



I'm a wheelchair user myself following a spinal injury 21 years ago, and have been diving now for six years. I looked into the possibilities of scuba-diving following several sessions of hydrotherapy, where I volunteered to be a 'guinea pig' for my physiotherapist's students ... I got a lot out of it and enjoyed it immensely, and as a lot of my friends were diving at the time, thought I would look into it. Before long, with the right help, I did my first scuba dive in a swimming pool. Although very scary at first, the feeling of freedom and weightlessness I experienced was a revelation and I was hooked instantly. I was amazed when told that there was no reason for me not to take up diving, let alone, with the right support and expertise, be able to scuba in open waters such as the Red Sea.

Within a year I had passed my IAHD Open Water in Sharm El Sheikh, I will never forget my first dive in the Red Sea, the sheer number of colourful fish and beautiful coral blew my mind, it's an amazing feeling to be in that environment and feels like the discovery of a new world. Six months later got my advanced in Hurghada and since then I have found that my confidence has grown ten fold and it has given me the motivation to try other adventure sports such as kart skiing, microlight flying and skydiving.

Thanks to the amazing bunch of instructors and volunteers that have helped me, we have managed to do over 50 dives together in the Red Sea including some world-famous ones such as Jackson Reef, Shark and Yolanda and the Thistlegorm wreck; some in very tricky conditions. We also had a fantastic holiday in the Bahamas where we were fortunate enough, amongst other great dives, to scuba with 20+ Grey Reef sharks.

Diving is now my main hobby, I am one of Dive Ability's committee members, and very committed to making people with disabilities aware of the many therapeutic benefits that scuba-diving has to offer such as something to look forward to, a goal to aim at and a great sense of achievement, higher confidence levels and a great sense of well being.

