



## Editorial

*Paul Hewson*

This month's Up the Creek newsletter paddles in a lively mix of fresh faces, and a current of club achievements: Kyle splashes in as a keen new recruit (page 2), members rack up Paddle UK awards faster than you can say "kayak-ulate success" (page 3) and Vicki proves she's really on a roll (or at least a very steady stroke) (page 4). There's a deep dive into DBS checks because nothing says fun like paperwork afloat (page 5) before the pièce de résistance: an estuary trip report that's equal parts wind, water, and *train-ing* enthusiasm, complete with mud that nearly dragged the day under but ultimately left spirits buoyant

(page 7). Add in a Chronicle (page 10) bursting with paddles (some cancelled, some *current-ly* excellent), and you've got a newsletter that truly goes with the flow; occasionally against the tide, but always oar-some<sup>1</sup>.

As always, comments, questions, material to include in future editions: [newsletter@ppca.org.uk](mailto:newsletter@ppca.org.uk). Now that we've had a couple of new member introductions recently maybe a few more people will be encouraged to send in a couple of sentences about them.

<sup>1</sup>Yes, I know, I'd run out of energy to think of anything better by the time I got here





## Welcome New Members

Hi, my name is Kyle. I took part in the Intro course at the end of the summer holidays last year and I really enjoyed my time kayaking around Plymouth Sound. Everyone was really welcoming and supportive throughout the day. I couldn't wait to join PPCA as a member and over the winter, experienced members of the PPCA have been helping me to develop my

skills in Ivybridge swimming pool. I can't wait to be back out on open water again soon where I'm hoping to see more of the coast line and local Sealife. I want to say a big thank you to everyone at PPCA for their warm welcome, encouragement and support! It would be great to see more teenagers and younger children join us this season.



Kyle



## Rapid Reads

### Explore Congratulations

*Andy Kittle*

Congratulations are in order to two more club members, Anita Maidment and Lesley Hitchen, who both recently passed the Paddle UK Explore certification. To those that remember, this is the equivalent to the old Two Star award. These people have worked extremely hard in training, practice and learning theory. It is not an easy award to achieve, so well done to you. This was measured by them having various skills and knowledge signed off by all

the coaches who helped them through it, along with all the session helpers. Big thank you to them all. The club, last year has adopted a 'Passport' system (paper log copy), that coaches sign off as and when these people achieved the required standards. For anyone else who aspires to getting this award, there are Passports in the club shed. Please take one and start your journey.



Lesley



Anita



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## Sea Kayak Award Congratulations

*Adam Coulson*

Congratulations go to Vicki Blackmore for attaining her Sea Kayak Award. We have been running training sessions since February in a group. Vicki has proved her knowledge, skills and techniques meet the criteria required by

the award on assessment. Well done Vicki! If anybody is interested in working towards this award and/or being assessed, then please talk with me.



Vicki



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## Disclosure and Barring Service - DBS

*Alan Ede*

If you require a DBS certificate for a role within the club you can apply by contacting the Club Welfare Officer, (CWO), - Alan Ede.

As a volunteer the service is free. Due to the unpredictable nature of those you may be helping, leading, supervising or coaching you should complete the application for both 'Adult Workforce' and 'Child Workforce' and choose the 'Enhanced Check'. Once your DBS certificate is issued you are encouraged to subscribe to the DBS Update Service and also to complete a DBS Status Check Authorisation Form.

### **DBS Update Service**

The DBS Update Service is a free online government service which, once subscribed to, allows your DBS certificate to be kept up to date for as long as you are subscribed to the service.

Individuals should receive their certificate within 5-10 working days of verification. To subscribe to the update service, an individual must complete the online form within 30 days from the date of issue on the certificate. The DBS Update Service lasts for one year after which you should receive an email to remind you to re-subscribe. The online form will have a checkbox for 'automatic renewal'. This will mean you don't have to subscribe again every 12 months.

