



## DEREHAM CANOE GROUP NEWSLETTER

MAY 2018

### Membership – Due April 2018

Lynda Turner has emailed members regarding membership renewals. If not already done so, could you please return your membership form and health and emergency contact forms with payment as soon as possible, that would be appreciated.

### Summer River Sessions 2018

Again, Lynda Turner has emailed regarding the river sessions which will start on Wednesday 9<sup>th</sup> and Thursday 10<sup>th</sup> May. When driving onto Castle Farm, please be aware this is a working farm and there will be animals including dogs running around. Please drive slowly onto the Farm (maximum 10 mph). It is also important that when booking yourself or a child in for the session, that you sign in and out; the signing-in sheet will normally be on Lynda's car.

### Borrowing Club Equipment

Please be aware that every time you use a club boat, except when you have paid for a course, you should be paying for the use of that boat. It is £5.00 per day or £2.00 for a session. *IN ADDITION, IF YOU TAKE ANY BOAT OR EQUIPMENT AWAY FROM THE FARM TO USE PRIVATELY, THEN YOU NEED PERMISSION FROM A COMMITTEE MEMBER AND THE BOAT MUST BE RETURNED PROMPTLY WITH PAYMENT.* We would like to keep our charges small and to allow members to use the equipment therefore we would appreciate payment. There is a sheet inside the boat shed which should be completed and payment given to a Committee member.

### Go Canoeing – 30<sup>th</sup> & 31<sup>st</sup> May 2018

We are holding this event again in the May half term. If you know any one that would like to come along and try kayaking then please get them to contact us on [derehamcanoeing@gmail.com](mailto:derehamcanoeing@gmail.com). Please note there will be no coaches available this week.

### Cardboard Canoe Race – Thursday 19<sup>th</sup> July 2018

We will be holding this event again at Castle Farm on the last paddle of the summer followed by a BBQ so please put this date in your diaries – further details to follow soon!

### Trips

We are planning to run some trips this year.....further details will follow!

- **Cambridge** – 24<sup>th</sup> June, depending on the weather. This will start at Grantchester and go through the city along the 'Backs' where the colleges line the river. If this trip doesn't happen on 24<sup>th</sup> June, we will try to find a suitable date later in the year.
- **Horstead/Buxton** – two possible dates of 24<sup>th</sup> June or 22<sup>nd</sup> July, depending on whether or not the Cambridge trip takes place on 24<sup>th</sup> June.
- **Stour** – overnight at Willowmere Caravan Park on 4<sup>th</sup> & 5<sup>th</sup> August which takes campers, £16 per night for two people.
- **Ludham/Dilham Canal** – September.

### **Missing Equipment**

We are currently missing an Ainsworth canoe paddle. Can you please check at home to see if anyone has this or any other DCG equipment that needs to be returned.

### **Weil's Disease**

This can be caught when the urine from an infected animal enters freshwater and the infected water gets into your mouth, eyes or a cut. In Britain, Weil's disease is usually caught during water based activities such as kayaking, outdoor swimming or fishing.

To reduce the risk of infection:

- Before going on the water, ensure any cuts or grazes are covered with waterproof plasters
- After getting off the water wash your hands with soap and water as soon as possible and clean any wounds thoroughly

If you feel unwell, at all after being on the water, then please consult a doctor especially if you have a high temperature or a headache. Tell the doctor you have been canoeing. Weil's disease is caused by a bacterium and can be treated successfully with antibiotics.

For further information on any of the points in the Newsletter, please email to [derehamcanoegroup@gmail.com](mailto:derehamcanoegroup@gmail.com) or phone 01362 637153 (Lynda) or 01953 885189 (Jeff)

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