

July sets new records for All-Aboard's busiest month - ever!



Despite the unpredictable weather this month, July has been one of our busiest months yet. In addition to the beginning of Holiday Club and the last after-school clubs; we have thrown our Centre open with an open day at the Harbour Festival and welcomed private clubs, cubs and guides, birthday parties, and school holiday schemes We have started up SUP sessions and delivered our first Duke of Edinburgh Award Expedition. We certainly have been busy. Not surprisingly, we had 2457 attendances through our Centre this month - which is almost 1000 more visits than last month alone! Out of these attendances 158 are for disability , 875 from youth sailing and 95 for over 55 years.



Duke of Edinburgh Award Expedition

All-Aboard recently became a deliverer of the Duke of Edinburgh (D of E) Award. This means that we are able to take groups on expeditions to complete their Award.

The Duke of Edinburgh Award is a charity which aims to inspire and transform young people's lives through a programme of different levels of awards, where the youth is required to volunteer, participate in sport, and complete an expedition, for a certain time-scale.



Thanks to funding from Quartet Community Fund, we were able to work closely with students from Warmley Park School to complete their D of E Award by teaching them how to kayak and

then take them on their kayaking expedition trip down the River Wye.

This trip was led by our instructors Glyn Norris and Steve Holland who had a great time taking the guys down the river. *“It was a great day and a real achievement for the pupils”.*

Having worked closely with Warmley Park, a Special Needs School, we are delighted that they were the first school we worked with as a D of E expedition deliverer and we are especially thrilled at the achievement of the pupils, all of whom showed great determination and gained their D of E Award recently.

[A Hive of Activity](#)

QUALITY ASSURANCE



All-Aboard passes our annual RYA Inspection:

We delighted to announce that we passed our annual RYA inspection with flying colours due to our instructors’ and volunteers’ hard work and expertise. We would like to thank all volunteers for their hard work in getting the centre ready for the inspection. We also recently passed a AALA (Adventurous Activity Licensing Authority) inspection which allows us to continuous delivering sessions on the water to schools and youth groups.

Holiday Schemes: This year we have had a rise in the number of School Holiday schemes visiting us as one of the deliverers of the activities they offer.

These sessions have run nicely alongside our own sailing and multi-sport holiday clubs, allowing a greater number of youths to access new skills and experience the benefits watersports have to offer. Our new



Assistant Instructors who once attended these clubs as participants, are now doing great work helping to run these clubs and teach the next generation how to sail. Great work guys – keep it up!

Teenage Cancer Trust: We had a great session when the Teenage Cancer Trust brought down a



small group of teenagers to try kayaking on the Bellboat. It was great to introduce these teenagers to watersports, as they had previously had no or little experience in the water and seemed to relish in the experience.

Thanks to Phil who delivered a great session.

Fairview Court Dementia Home: Residents from specialist dementia care home visited All-Aboard for the first time this month, but not the last! Thanks to Bristol Ageing Better (BAB) funding, six residents enjoyed a sunny trip in Aiming High up the river and a lovely picnic on the harbourside afterwards. For many residents, the trip triggered memories which they were able to recall and describe the changes of the harbourside since the war. One resident explained how his father worked at the Electrical Generating Station for the Trams which was opposite Castle Park before the war, an area which is now being made into flats – a history lesson for us all!



Bristol Harbour Festival Open Day: This Open day certainly hit new records as we had over 200 attendances for all of the sessions on the day. This was our first Open Day which had SUP on offer which was very popular. Thank-you to all instructors and volunteers in their help to deliver this very successful day.



[New sessions to get involved in!](#)

As you know we have recently introduced SUP (Stand-up Paddle-boarding) at All-Aboard. See below to find out your options on how to give SUP a go!

Multi-sport Taster Sessions:

Our Sunday Multi-sport Taster Sessions, involves 1 hour of one activity and another hour of a different activity. The activities now include SUP, so we can offer Sailing, Canoeing/Paddlesports,



Rowing and SUP. The combinations of the activities change each week. To see dates and book onto the Multi-sport session you wish to attend, please visit

www.allaboardwatersports.co.uk.

SUP Family Taster Sessions:



These SUP sessions are open to all ages over 8 years (under 16 years old must be accompanied by an adult on the water). They involve 2.5 hours (including getting changed) activity time for SUP. We have individual boards and a MEGA SUP which takes up to 6 adults. Why not come and join in the

fun.

Visit <http://allaboardwatersports.co.uk/events/sup-taster-session-2017/>.

An end to very successful sessions

CSAF



Sadly the funding to our Thursday CSAF (Community Sports Activator Fund) for over 55+ year olds has come to a close. This has been a very successful, getting hundreds of people on the water over the three years – many of whom took their rowing further, representing All-Aboard in Bristol Gig Regatta and doing very well.

We are pleased to announced that we have been awarded another pot of funding to continue our CSAF sessions, however these sessions will be open to all adults. Despite the funding being specifically targetted towards our target populations (isolated, vulnerable or disabled individuals, 55+ years, and those from deprived or disengaged backgrounds and ethnic minority groups), all over 18 year old are



welcome to join in with the fun!



Once you have developed some skills by attending these taster sessions, you will be able to attend our open sessions where you will be able to participate and meet with individuals of a similar ability to you.

BAB – Bristol Ageing Better Funding – by Glyn Norris

Our Bristol Aging Better (BAB) project has now completed its first year. We started last year with Glyn as the main instructor with both Mike Chorton and Anna Curvan as peer mentors, helping with delivering on the water sessions in a range of boats. During last winter the team focussed on



marketing and training in order to be able to deliver as many sessions as the funding would allow, once the warmer weather arrived and participant numbers started to grow (which they certainly did!). The project aimed to reach those people in the community whom are particularly isolated and vulnerable and lacking in confidence. From the early mid spring, participant

numbers grew to a healthy number and the team delivered a range of activities including power boat trips on the Pioneers and Aiming High, KataKanuing and Sailing in both Access boats and the Drascombe. With the first year being a huge success, we hope to continue the project, once more BAB funding has been secured. A big thanks to all who have helped deliver this project, particularly to both Mike and Anna who have volunteered tirelessly through the less clement months as well as the warmer summer ones.

We will announce when the dates for the second year will begin soon!

UPCOMING EVENTS



Cerebral Palsy Plus Party – 3rd August, 9.30 – 3.30

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This day is a fantastic day to be part of! Families who are affected by Cerebral Palsy come to our centre to enjoy a day of watersports, face paints and socialising. Last year we had over 80 people down, we need all the help we can get. If you are able to volunteer please let the office know. We ask that you arrive at 9.00 to help set up. Thankyou!

Disability Awareness Course – Fri 5th Aug , 10am – 2.30pm

Our RYA Disability Awareness Course covers the important points of working with people with a variety of disabilities. It offers advice on how to interact and communicate with disabled individuals. It highlights the difficulties and barriers faced due to impairment and gives an insight into what the challenges are for those physically disabled, sensory or learning disabled and more. In this course we also teach how to hoist and use the Evac chair (in case of a fire).

If you would like to book on please call 0117 9688244.

RYA First Aid Course – 13th Aug 9.00 – 5.00 pm.

Our RYA 1st 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.

If you would like to book on, please book online by visiting

<http://allaboardwatersports.co.uk/events/rya-first-aid-course/>.

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.

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