

AllAboard! Watersports

Despite the nights drawing in and temperature dropping, AllAboard continues to be a busy hub. We still have good interest for group sessions and individual courses throughout the winter.

Work Experience at Allaboard

By Ian Clements

My name is Ian Clements. I am 18 years old and in year 13 at Brimsham Green School. I choose to do Work Experience here as I do lots of sports. My favourite sport is sailing. I have done 5 days here, meeting lots of staff and students. I enjoyed meeting everyone. They made me feel very welcome and gave me lots to do. I used my Tellus communication aid to instruct everyone what to do and ask any questions they had. During my time here I went out on the power boat, safety boat and to the boat yard. I really enjoyed the boat yard, Steve was great and really interested in me. My favourite part of Work Experience was going out on the power boat. I would love to come back next year and do some more.



Ian on the look out for Ferries during a canoeing session



Ian enjoying telling students the parts of the boat



Steve Evans showing Ian all boat building materials – his favourite day



Back from a fun session in Aiming High

Before AllAboard!

By Pete Farmer

Before 'All Aboard' ...

From a very long time ago until 1804, the area now occupied by the Water-Sport Centre at Baltic Wharf was water meadow, probably grazed by sheep. Its northern boundary was the (very) tidal Bristol Avon. To the south the land extended into Somerset. Ships sailed (or were more usually towed) past on their way to and from the Port of Bristol, which started at St. Augustine's Reach and ended at Bristol Bridge.



Completion of Bristol 'New Cut'

Between 1804 and 1809 the Floating Harbour was constructed, including the 'New Cut' which created a new southern boundary to what became known as 'Spike Island'. A new weir (The 'Overfall') dammed the river immediately to the west of the (eventual) site of the Centre. Its purpose was to maintain a constant water level throughout the 'Bristol Docks'. Cumberland Road and Avon Crescent quickly followed. The area otherwise remained largely undeveloped because of its distance from the established Port infrastructure.

Between 1843 and 1846 the southern entrance lock was widened (to a design by I K Brunel). The excavated spoil was dumped upstream of the weir to create new land destined to become the Harbour Master's car park. The Bristol Docks Company (BDC) re-located their maintenance operations from Cumberland Basin to its current location at the 'Underfall Yard'. The owner of an adjacent timber yard (where the Council dinghy compound is now) demanded that the BDC relocate their smithy to reduce the fire risk!

More on Bristol Harbour's history in December's newsletter.

A Celebration of Volunteers

By Gill Markham

In mid- November a small group of long standing All Aboard volunteers specifically linked to Sailability were asked if they would like to attend a 'Celebration of Volunteers' evening sponsored by Access Sport: Ignite.

A delightful evening hosted by Ignite staff was attended by small groups of volunteers from several sports clubs throughout Bristol. These ranged from our own water sports at Baltic Wharf to swimming, football, climbing, tennis and more. Volunteers Jill Markham, Brian and Sylvia Hall and Ronnie flew the flag for Sailability.



Sailability Volunteers - Jill Markham, Brian & Sylvia Hall, Ronnie.



AllAboard Pinboard from Ignite.

After food and refreshments our attentive hosts started the evening with a lively fun sports themed quiz (we were all so competitive – no, we didn't win), followed by a short presentation which reminded us of the work they and we do before getting us all back on our feet to mix and network with other volunteers. The Ignite team gave every club

represented a pin board to take home full of quotes from their own clients. The lovely supportive comments made us realise that the work done by the whole Sailability team is very much appreciated by our clients and their families and carers.

Our focus and mission at Sailability is to offer inclusive water sports opportunities for all ages of people with disabilities and we are involved with several sporting initiatives to deliver that ethos. Access Sport Ignite specifically targets young disabled people and over the past 4 years, 360 local volunteers have helped to support a variety of community sports clubs in Bristol, ours very much included.

With our help at All Aboard we are amongst a team that together with other teams city wide have helped a total of 5000 young people to have the opportunity to participate in community sport.

Chatting to other volunteers made us realise that our clients may well participate in several sports to enable them to flourish and gain confidence. The Ignite programme hosted the evening to say a big thankyou to all the volunteers who are the vehicle on the ground that delivers Ignite's terms of reference within their individual clubs. So well done to the whole Sailability team.



