stroke. Having looked into it further it was something simple that had slipped over my head un-noticed. It has made me more aware of it and I will now be incorporating it into my coaching. I already used this stroke for the move but didn't really consider it for this use.

As a coach we give feedback continuously during sessions, but how much do we get back? Any level coach will benefit from getting feedback from other coaches, remember we can also ask for it from our students! We probably did this early on in our coaching life but do you do it every session? Over the summer I got feedback from a student on a Wednesday session. I didn't ask for it and it was when I was working with a new Level 1 coach. After the session had finished one student came up to me and thanked me for the session and told me "that was the best session I have had at the club". At first this took me aback a bit as I wasn't expecting it. However it was good to receive it and I also passed it onto the coach I was working with that evening.

It is important to give suitable feedback, and to be getting the right format. Feedback is not telling someone they should do it this way or that. One method I learnt from observing the Level 1 course is "**www.afi.ag**" from Tom Parker. This stands for "What Went Well. Areas for Improvement. All's Good" It is a simple and easy to use idea. If you want feedback from a coach or a student let them know at the beginning of the session so they can consider it and prepare something for you. If you just ask them at the end most people will say the session was "fine" or "ok" as this is kind of a default setting in people.

A good and worthwhile read on coaching and giving/receiving feedback is The Tao Of Coaching by Max Landsberg. It is only a short book (100 pages) but I have found it helpful and thought provoking.

Jez

Snow tubing

On the 8th February Eagle returns to Norwich Ski Club for its 3rd annual snow tubing evening. We have spaces reserved for 20 'tubers' and no previous experience is required. It takes about 30 seconds to learn how to ride a snow tube and after that you let gravity do all the work. Always a fun night out I still have a few space places which will be allocated on a 1st come 1st served basis. If you would like to join us please let me know at mquadling@btinternet.com

Mark Quadling

Beccles to Gelderston Trip

This trip was from Beccles Quay to Gelderston Locks. When we arrived at Beccles we unloaded the trailer with the boats on, and started paddling along the Waveney. Our first stop was the Beccles Lido. If you have ever been to Beccles you would see that the Lido isn't very far from the quay! Tim was going on about the lovely clubhouses we were passing!



Later on we started getting into the wetlands and reeds (and getting caught in them). The Big Dog Ferry passed us a couple of times, and we dodged a couple of fishermen and other river related hazards, until finally we reached the Gelderston Locks Inn.

After lunch (and a couple of drinks for the older guys) we set off back to Beccles. The way back was much the same, although we had a small scale splash fight, which was fun!

If we do it again (which I hope we do) this would be a good trip for beginners and advanced alike. It is a pleasant paddle upstream and a satisfying drift back.

Edward Remer

Symonds Yat

It's cold, dark, wet and miserable at the moment, so I can't help but think back to one of the highlights of the summer's paddling trips, to Symonds Yat on the river Wye. The canoe trip to the same river two months previously had been a total washout, so the pressure was really on to pull something out of the bag. Happily, the river levels and weather were both about as perfect as we could have hoped, it was brilliant! (We must leave Chairman Stu at home more often – that seems to be the key!).

The trip was the first in the series of Progressive Whitewater trips that Pete established this season, to give more club members the chance to paddle on some swift moving water, with the difficulty increasingly slightly each time. Club members could dip in and out of the trips, choosing to go on whichever they felt most suitable for them. Symonds Yat is the perfect place to start off; it's a short piece of Grade II moving water, with loads of big friendly eddies to begin learning the basics of white water paddling.

The weekend started with our arriving at the site on the Friday night in the pitch black. Part of the appeal of this Forestry Commission site is its remoteness (and the absence of mains electricity) and the beautiful, secluded, wooded valley location a short paddle from the rapids. The starry night sky through the tree canopies was stunning, and we all went to bed after a beer or three, looking forward to the next two days' paddling.

Saturday morning saw the traditional Eagle breakfast of cereals, mugs of tea, and egg and bacon rolls, all expertly rustled up by Alex and her crew (you can do it again next time Alex!) and soon we were preparing boats, sorting kit, slapping on sun cream, trying to find a spray-deck skinny enough to fit Elena (in the end we gaffer-taped her in), and launching at the get-in. The paddle upstream proved sufficient warm-up for the day's exertions, with the flow getting faster the closer we got, so by the time we arrived we were all suitably glowing.



The next two days were spent in small groups learning all about ferry gliding, breaking out into eddies and breaking in to the flow. We (mostly) started at the bottom of the rapids where the eddy lines were friendly and the flow fairly gentle, with progression up the rapids, to take on the meatier bits, as skills and confidence built up. We had a good number of coaches on the water, which was brilliant and allowed everyone to get plenty of customised tuition, with demonstrations, feedback, suggestions, refinements and challenges given to each and every paddler to suit their skill level and aptitude. We also threw in some coaching on how to safely swim in moving water, and how to use throwlines, for when the inevitable swims

happen. The hot weather and the refreshingly cool, clear water meant this went down well with just about everyone.

It was a learning curve for all on



the trip, including myself as coach and organiser. It was heartening to see such progression in everyone's paddling over such a short length of time; it really makes it worthwhile for the coaches who give up their time to do this. By the end of Sunday's paddling there were some really good, committed 'S' turns in the main flow being thrown down, which was brilliant to watch as coaches. It was also great to see that coaches and paddlers from Eagle were head and shoulders above the other groups at the rapid on both days. We rock!!!

The satisfied, slightly tired smiles as we got off the water on both days were testament to the hard work that everyone put in and the enjoyment they got out of it. We got some really good feedback from those that went, and have identified areas where we can improve things further. So there's a very good chance that we'll do this again next year.

Special mention should go to Emma, who helped with all the catering before and during the weekend (thanks Emmikins!), Joe for being the youngest in the group by far but getting stuck in and keeping up a treat, to Damon for remaining so chipper despite losing a new and expensive set of paddles, to Joel for his Saturday night barbequing skills, to those who cooked and cleaned, to those who drove paddlers, boats and kit there and back, to the coaches for coaching and to everyone else for being so much fun to coach. It was an awesome weekend - see you there next year!

Simon Allen

Paint brush at the ready!

As many of you know, while the club does not currently own the site or the buildings, we do try to maintain them so that they remain presentable and water tight.

Last year, Colin and a dedicated group decided to re decorate the club room and thanks to their efforts, this summer it looks significantly less cluttered and brighter for their efforts.

This winter, Colin has decided that he is going to tackle the changing rooms. At present these look a bit sad for themselves, but it is hoped that with help from volunteers we can tidy both changing rooms and make the premises more appealing for all to use.

If you are happy to help out with time, equipment or resources (if you know of a cheap supplier of bathroom paint!) please let us know.

We will circulate more details of dates once these are known.

Stuart Pontin