

Wow, where did the summer go? We had days filled with fun, sun, some rain, but plenty of laughter. Read more to find out all about what has gone on in August at All-Aboard Watersports.



Cerebral Palsy Plus Party

Our annual Cerebral Palsy Plus Party was another success on 3rd August. Despite the rain and high winds limiting us to only offer powerboating, we had a good turn out of 60 individuals attending. This event is very important, as it is a day for families who are affected by Cerebral Palsy to have a day together where they can meet with other families and enjoy a day of watersports free from barriers, have their face painted and enjoy indoor games.



Many of the people who come to this day have attended the previous years, informing us that this is the highlight of the year.

When speaking to the individuals they told us:

“It is really nice to have a day where you can see friends and go out as a family”

“It’s great to do something together which we can all do”

“It’s a great day out”

They enjoy coming so much that some of the adults attending came for an evening session which they want to do on a regular basis.

It is clear that putting on day like this is very important to the client base. This is why we would like to thank our volunteers who worked tirelessly throughout the whole day, to deliver a fantastic event and ensure everyone was comfortable and happy. We could not run this day without your help, so thank you.

August's Highlights

This month we welcomed 1410 attendances to the centre and delivered 5255 hours of activity time. Out of the 1410 attendance, 630 were aged under 18 years, 210 had a declared disability and 77 were aged over 55 years.

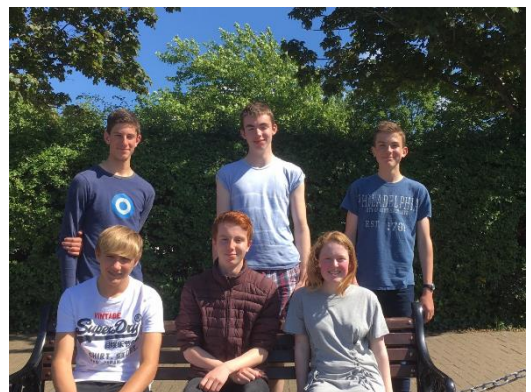
Holiday Club: We have had another busy summer for our Sailing and Multisport Holiday Club. We have welcomed many more novice sailors this year and have seen an increase in multisport participation. A few of the children who we have coached up to a suitable level were invited join our Race Squad which Chris Queeree, Ben Palmer and Pete Saunders (and others) deliver on Saturday mornings.



A successful month for SUP (Stand-up Paddle-boarding): Despite us recently introducing SUP as a new waterports activity it has certainly grown quickly in popularity. In addition to SUP being the most popular activity in our Multi-sport Holiday club, it has been the most popular chosen activity for Birthday Parties. Also, at the end of last month we put on dates where families could enjoy a 2.5 hour SUP Taster session. These sessions have been very popular in the few that we have delivered so far, so we are delighted at this success. If you would like to try out SUP visit <http://allaboardwatersports.co.uk/events/sup-taster-session-2017/>.



Training up our young AI's: Chris Queeree was a great help in training up some of our young sailors to become Assistant Instructors (AI). The sailors have been coming to All-Aboard for many years and had been already showing their instructor skills through many hours of voluntary work in previous holiday clubs and after-school club. So it was time for them to go to the next step and be trained as an Assistant Instructor. Chris Queeree designed the course so that it was very similar to the Dinghy Instructor Course. This means that we get highly trained and capable AIs and it will be easier for them to pass their Dinghy Instructor course.



It means a lot to All-Aboard to be able to train up their young sailors, who have attended for many years and learnt to sail with us, as this allows us to develop and support the next generation of instructors.

These young AIs have already been working hard over the summer holiday, putting their skills to the test, and have been a great help to instructors and staff at All-Aboard. Thank-you for volunteering with us this summer!

CSAF sessions: We are pleased to announce that due to the success of our last 3 year CSAF funding which enabled over 55's to access rowing, sailing and kayaking on a weekly basis; we have now received new funding which allows us to open our Thursday CSAF sessions to all over 18 years old. If you are over 18 years old and want to try rowing, sailing or kayaking for just £6.00 on Thursdays at 10.00 – 12.30pm, please phone 01117 929 0801 to book.



We welcome individuals with disabilities to this session, though please do inform us of your attendance so we can put in place the right level of support for you.

New systems: Many of you may have been aware that we have been experiencing some technical difficulties with our website, for which we apologise. We are pleased to announce that at the beginning of September we will gradually be introducing a new booking system which will make your booking experience easier, faster and simpler. The new booking system will remember your information so you do not have to input the same information for each child every time you book. Thank-you for your patience with us and we hope you enjoy the new booking experience.