Thankyou Leaflet

A Volunteer's Account of AllAboard's Disability Awareness Course

By Naomi Young

What a brilliant day! I initially attended the Sailability course expecting an educational, but nonetheless relatively uneventful time. However, after a cosy cup of tea and an introduction to all participators we all had group discussions on the key themes relating to Sailability including what barriers both volunteers and clients may experience to sailing. We also put emphasis on how accessible sailing is! This led onto an exciting array of activities including blindfolds, discussions, communication games and instruction on how to use the Sailability support equipment safely.



Naomi trying to get in a lift using a wheelchair

These activities not only expanded my knowledge on how to appropriately support those with additional needs but allowed myself and others to experience what our clients may feel with various additional needs. Being in a wheelchair isn't as easy as it looks! In addition, we all tackled how empathy, respect, constant communication and not having assumptions, towards clients can enhance their trust for us as volunteers and hopefully enable them to have a lot of fun!



*Fergus being taken down
in the Evac chair*

The day also invited quite a bit of team work. We worked collaboratively with the evacuation chair, hoist and in discussion, teaching each other from our own experiences at All-Aboard! Everyone appeared eager and seemed to really engage with the course which made it very enjoyable! Although it was a very chilly day, the group radiated warmth and I found the experience very fulfilling. I look forward to the Sailability days All-Aboard has planned ahead to put some of these new skills into practice, (hopefully the evacuation chair won't be necessary!)

Thank you to everyone who attended for being so lovely and really broadening my understanding of Sailability and what it truly stands for, fun!

AllAboard! would like to thank Tony Rowlands & Dave Puddy for leading the Evac chair workshop and Brian Hall & Blaire Hannan for running the course. More courses will be running, it is a requirement for everyone to attend, even if you have previously attended the course as new modules have been introduced; so sign up soon!

Bristol Ageing Better (BAB) **By Anna Curvan**

Do you know someone who feels a bit isolated or lonely?



If so, AllAboard are providing opportunities for a small group of individuals to try something new and exciting. Activities are flexible depending on the individual and what they would like to do. Currently, BAB sessions take place on a Thursday afternoon but other sessions can be arranged if necessary. If you know anyone who you think would like to be involved, please have a chat with either Hannah Trent or Anna Curvan for more information.



AllAboard!'s
Christmas card

AllAboard's Christmas Card Competition



AllAboard! held a Christmas card competition to find the best design for AllAboard's Christmas card. Our winner is, Naomi Young, and runners-up, are Bella Mathew & James Hayman. Well done to all who entered, we had some great designs! You can now see the best card designs on display on the noticeboard upstairs and buy our Christmas cards for **£2.50 for 5 cards** from the office. All proceeds go to AllAboard!.

Top 2016 Photos & Best Bits of AllAboard!

Have a great photo taken at your time with AllAboard? *Why not have it displayed in our newsletter.*

We are devising a 2016 'best bits' collage to have on display in our large classroom upstairs. The best photo will be picked and shown in our December newsletter. Please send all photos to blairehannan1@gmail.com.



We would like to showcase all the achievements made at AllAboard! this year in our December newsletter and upstairs notice board. If you believe your achievement or event deserves to be part of AllAboard!'s top ten achievements, please email admin@allaboardwatersports.co.uk.



UPCOMING EVENTS

AllAboard! Watersports Christmas Party, 13th December, 7.00pm

Yes it's that time of year again. We would love to see all staff & volunteers with their family & friends at our Christmas Party for games (including a quiz and raffle), drinks & nibbles. Bring drinks or a plate of food and join in the fun! Soft drinks and mulled wine will be provided. If you wish to take part in 'Greedy Santa' please bring a wrapped present, to the value of £5. You will walk away with a present, but with a bit of a twist! Although you are welcome to just turn up on the night, if you could let Hannah activities@allaboardwatersports.co.uk know if you intend to come that would be great! Hope to see you there!

Topper Training at Chew from Elite Toper Sailor, 10th December 2016.

Ellie Cumpsty, ex-Topper World Champion, and Olympic Potential Squad member has organised a series of Topper training sessions at Chew. Originally on the 11th Dec, it has now been rescheduled to **Saturday 10th Dec**. Ellie is doing the morning and Paul Deane take over for the afternoon as Ellie has another commitment. **Cost is £12**.

If interested contact Ellie: elliecumpsty@googlemail.com.