

# Carol Warren

Husband – David Warren



**What were the main objectives of the project?** To think outside the box and look for positive ways to overcome obstacles and have some FUN



**What we did:** As a 25<sup>th</sup> wedding anniversary present to each other we bought a camper van [a year early because we're not very good at waiting] and we search the internet and Google earth for places near water to camp. This way we have 'adventures' together. I don't have to pretend I don't mind missing out and Dave doesn't have to feel bad at leaving me behind.



## Barriers and how they were overcome:

- A positive attitude is essential. I tried to pretend I was the same even as before even though I was in a wheelchair or walking like, well someone with MS. Admitting to myself I was different and asking for help the hardest but best thing I ever did
- We bought an inflatable canoe so it was portable and very stable. It's a two man canoe which means I paddle as much as I'm able and rest when I'm tired
- We plan carefully, Google earth lets us investigate places we want to visit so we can see if it's possible to park [either the van or the car] near to the water so we don't have too far to walk. Finding places with easy access to water is often difficult. Canoe England has been really helpful and emailing or phoning the tourist information for the area you want to visit is a good idea. When necessary, Dave helps me get to where we intend to launch then goes back for the equipment.
- If you're doing a trip remember you have to get back. If there's a current go against it on the outward journey so it's easier on the return journey. We both have to recognise and accept our limitations. Take plenty to eat and drink all the usual stuff.



**Results and the future:** The seas fun but has limitation for me, I would recommend Wimbleball Lake but my absolute favourite has to be canals. With canals you're in the middle of the countryside, it's peaceful and picturesque and we love it. People do a double take when we get out to cross a lock, Dave with the canoe over his head and me hobbling behind on two sticks. Sorry I don't have a picture of that. We have a couple of trips planned in Wales in September and a week in Cumbria in October [fingers crossed for the weather]. Next year we're off to Scotland for our proper silver wedding anniversary. I enjoy the planning almost as

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