

A Book

Becoming Pfl
Being the best Pfl can be
Created together

***Potential Barriers**

Privacy, confidence : Mixed levels of
experience: Feeling safe
Support and encouragement for the
involvement of members

A Framework for the Book

Chinese zodiac : Every 12 years :
Pfl 13th season
Lunar New Year Animals and Elements : Their
strengths, weaknesses, fortunes

We Need You and Your Help

Your (cancer and dragon boating) knowledge, experience
personal growth & balance
Writing narrative, bitesize videos recordings of ourselves,
photographs, video meetings

Curious about the Future, Present & Past Reflections

New paddler, novice paddler, experienced paddler, very
experienced paddler, helm and drummer
:

Informal, short simple, bitesize video profiles

Who, where I live, how long paddling, supporter, survivor,
Why Paddlers for Life?
For example, The Book Group, Patrons, Trustees, Members

Topics

For example, Brace the boat, stand up AND say a few words : Coaching tips:
Down and Ready : Health and Safety : Knot tying : In Nature
All Hands On Deck : The benefits of exercising : Achievements

Have Your Say

As Paddlers for Life evolves, let us tell the story
Affiliation : Belongingness : Membership : Friendship

Being a Part of Something that Feels Safe* (see Barriers)

Being a part of Paddlers for Life & building upon what we know we do well
BBC Inside Out : WhatsApp (Private) : Facebook (Private) : Facebook (Public) : Pfl Website :
Email updates: Zoom Meetings

2020-21 is Paddlers for Life 13th Season

Being a part of Paddlers for Life during unprecedented times due to COVID -19