Racing Day in/out :

By Chris Queree

On 23rd August the race squad met for a summer day, we usually do the dark cold winter as most people know. Of course half the squad were on holiday. 8 members turned up and 5 coaches, this team have turned up and provided such great coaching all the time, I am so lucky to have them working for the squad. We spent the day in medium to strong winds in Wayfarer, Wanderer, Feva and Hansa so that we could interchange between four double handers. We also interchanged

partnerships all day. In addition to some “getting used to “ time we also managed seven races, about three capsizes and a swamping. Loads of laughs and lots of fun. Just what squad is about really, having loads of fun while developing skills. Thanks to Ben, Martin, Pete and Kelvin for this and every other day they have worked for the squad, a great team of really good coaches.

Race squad is continued to ensure that we develop skills in talented sailors. So many of our customers just do “experience” sailing that it would be easy to forget the need to develop our sport. Without specialist coaching young people will not have the opportunity to develop skills in the sport, realise it's complexity and maybe take it into regional squad, currently one member of squad attending regional meetings and further, we have had previous members making national squad and doing world championships.

Recently 6 of the members qualified as Assistant Instructors and have been working for us during the summer. Their course was rigorous and will ensure that next year all of them will be able to do an Instructor course without fear having met the standard of sailing required this year and gained experience in the role as well.

If any instructor sees a student keen to learn and maybe at Stage 3 or 4 please mention the squad to them and their contact details to me please so I can develop their interest.

Rowers from All-Aboard attend Swanage races

By Jerry Boaden

Apologies to many who could not commit at short notice, but a mixed crew from All-Aboard took up the invite to row in Swanage Gig Club's RNLI Regatta. Swanage ran out their fleet of genuine wooden Cornish pilot gigs for the event, giving our members a taste of real gig rowing in the open sea. Racing a fair distance across Swanage Bay gave our rowers a chance to experience racing alongside some pretty slick crews, and than also mixing in with local members in 'Barbarian' style races.



No, we didn't win, but it was a great day out, followed by a lovely Italian meal in the evening, then off to the Local to socialise with the Club members. A Big thank you to all concerned for accommodating us!

Add this to our members rowing in the Isle of Lewis as well as Tasmania this year just shows what doors All-Aboard has opened for our rowers. Add this to the crew soon to partake in London's Great River Race, things are going from strength to strength. Good luck in London Team!



Barclays Bank sponsors one of All-Aboard rowers to enjoy

Jubilee Trust Voyage



Earlier this year, Hannah was the lucky young person to be selected to go on a 4 day voyage with the Jubilee Trust on the ship 'Lord Nelson' from Bristol to Jersey. This was funded by Barclays charity outreach programme, where one of their employees, Tony Lynch accompanied Hannah on this epic adventure. When speaking to Hannah about her voyage she said that her favourite part was when she was on night watch, and there was complete silence apart from the occasional clinking from the shackles on the mast.



We would like to thank Tony Lynch and Barclays Bank for sponsoring Hannah on this epic challenge. Here are some more quotes describing her adventure:



"It was just an amazing experience, like nothing I have ever done before and it's something I will never forget"

"It taught me how to be out of my comfort zone and still feel ok. It also teaches you to just go for things – things you'd never thought of doing"

"My favourite memory was being on night watch – four hours of total peace...yes you could hear the rigging rattling but that's very different to the normal noises of a city. It was beautiful"

“ The most annoying bit, was not being allowed to climb up the rigging when we were at sea. They said I couldn’t because of my past mental health but I really wanted to do it. They did let me do it when we were in Port though, so I sort of did it.

For more information about Jubilee Trust and their voyages please visit: <http://jst.org.uk/>



UPCOMING EVENTS

New Staff: WaterSports Activities Manager – Sonya McMillan

We will be welcoming a new member of staff to the team. Sonya, will be filling the role of Watersports Activities Manager. Before her recent travels Sonya has worked in the prison service and Groundwork Bristol. She has extensive experience of working in the charity sector and has successfully managed multiple and complex projects and teams. Read next months newsletter to find out more about Sonya and why she came to All-Aboard.

Staff/Volunteer Fun Day/ Paddle for Progress – 3rd September, 12.00 -4.30

Come along to our Staff and Volunteer Fun day on 3rd September from 12.00 – 4.30. It is a day to help raise money for Funding Neuro (to complement Blaire’s 100Km kayak challenge) but mostly to provide volunteers and staff the opportunity to get on the water, have fun and try the different activities we offer.

Family and friends are welcome. We are offering 45 minutes slots, if you would like to book on email blairehannan@gmail.com to book.

If you have anything that you would like to be considered to go into the newsletter – please send to admin@allabardwatersport.sc.uk by the 21st of each month.

Check up to date with the latest news by subscribing to our Facebook page!