



Editorial

Paul Useless

We received another letter from our reader.

Dear Editor

I am writing to express my dismay regarding what I believe is a most tasteless and geographically inconsiderate joke, featured in your last newsletter. Upon reading, I noticed that a photograph was deliberately displayed upside down, purportedly to make someone who has spent time in Australia feel "more at home." I can assure you that, while Australia may be on the underside of the planet (according to the globe in my pantry), I hardly think turning images into acrobatic stunts is the proper way to show hospitality. Next thing you'll be serving lamingtons in a hat.

I once tried looking at Australia upside down and fell off the settee. Neighbours had to butter me to get me out from under the coffee table taking three days and half a tub of Flora. I wouldn't wish that on anyone. I propose a more sensitive approach next time—perhaps greeting people who have spent time in the antipodes with a firm handshake, a warm smile, and a properly oriented landscape.

*Yours with a twisted neck,
Mrs Trellis
North Wales*

Anyway, enough nonsense. There are no new

members to introduce this month; please if joined recently (for some vague definition of "recently") do consider sending your details in to the newsletter:

newsletter@ppca-canoe-club.org.uk. A couple of sentences and maybe a photo are a great way of introducing yourself.

We have some news on four Sea Kayak Safety sessions coming up soon on page 2. There is also a round up of the clubs activities on page 11. Adam Coulson has written a brief account of a recent kayaking holiday in France on page 6 - I know other people have had interesting kayaking holidays and it would be nice to hear about them also.

Finally, some fun / distractions on pages 4 and 5. At the end of the newsletter is some information on seal care. And here we are talking about the the marine animals.

As always, comments, questions, material to include in future editions:
newsletter@ppca-canoe-club.org.uk.





Sea Kayak Safety Sessions

Adam Coulson



Practising rescue skills

Have you ever capsized in a sea kayak? If the answer is “no” you are either:

- a) A brand new sea paddler
- b) Someone with excellent support and recovery strokes
- c) Being economical with the truth

We all get caught out from time to time. As the old kayaking expression goes “we are all just between swims”. Do you know how to deal with capsizing in a rocky gully with the next wave on it’s way? Even if you do, when

did you last practice the techniques? As part of a team are you able to help others who have messed up? It might be me!

The weather is warm and the sea temperature around 17 degrees and so an excellent time to be practicing sea kayak rescue techniques. Many of these are a core requirement for the PaddleUK Sea Kayak Award. I will be running sessions on 4 consecutive Tuesday evenings from the 29th July through to the 19th August covering some of the techniques that can be used when it all goes wrong. The dates are in the club calendar.



Up the Creek July 2025

Depending on attendance and progression I am happy to cover:

- Eskimo rescues
- Deep Water Rescues
- Self Rescues
- Balance games
- Difficult landings
- Gulley Rescues
- Injured kayaker rescue
- Unconscious kayaker rescue
- Flooded boats

Don't worry if you can't make all 4 sessions.

We will cover the more important stuff first and some may only go as far as demonstrations. Have a think about what YOU would like to be practicing – these sessions are learner led. I will provide a safe environment in which you can experiment with some advice if required. From experience, what works for one does not for another and so a lot of this will be about self discovery. Bear in mind that you will spend some time in the water. How long depends on the proficiency of rescues! Feel free to get in touch with me in advance with any questions via leader@ppca-canoe-club.org.uk. Club equipment is available. Please contact me if you want to book a club sea kayak – I will treat requests on a first come first served basis.

I look forward to seeing you on the 29th July.



New CPD courses from Paddle UK

“Be Equipment Efficient”: A guide to efficient equipment and accessory packing

Paddle UK are releasing a new course on efficient equipment packing. Consider that you have a multi-pocketed buoyancy aid, a sea kayak with three or four compartments, as well as additional deck storage. This can leave you vulnerable to placing things in the wrong location, such as your jelly babies in the main stern hatch area, your tent in the day hatch, and, I don't know, your mobile phone on a beach after lunch.

This course will give you several strategies for arranging and securing your kit before, during and after a paddle. You have to consider balance, trim, capacity and many other factors. But we do know that mobile phones can present unique challenges. For example, one strategy for managing mobile phone placement is the easily used “you're not a teenager any more” system. The implication of using this strategy is that you don't have to

look at your phone every five minutes. The course will also discuss some proven tactics such as the widely useful “just keep it zipped away” which will help prevent you from leaving your mobile phone on a beach.

One participant gave a statement which really reinforces the importance of being efficient in your packing. He stated: “I Accidentally Neglected Beach Rules, Idiotically Misplaced Android, Causing Outrageous Mayhem - Be Efficient.”

