

Paddlesport 50 and 60 + programmes



Both the West Midland Regional Development Team and Birmingham Canoe Club announced exciting new programmes for the summer (August 2011)... a series of introductory sessions for people who are aged 50 and 60 plus.

The overall aims of both programmes were very similar, offering a three week introduction to canoeing and kayaking. Focusing the sessions on being enjoyable, allowing participants to learn the basic skills and experience the beauty and freedom of exploration on the water.

Royal Sutton Coldfield CC was chosen as the base for the Regional 50 plus programme where 12 new people were introduced to the sport. Rob Shelton from Birmingham Canoe Club pursued his 60 plus programme by successfully applying for a grant from the Birmingham and Black County Community

Foundation – Active at 60 Community Programme.

The grant allowed the club to buy some new boats that participants would feel comfortable and safe to try including sit on tops, canoes and suitable large kayaks.

A number of the group have been awarded their Paddlesport Start Awards with one member that has already progressed to take part in a recent club sea kayaking trip to Anglesey. He quoted: "As you approach retirement age, the general perception is that it is time to take things easy but if you are blessed with reasonable good health and fitness, why not precipitate in something you are interested in which will keep you fit as well."

If you, or your club or centre, have a good example of how you have targeted a specific group then please send your details to equity@bcu.org.uk. Please send a relevant photograph with no more than 500 words.