



Christmas came early for the CCC Philippines team this year as the staff was keen to celebrate whilst the site was still home to December's volunteers. It wouldn't be complete without a holly jolly dive!

Photo courtesy of CCC Science Officer, Jordan Williams.

### Wishing you all a very merry Christmas!

This year has been a bit of a whirlwind. There are too many highlights to list them all but to name a few: [Lifesigns Group](#) were joined by two new members of staff, welcomed a baby boy to the family, and started a new business venture with the [ADUR Outdoor Activities Centre](#). One of [Adventure Lifesign's](#) school groups successfully completed a five-year school renovation project in Nepal. We had our first ever expedition to Norway, and we revisited Iceland for the first time in over ten years. [Coral Cay Conservation's](#) (CCC) Head of Science bagged the [first sighting](#) by CCC personnel of an Ocean Sunfish, took a team of veterans from [Depththerapy](#) through an intensive science programme in Truk ([see here](#)), and [featured](#) on TRT World's TV panel.

We would like to take this opportunity to say a big thank you to the staff, volunteers, scholars and explorers who joined [Lifesigns Group](#) this year. We wish all our readers a very merry Christmas and a happy new year!



Manon receiving her certificate of participation.



Ian, taking a short respite before donning his wetsuit in Norway.

### Coral Cay Conservation

### Recent Events

Manon Broadwick, CCC Project Scientist, finished off the year by heading to Maasin, where she had been invited to speak at the Second Annual Marine Protected Area (MPA) Congress of the Provincial Government of Southern Leyte (PGSL), by Hon. Eva Abad, the Head of the Provincial Environment and Natural Resource Management Office (PENRMO). The congress offered a great opportunity for everyone to learn more about the region's MPAs. This, of course, included us in CCC. We learned about the region-wide attitudes, thereby helping us to better understand and work with local communities to aid them in successfully managing their marine resources.

Manon's talk explained the importance of coral reefs and MPAs, and CCC's work in the region, focusing on the vital role that community involvement plays in the management process. The event also allowed barangay officials to get advice on matters specific to their MPA, such as how best to implement effective law enforcement and how to manage fines. Manon was impressed with the passion and enthusiasm showed by every level of government, from provincial down to barangay. It was heartening to see all aiming to work together to conserve the natural beauty and resources of the marine life in Southern Leyte! Why not check out the full story on [CCC's blog](#)?

It was all hands on deck for the [Lifesigns Group](#) over the last few months as CEO, Alistair Cole, UK Manager, Ian Forbes, and UK Trainer, Alex Ferguson, all alternately took turns to support a TV crew filming a new show which will go live in early 2019. The show will see a team of individuals from all walks of life in the UK pitted against local experts from countries across Europe. Alistair, Ian, and Alex worked behind the scenes providing onsite health and safety and medic cover and were lucky enough to visit some beautiful locations in Spain, France, Italy, and Norway.

One of the skills needed for those going into health and safety work is being adaptable as one can be faced with all manner of different challenges. The production required the team to travel all over Europe where they were dealing with fire, bodies of water, public interactions, and travel, and it was vital that the Lifesigns' staff member carried out continual dynamic risk assessments in order to keep everyone safe. The saying 'hope for the best prepare for the worst' is certainly true, and it's important to be alert and ready to act, like a coiled spring!

We aren't allowed to say any more than that the programme will go live in the first quarter of 2019 on a terrestrial channel, but we'll be sure to shout about it when we can!

### Future Events

On the evening of the 26th January 2019, we will be venturing out onto the South Downs National Park for the annual over-night navigation event, the [Charlton Chase](#). Teams of four young people (aged 15 to 21) head out into the wilds with an aim to navigate to a number of coordinates on a map, some of these points are manned and require the team to undertake challenges designed to test their teamwork skills. It can be cold, wet, and is always dark, but each year we are blown away by the skills and positive mental attitude shown by those who take part. If you know of a group of young people who are looking for a challenge in the new year contact us at [info@charltonchase.org](mailto:info@charltonchase.org) **there is still space to join!**

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**Register your expedition**

**Offer of the Quarter**

Last quarter's offer proved to be so popular we've decided to extend it as a special Christmas present! Join our Coral Cay Conservation [Philippines site](#) and for every three weeks that you [book on](#) for, we'll give you **one additional week for free!** Just make sure to write 'Christmas 2018 Offer' on the booking form.

Terms & Conditions: Offer applies to Coral Cay Conservation Philippine expeditions only. Expedition start date must take place within 2019. Offer can only be redeemed until the 30th January 2019. Offer is only redeemable through the mention of 'Christmas 2018 Offer' on the booking form. Offer can be applied to stays of more than three weeks i.e. one additional week free with a three-week stay, 2 additional weeks free with a six-week stay etc. Offer applies to expedition fee only. Offer cannot be combined with any other offer. Offer subject to availability. This offer has no monetary value and no cash or product alternative will be offered. Usual CCC expedition [Terms and Conditions](#) apply.



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