The course is lead by Lee King, head of Boat Integrity at Paddle UK. It is carried out entirely online by means of a mobile phone app which works best when you have your phone on your person and not left on a random beach. It carries 5 CPD points, is valid for 3 years and costs £3,213 which is excellent value priced as it is at about one fifth of the price of a new iPhone.



Spratt's Agony Aunt's Column



Photo credit: British Fashion Police Plymouth Enforcement Team

Dear Aunty Spratt,

I'm in such a quandary, a deep and meaningful question that has created sleepless nights. In short, do I order my next kayak to match the Bently's colour scheme, or given the limited livery colour of this splendid vehicle (British Racing Green), or I buy a new car? I

understand the Electric Mini Cooper's offers a vast colour range. As you will see the Plymouth fashion police were out in force recently spying a member's recent new acquisition.

I wait in eager anticipation for your reply, Nigella.

Exchange and Mart

Some retailers offer a discount to our members: details are on the PPCA website



Have Kayak, Will Travel

Adam Coulson

I have had the privilege of being able to paddle in a few different locations over the years, some of them regarded as true sea kayaking “meccas”. I struggled to update the June club journal because I wasn’t on more than a couple of the club trips. Therefore I thought that I might write a short journal about the places where I was paddling instead. I don’t know about you, but I find some sea kayaking expedition writing tends to be rather monotonous. I’m sure it’s not if you are the expeditioner but it often follows the formula of got up – paddled – explored on the way – went to bed. Next day repeat . . . I will endeavour NOT to do that but instead try and keep it

short and sharp. I am not being paid per word, after all! I will commence with our trip in June. If you enjoy, then do please let me know. Actually, if you think it’s a load of twaddle fit only for the wrapping of fish and chips (ah those were the days) also let me know and I will desist. An occasional series will then not become a series at all. I hope also that this might inspire others to write about some of their recent paddle locations that I would like to hear about – I know there are a few members who have had distant adventures. Indeed, the ultimate achievement would be that you want to go and paddle in the same places and experience for yourself.

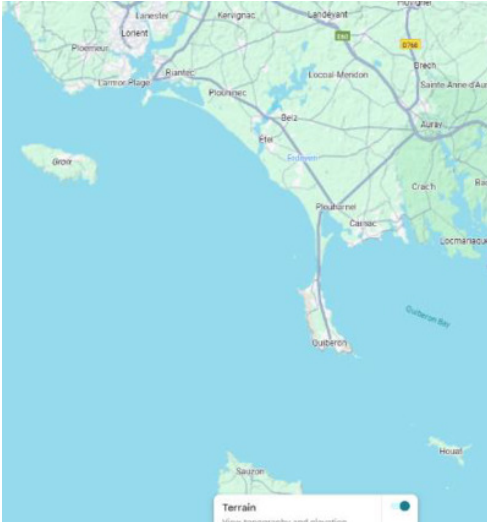
Francophilia

We are so lucky living in Plymouth. We can load up the car and leave the house in the early evening for a short drive. A couple of drinks in the bar with friends before retiring to bed and then wake up in a charming port town in Brittany. I have been to France with kayaks a couple of times previously but this time we were heading for a different part of Brittany on the south coast. The region is known as Morbihan and we were booked on a campsite

adjacent to the mouth of the Gulf of Morbihan at a place called Kerpenhir. The gulf is a bit like Poole Harbour – a huge tidal harbour with a narrow entrance just 700m wide.



Up the Creek July 2025



Map of the region of interest



Our camping beach on Houat

Tides have a similar range in this area as Plymouth. However the tidal streams between the small islands in the gulf can be up to about 7 knots. Therefore, careful planning is a prerequisite for an enjoyable day out. The ideal is a flood tide in the morning and an ebb in the afternoon, but that was not the case for the duration of our stay in early spring tides. However we did manage one day of paddling within the gulf enjoying a tidal push for most of the day and just one section of eddy hopping up river. There was not sufficient wind to make for big tide races to surf on but there was opportunity for some eddying in and out for play. Like Poole Harbour, much of the water is pretty shallow and it is quite easy to get lost amongst the low lying islands, many surrounded by oyster beds. There are plenty of sandy beaches on which to land and a fair chance that you'll have it to yourselves.

Speaking of islands and tides, we packed up our boats and headed out from the end of Quiberon for a 2 day trip around the small islands of Houat and Hoedic. An afternoon launch worked well with the tides and was not a problem as sunset was not until gone 10 in the evening. The 10km crossing to Houat was interesting as some of the French cardinal buoys that we were using are very small and difficult to identify. After some brilliant rock gardening we came around the southern tip to find a beautiful beach for camping overnight. The only company were the sand martins who burrowed their homes above our heads. Hoedic is another 6km and a lower lying and quieter island that we circumnavigated before heading back to Quiberon via the east coast of Houat and the unusual Phare de la Teignouse. This lighthouse is often described as a birthday cake with candle on top – judge for yourselves. The islands are conservation areas with some interesting local flora.



