

Volunteers Experience of All-aboard!

Experience of a young volunteer, female, aged 17

Volunteering at All-Aboard has been marvellous! From a period where I struggled significantly with anxieties and lost my confidence, All-Aboard has supported me in developing both team and leadership roles which have prepared me for the world of both work and supporting those with additional needs.

Observing this in others is also very empowering, being on the water can be surprisingly healing in a variety of ways! I now feel far more mature in a volunteer role and excited to actively participate in a community doing something I really enjoy. I've been able to try new water sports, have been trained in some areas of water sports which I never thought I would and have gained some vital experience and qualifications working with such a variety of individuals, all equally fantastic.



Experience of a volunteer, female aged 55years +



I retired from full time work about 3 years ago and found that I had nothing to do all day which was difficult. Then a friend of mine in Bristol introduced me to CSAF at All-Aboard on a Wednesday morning, then Thursday and I found it fantastic. It got me out on the water doing sailing, rowing, kayaking or canoeing and meeting new people. I then realised I could volunteer at All-Aboard doing all sorts of

activities with all sorts of age groups, School children with special needs and elderly people, no experience required just enthusiasm!. I now volunteer about three days a week, doing all sorts of things as needed and thoroughly enjoying myself, keeping myself fit as well.