

16 THEMES

People – Survivors, Supporters Friends, family Roles Patrons, Founders, Trustees Survivors' stories Teams Visitors Sponsors/donors		Chinese traditions, mythology Eye dotting – story Awakening the dragon Closing the eyes, sleep Chinese new year Significance of colours	Place (including Matt Grace study) Windermere Cumbria & South Lakes Low Wood The mountains/hills Water
The Dragon Metaphor Disease Power strength	Community Low Wood Marina ELH Kendal Mayor's charity South lakes Ambleside – local support Dragon Bay Regatta	Positives/achievements Put these under (all) other headings?	CAKE Social events Lunch between paddles Picnics on the beach Jelly babies Recipes sharing
Research (benefits of exercise) Why dragonboating? Cancer, disease, lymphoedema Dr Don study Sheffield Hallam study Ali's role Keni's role	Celebration/ Festivals Peterborough Sarasota Florence New Zealand Thames 2012 Other UK?	Renewal/ new beginnings History of Pfl New members Healing Learning	Connections & Communication Other BC teams Website, FB Magazine articles IBCPC, BBC, videos Medical practitioners Confucius Society
Power & Rhythm sound, sensory, uplifting Healing Singing			Uniqueness Identity Our Logo Ethos
Off-the-water Down & Ready All Hands on Deck Silverdale Ali @ Kendal Meetings Winter season activities <i>New</i> – Covid lockdown	The Boats Artemis Diana Lucy at Low Wood Artemis Phyllis Mary at Low Wood RIBs Outrigger	Remembrance People Flower ceremonies Plaques in the boats	Looking forward Aims? Development Maintaining our ethos Recruitment Diversity?