Up the Creek July 2025



Lunch beach on Houat

Much of the edge along the south coast of Brittany is low and sandy. To be honest this doesn't make for the most interesting paddling, beautiful though it is. We made another island crossing to explore the western end of Groix which is just off the significant coastal town of Lorient. We were fortunate with the conditions and thus able to explore along the south coast below towering cliffs and bouncing waves offering lots of adrenal fuelled experiences.



Phare de la Teignouse

There are many estuaries that can be explored along the South Brittany coast. These take you away from the coastal tidal streams and

provide some quieter waters to explore with lots of birdlife to watch. Again, good tidal planning is essential. On our last day we set out to paddle along the more interesting west coast of the Quiberon Peninsula. This is a well known surf area, sticking out into the Atlantic. There was some concern that landing again at the end of the day might prove quite challenging so instead we played in the swell and surf for a happy hour or two.



Flower on Houat

Just being in France is an added bonus to the paddling around Brittany. It is a pretty area with stunning beaches and the famous standing stones of Carnac. We found the local people friendly and helpful. There is the wine, local seafood, the vastly superior French supermarkets and then the boulangerie and patisserie. Ah no, I'm dribbling.



Up the Creek July 2025



Conditions at Penthievre

Resources:

- The French equivalent of OS Explorer 25000 maps for the area are
 - IGN 0921
 - IGN0821
 - IGN0822
 - IGN 0720
- Imray C39 marine chart covers most of the area
- Sea Kayaking Guide 60 Brittany Paddles by Veronique Olivier and Guy Lecointre translated by Peter Bisset is helpful

Thanks go to my lovely wife and fellow paddlers who all contributed to this trip



Up the Creek July 2025



Karen and Adam at Lunch



Up the Creek July 2025

Creek Chronicle

PPCA Members

Wet Training Events

- Tuesday 3rd June: Tuesday's skills group was lead by Andy



- Tuesday 10th June: A dry but overcast evening saw 12 of us visit the cave under the Hoe. We played there for most of the evening. We also talked about shipping channels and a few other bits of theory.



- Tuesday 17th June: We paddled into Mount Batten bay and did a few wet skills, with varying degrees of success! I've forgotten how many paddlers we had. .

- Saturday 21st June: The intro course was lead by Jane



- Tuesday 24th June: Tuesday's skills group was lead by Terry

Wet Recreational Events



- Tuesday 3rd June: Big thanks to Nigel for taking the lead on a gusty Tuesday heading up the Plym.

- Friday 6th June: Gavin was in charge on Friday.



From Sarah Carlson's Facebook

- ~~Saturday 7th June: Cancelled~~

- ~~Saturday 7th June: Cancelled~~



- Tuesday 10th June: Paddle leader for Tuesday was Andy who took us past Drake's Island and over to the beaches under Mount Edgecombe.

- ~~Friday 13th June: Cancelled due to Thunder~~

- Saturday 14th June: A total of 12 paddlers completed the route: Mount Batten, Jennycliffe Bay, Cable Beach, Drakes Island, The Bridge, Barn Pool, Devils Point, Hoe, Mount Batten. Force 3 – 4 SW wind made for interesting



Up the Creek July 2025

conditions crossing the Sound, also heavy rain the previous night increased the tidal flow across The Bridge. Some peeps were a little concerned



From Terry Calcott's Facebook



- Tuesday 17th June: Terry led a great paddle on Tuesday providing some gentle rock hopping beyond Jennycliff.
- Friday 20th June: Thanks to Damean for leading the paddle crew into the pub on a windy Friday.
- Saturday 21st June: Brim led a great paddle on Saturday having a look at a cruise ship moored up in the Sound before exploring the outside of the Breakwater. Some of us were insanely excited to see the caves between Pier Cellars and Penlee Point. We headed back via that beach close to Cawsand,

Fort Picklecombe and Drake's Island.



- Tuesday 24th June: Our Tuesday paddle was led by Pete. On a windy night we hugged the coast under the Hoe, then headed out to the Bridge for an lumpy ride back to Drake's Island.
- Friday 27th June: Thanks to Pete for leading the paddle on Friday.
- Saturday 28th June: The paddle on Saturday was under the guidance of Brim who made up for the mist by providing a seal encounter on the Breakwater



From Helga Pinn's Facebook

Dry Events

- Wednesday 11th June: Committee Meeting



Up the Creek July 2025

The PPCA Committee

PPCA is a friendly Club, and we'd love to hear from you! The Club is run by a committee of unpaid volunteers, most of which work full-time. Contact details are listed below. For non-urgent enquiries, please email the person you require rather than telephoning.