### **DBS Status Check Authorisation Form**

To allow the DBS Update Service to be utilised by the club, you are encouraged to complete the DBS Status Check Authorisation Form. This lasts for 3 years. After this you will need to complete the online form again to give Paddle UK your authorisation. This form allows Paddle UK to carry out a status check on your DBS certificate when requested, usually by the CWO.

How to subscribe to the Update Service and Status Check Authorisation.

- Go online and type in 'Paddle UK'
- Click on the Paddle UK website.
- Once on the website you will see a small search box, near the top on the left hand side.
- Type 'Disclosure and Barring' into the search box and click the magnifying glass symbol.
- You will come to a page with 7 blue boxes on the left side of the page.
- Click on 'Update Service'.



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- You will see text describing the service and a link, in blue, to take you to the government update service. Complete this form and submit. (You will need your DBS certificate number).

The Status Check Authorisation Form is at the bottom of the text which contains the link to the update service. Complete this and submit.

It is important to record your DBS certificate number and also, when completing your Update Service subscription, the Update Service ID number. One or both of these will be required if you have any queries with the DBS Service at a later date.

Cheers Alan



## Trainspotting

*Clive Ashford*

They say that using a catchy title will get more readers, so I'm sure that calling this little missive "Trainspotting" will make it go viral. (That's 21 st century speak for being very popular, don't you know?) The second estuary paddle of the "summer" season took place on Sunday 10 May. The forecast was for a force 4 ENE wind, and the prediction was that the further east you went, the higher the likelihood of rain. So, the choice was to go to the Dart estuary to shelter from the wind but maybe get wet, or go to the Lynher estuary and stay dry but get beaten up by the wind. I decided that staying dry was my preferred option, so 11 intrepid explorers set off from Wacker Quay on a cool, blustery but dry Sunday morning. Unusually, with the benefit of hindsight this proved to be a good decision. Like many of our local beauty spots, Wacker Quay is described as "historic". There is a leaflet published by the Tamar Community Trust which uses words like "Possibly" and "Perhaps" to describe the quay's use in the late 18th century. Said leaflet mentions the lime kiln and a tidal corn mill. The leaflet is more definite when informing us about the quay's use as a supply route for the building and servicing of the nearby Scraesdon and Tregantle forts in 1859. Between 1886 and 1893 the Wacker Quay Military Railway was constructed for the same purpose. Part of this railway can be followed on foot into Antony. That was informative, wasn't it?



Photo: Clive Smith <sup>2</sup>

The "Visit Saltash" website informs us that the water is inaccessible at low tide due to dangerous mud flats. I had organised this trip to launch at half tide, so we may have had a lucky escape. We paddled down the short creek before turning left into the main Lynher estuary. I was pleasantly surprised to find that we soon lost the worst of the pantomime wind. (Pantomime wind because it was behind us. Thank you.) I was even more surprised to see a bunch of people swimming from the disused quay below Erth Hill. I have since found out that the nearby Erth Barton House is a "Wellness Retreat." I'm not very sure what a wellness retreat is, but it obviously involves swimming in waters that are very definitely not of blue flag quality. We carried on and soon spotted the railway viaducts that carry the main line over the Lynher and Tiddy estuaries. Chairman Mark and I were very excited to see two trains cross the Tiddy viaduct. I'm sure

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<sup>2</sup>The photograph of Notter Viaduct was taken by Clive Smith and copied directly from his flickr account. I haven't found any contact details for Clive so I don't have permission to use this photo



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that we instilled an equal level of excitement into our fellow paddlers, although maybe their enthusiasm wasn't tinged with a hint of sarcasm. Joy took a photo but I have found a better one on the internet. We paddled under the viaduct that crossed the Lynher which, on investigation, I find is actually called the Notter Viaduct. You now have to decide if that is informative, or just down right nerdy. As with the Tamar estuary paddle of last month, we paddled through an abandoned industrial landscape, but instead of the historic mining landscape of the Tamar Valley we were paddling past disused quarries. I've not been able to find out very much about these quarries, but it would be very strange if they didn't use the river to export their stone. There was plenty of evidence to support this.



