

## “Watersports for all”



### The Princess Royal Visits All-Aboard



All-Aboard started the year with a bang by welcoming Her Royal Highness The Princess Royal to celebrate our 5<sup>th</sup> birthday. The Princess Royal visited us ten years ago to launch our Access Dinghies (aka. Hansa 303). On the 9<sup>th</sup> January, HRH was shown the vast development of the centre, now All-Aboard and met representatives of some of the school & disability groups we work with.

The Princess Royal launched our newest powerboat, “Andiamo” which was generously donated by David Bowers at the end of last year. Elmlea and Warmley Park students, showed off their water skills in a katananu race. They all demonstrated great team skills and sportsmanship and were lucky enough to be awarded their certificates by HRH.



Many of our instructors, staff, volunteers, founders, funders, National Governing Body representatives and users of the centre where introduced to The Princess Royal. She was very generous with her time, taking time to talk to everyone she was presented to.

We had four speeches, from Blaire Hannan, Tom Clements, Anna Curvan and Luke & Fred (Warmley Park students). They explained to HRH how the centre has helped them, what they have gained and why they enjoy coming. It was lovely to hear to different stories and perspectives on how they have benefited from attending All-Aboard.



Before cutting the birthday cake and unveiling the plaque commemorating her visit, HRH commented on the vast improvement and development of the centre. She said that "it started off with a fairly ambitious dream" which has developed into the centre it is today "thanks to the hard work and time of many".

All-Aboard is thrilled to have this acknowledgement from Princess Ann and celebrate 5 years of working with a wide range of people. Sailability started with 3 to 5 regulars and now has over 100 people who attend at least 3 times throughout the year.

After HRH left, Simon Chapman (Trustee) payed tribute to the energy, vision and determination of Steve Evans and other founders, in the development of the centre over the last 30 years. Steve thanked Nicola, *CEO*, and Sonya, Activities Manager & staff in organising this event.

All-Aboard's success is a result of the dedication and hard work of our staff, volunteers, supporters, parents and teachers. Thank you to all. Here's to another 5 years!



## All-Aboard's Communication Project – Update

Last year All-Aboard initiated a Communication Project to improve the experience of our sailors who have communication difficulties. This project involved introducing visual timetables, communication aids, 'what to expect' leaflets & videos, social stories, accessible leaflets (including large print leaflet and dyslexia friendly terms & conditions) and delivering communication training to all volunteers and instructors.

We are delighted with the feedback from teachers, parents, individuals and organisations. The project has been shown to improve the anxiety and behaviour of some of our sailors who are on the Autistic Spectrum by providing them with 'what to expect' leaflets & videos. It has also supported many of our clients' learning by adopting methods which they use at school, such as the visual timetables. We have had some great results with certain clients, who now routinely show us what sport they wish to do by pointing to the visual cards; giving them a voice and a choice in what they do.

Blaire Hannan will be presenting at the National Sailability Conference next month about this project and exploring how other centres may be able to adopt some of the techniques which were introduced.

## January Updates

**Satellite Clubs** – Warmley Park students braved the cold this month during their Satellite Club this month by doing an array of watersports. These students have progressed greatly showing good team & co-operation skills.

**Twilight Sessions** – We are now offering Twilight sessions for over 50's from January to the end of March. You can learn to row and kayak in the moonlight and take in the sights of Bristol from the water.

**Twilight Rowing** every Wednesday, 5.00pm – 6.30pm and costs just £6. If you want to attend this session, you can book by calling 0117 929 0801 or following this [link](#).





**Twilight Canoeing/Kayaking** every Monday, 4.45pm – 6.15pm and cost just £6. If you want to attend this session, you can book by calling 0117 929 0801 or by following this [link](#).



## **UPCOMING EVENTS**

### **All-Aboard's Annual Training Staff - 16<sup>th</sup> March, Volunteers - 17<sup>th</sup> March**

This training will bring all staff and volunteers up to date with our new equipment, systems and processes and be an opportunity for you all to get together before the season starts in earnest.



Attendance at this training is mandatory, so we can ensure we are delivering a consistent standard across all of our sessions. We will put on other sessions for those who join us later in the year.

We are very grateful and appreciative of our instructors and volunteers giving up their time to attend – we wouldn't be running it if we didn't feel strongly that it will help us to continue to develop and improve our delivery.

Both training days start at 9.30am and finish by 4pm at the latest. Please confirm ASAP whether you are able to attend by responding to the email you have received about it.

### **RYA First Aid Course – 25 Feb 18, 9.00am,**

Our RYA First Aid courses are a great way to learn CPR, how to treat cuts and injuries in addition to water related conditions, including secondary drowning and hypothermia.

Click [here](#) to book a place online.



## February Holiday Club

For the first time All-Aboard will be running a Holiday Club during February Half Term. Holiday Club is really popular in other school holidays, so we are opening our doors early this year. We offer a Sailing club – where students learn to sail or develop their skills further through fun filled activities and games; or a Multi-watersport club. Those who attend the Multi-sport club will be offered one activity in the morning and another in the afternoon from a choice of rowing, sailing, raft-building and paddlesports.



Click here to book for [Sailing](#) or [Multi-Watersport](#) holiday club.