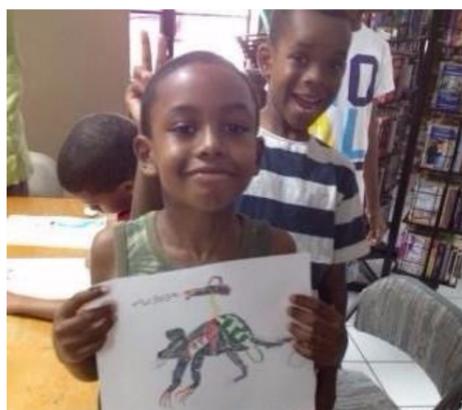




Adventure Lifesigns Explore Uganda!

[Adventure Lifesigns'](#) School Programme Coordinator, Mette Klemetsaune, recently jetted off to Uganda to check out potential new schools and community projects, which Adventure Lifesigns can help as part of their expedition programmes. Mette was very lucky to be assisted by a personal driver throughout her trip, which meant she could cover a much wider area than originally planned.

Mette visited a boarding school and a secondary school in Mukono, and a village in Gulu. Gulu was particularly uplifting to visit, as what was once a centre of genocide and child soldiers is now a steadily blossoming, thriving city. A tribute to the efforts of the local communities and world aid agencies. The children in all three schools were an absolute delight and the relationships built will stand us in great stead for the work ahead. We can't wait to get our school groups out there this summer to assist in improving their schools. The recce was rounded off by a quick detour into Kenya to check out the elephant orphanage, the calves shown in the photo above are almost 18 months old and even though they already dwarf the children visiting, they were apparently quite shy. If you would like to visit Uganda (or indeed Kenya) as part of a group check out [Adventure Lifesigns](#).



Osiris shows off his design of a rather heavily-armed rat!



Lifesigns can teach an FPOS course anywhere, even on the roof of the O2 stadium!

Coral Cay Conservation

The Montserrat site has a couple more weeks before it opens its doors to volunteers after the Christmas break, but this certainly doesn't mean that everything comes to a halt! This is a great chance for us to re-establish the library sessions for the new year, and start thinking about new topics and craft projects for the upcoming sessions.

This week's topic was presented by our new Science Officer, Tom Weigall, who was eager to spread the knowledge about animal defence mechanisms. After discussing the wide variety used - spikes, fight or flight, armour, size, camouflage and warning colours, the kids couldn't wait to use their imagination in designing defence mechanisms for a range of animal cut outs. As usual this resulted in animals that we are unlikely to find in nature: snakes with 18 eyes, venomous spikes and the armour of an armadillo, and an unforgettable rat with long legs, vicious claws, and a mounted heavy machine gun! What they lack in authenticity they certainly make up for in creativity! We can't wait to see what else these kids come up with in the coming year! Check out the [blog](#) for more stories from the sites.

Recent Events

With the new year's celebrations well and truly behind us it seems as if everyone has more serious matters on their mind, after a flurry of First Person on Scene (FPOS) and other First Aid course sign ups. [Medical Lifesigns](#) most recent students were a group of care home assistants eager to improve their ability to handle any first aid or emergency situations that they came across. Although there is a syllabus that all courses must follow, there is also ample opportunity for the leader to cover any topics that are specific to the student's role, or of particular concern to them. We are very pleased to report that all the students passed with flying colours, and that means more first aiders ready to help their fellow citizens!

The new school term also heralds the beginning of the season's med cover, with Lifesigns staff providing medical support to sports tournaments around the South East. It's a chance to catch some great games and also provides a good opportunity for medics to practise their skills. If you would like to brush up on your first aid skills check out [Medical Lifesigns](#).

Future Events

The London International Dive Show (LIDs) is almost upon us! We are ready to feel the love for diving on Valentine's weekend this year, when Coral Cay Conservation sets up its stall at the London Excel. This is a brilliant chance for us to meet some of our past and future volunteers and staff. We will be one of hundreds of stalls, so we can't promise that we won't grab the chance to sneak off and drool over all the lovely new dive gear!

Head on down to the London Excel on the 13th or 14th February and come and say hello. Keep an eye on [CCC's Facebook page](#) where we will be sure to add our stand number as soon as it is issued.

Offer of the month!

One for our future Coral Cay Conservation volunteers this month. Anyone who books on and joins a CCC marine expedition for at least 4 weeks can get their **PADI Rescue Diver course, manual and certification for FREE!** This offer will save you a massive £268.50! Just mention 'RescueJan2016' in the messages section of the [booking form](#).

Terms & Conditions: Offer applies to marine expeditions only. Expedition duration must be four weeks or longer. Offer expires 22nd February 2016. Offer is only redeemable through use of code on the booking form. Offer cannot be combined with any other offer. This offer has no monetary value and no cash or product alternative will be offered. Usual expedition Terms and Conditions apply.