If you are new to paddlesport or thinking of taking it up then please contact our Intro Coordinator who can point you in the right direction. Our Intro Coordinator can also answer any questions you may have about our Club, courses on offer etc, drop them an email at intro@ppca-canoe-club.org.uk

Chair	Mark Perry	chair@ppca-canoe-club.org.uk
Vice-Chair	Vacant	vchair@ppca-canoe-club.org.uk
Club Leader	Adam Coulson	leader@ppca-canoe-club.org.uk
Assistant Club Leader	Vacant	acleader@ppca-canoe-club.org.uk
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Welfare Officer	Alan Ede	welfare@ppca-canoe-club.org.uk
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Treasurer	Julian Miles	treasurer@ppca-canoe-club.org.uk
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Health and Safety Officer	Damean Miller	safety@ppca-canoe-club.org.uk
Club President	Clive Ashford	president@ppca-canoe-club.org.uk

If you send an email and don't receive a reply, please could you try sending it again, but type the email address in manually. ¹. Please type in

<ROLENAME> [at] ppca [minus] canoe [minus] club [dot] org [dot] uk

for example, for the newsletter, type

newsletter [at] ppca [minus] canoe [minus] club [dot] org [dot] uk

Thank you to everyone who contributed material, especially the material we just stole from Facebook.

PPCA © 2025

¹The pdf viewers on some devices mangle the text of our domain name, swapping the minus signs for an emdash which can't be read by an emailer

DISTURBANCE is caused when people are too close, too visible or making too much noise.

DID YOU KNOW:

1 If a seal is looking at us (when on land or in the water) it is aware of our presence. It's fight or flight response has been activated.

Remain quiet and back off to avoid it moving away

If a seal is moving from its resting position it has been spooked, it's stress levels have increased, rest has been disrupted and energy wasted.

Move away slowly and quietly



3 If a seal is making for the water, it is fleeing.
Panicking, stampeding seals are likely to be injured.
Move away immediately

Avoid displacing or disturbing seals at sea.

Seals can be inquisitive, but please don't take advantage. Do not seek encounters with seals.

If by chance you come across one at sea, stay calm and keep moving. A big splash - 'crash dive' shows the seal is distressed.



'It is vital for us all to love and enjoy the freedom of our inspiring marine and coastal environment in ways that help marine life to thrive.'

The Seal Alliance is a collective of regional organisations focused on marine conservation work with seals. It was set up by the Seal Protection Action Group.

Between us, the Disturbance Working Group founding members have decades of experience protecting seals and include:

- British Divers Marine Life Rescue
- Cornwall Seal Group Research Trust
- Friends of Horsey Seals
- North Wales Seal Research Organisation
- Yorkshire Seal Group
- Seal Research Trust
- St Mary's Island Wildlife Conservation Society
- The Seal Project
- Ythan Seal Watch

We hope this information is interesting and helps you to share our seas successfully and safely with seals!

Find out more at
www.sealalliance.org

Concerned about a sick or injured seal?
Ring British Divers Marine Life Rescue:
01825 765546



Watching SEALS Well ♥



Top tips to get the best experience ✓

PLEASE DO NOT DISTURB

GIVE SEALS SPACE and...

DID YOU KNOW?

We are lucky in the UK to see both **grey seals** and **common seals**!



Common seal



Grey seal



Sleeping seal

**PLEASE
DO NOT
DISTURB**

WHAT IS DISTURBANCE?

Disturbance is a change in an animal's natural behaviour caused by people

DISTURBANCE IS BAD FOR A SEAL AS IT:

- Interrupts their rest
- Causes stress
- Wastes energy
- Can result in injury or death

Seals need to rest on land to digest, socialise and feed their pups, so please leave them there



Put Seals First

#RespectTheNap

Stay out of sight:
Seals in the sea close to shore may want to haul out



If a seal makes a big splash 'crash dive' it shows they are distressed

#UseYourZoom

DO KEEP: 👍

- ✓ WELL AWAY: use your camera or binoculars
- ✓ QUIET: so seals can't hear us
- ✓ DOWNWIND: so seals can't smell us
- ✓ OUT OF SIGHT: so seals can't see us
- ✓ DOGS: under control on leads
- ✓ LITTER: take it home

Signs of Seal Disturbance

We have disturbed a seal if it is looking at us



Back off to avoid it moving away



Seals injure themselves if we scare them into the sea



NEVER: 👎

- ✗ Get close to seals
- ✗ Fly drones near seals
- ✗ Feed wild seals
- ✗ Scare seals or put pups into the sea
- ✗ Copy the bad behaviour of others
- ✗ Take a seal selfie



we're online at www.sealalliance.org



Seal Alliance is a charity making a difference to the lives of seals. We're supported by Defra.



Supported through Defra Green Recovery Challenge Fund