Photo: Joy Ashford

Recently restored two masted sailing vessel. The river narrowed and trees encroached until we were paddling through a tunnel of green. The water changed colour from "opaque estuary" to "clear" on the Ashford water definitions colour chart. We were now paddling against the flow of fresh water entering the head of the estuary, accompanied by swans. On spring tides, it is possible to paddle past

the Notter Bridge Inn, but today was very much neaps. As a result, we got to the beginning of the campsite just downstream on Notter Bridge. Earlier I had spied a suitable beach that was going to act as our lunch spot. The beach consisted of a combination of rocks and a bit of mud. Unlike our normal lunch stops these rocks hadn't been eroded into nicely rounded forms, but instead were a bit jagged. Also, unlike our normal lunch spots, this beach was overhung by trees. By now the sun was shining and we sat eating lunch in dappled sunlight. People seemed to approve. (I would cite meticulous planning, but I would be lying.) No-one went swimming. It occurs to me that it's a good job I hadn't advertised this as a wellness paddle.



Photo: Joy Ashford

Suitably refreshed we re-launched and potted back down the estuary. We stopped to look at what was obviously a recently restored two masted sailing vessel, which was a splendid sight. Below Notter Viaduct the Lynher Estuary opens out. There is a channel marked by poles. As we were paddling on an outgoing neap tide, we found that straying very far out of this channel involved digging one's paddle into somewhat gloopy estuary mud. We very



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quickly learnt not to stray too far. As we approached Wacker Quay the wind let us know that it hadn't abated. It very definitely wasn't a pantomime wind now, (oh no it wasn't) so I am unable to classify the last half mile of paddling as gentle. Never the less we all arrived back at Wacker Quay, maybe a bit tired but probably quite happy. I can report that the dangerous mud flats didn't get us.

Finally, I will smugly note that on a weekend when the Saturday paddle had to be cancelled due to the wind, we managed to have a very pleasant trip that (as a bonus) included a bit of train spotting. Our next estuary paddle is a fib. It will take place on June 28th , but due to unsuitable tide times it will take place on the Exe Canal. Details will be published in the normal way closer to the time.



## Creek Chronicle

### Bash Script

This week's Chronicle has been brought to you by a bash script which interrogated the online club calendar. It is theoretically possible if you spot an error that this is due to a mistake on the calendar. Now, Sherlock Holmes once said "When you have eliminated the impossible, whatever remains, however improbable, must be the truth", however, it is not improbable, indeed it is highly likely that there are insane errors in the scraping script. I would like to blame AI but as I'm currently boycotting it, I will just have to admit to NS<sup>3</sup> instead.

### Wet Recreational Events



- ~~Saturday 4th April: Cancelled~~



- Tuesday 7th April: Our Tuesday paddle was led by Clive.
- ~~Saturday 11th April: Cancelled~~
- Sunday 12th April: Clive ran the Sunday paddle.



- Tuesday 14th April: Thanks to Gavin for leading the paddle on Tuesday.
- Saturday 18th April: Clive was in charge

on Saturday.



- ~~Tuesday 21st April: Cancelled~~
- Saturday 25th April: Terry was in charge on Saturday.



- Tuesday 28th April: Tuesday's paddle was led by Clive.
- ~~Tuesday 28th April: Cancelled~~
- Tuesday 28th April: Andy led a great paddle on Tuesday.

### Dry Events

- 8th April Committee Meeting

<sup>3</sup>Natural Stupidity



## 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](mailto:intro@ppca-canoe-club.org.uk)

Chair	Mark Perry	<a href="mailto:chair@ppca.org.uk">chair@ppca.org.uk</a>
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Equipment Officer	Pete Anderson	<a href="mailto:equipment@ppca.org.uk">equipment@ppca.org.uk</a>
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Club President	Clive Ashford	<a href="mailto:president@ppca.org.uk">president@ppca.org.uk</a>

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

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