

SUP Boards are coming to All-Aboard!



After asking you for your opinion on whether you would like All-Aboard to offer SUP (Stand-Up Paddle) boarding, we listened and are now delivering. We recently had a delivery of 6 SUP boards, including a giant board which takes 6 adults at one time! We are also looking in adapting these by clipping a kayak seat to the board, so that those with mobility limitations can join in the fun too! See photo to the right.



Recently 8 of our instructors were trained up in delivering SUP sessions, so we will now be able to offer SUP as an activity. We will be delivering group sessions from 20th June and may be putting on taster sessions before them. For more information contact the office on 0117 929 0801.

Push the Boat Out – A Sunny Open Day



AllAboard! opened the doors again for the 'Push the Boat Out' Open Day on 21st May. Push the Boat Out is a national event from the RYA, where nearly 400 local clubs opened their doors between 13th- 21st May to encourage the public to give sailing a go.

With the sun shining we had a great turn-out, getting approximately 67 people on the water many of whom were new to sailing.



If you attended the Open day and would like to come back to All-Aboard, please visit www.allaboardwatersports.co.uk to see all our activities or phone **0117 929 0801**.

For more information on when our other open days are please visit <http://allaboardwatersports.co.uk/adult/open-days/>.



What's been happening this Month



This month our centre has been buzzing. With Schools, birthday parties, courses and community groups coming down, this month we have delivered 4250 hours of activity time and welcomed 545 people in 1589 attendances. Out of the 545 people who came through our doors, 192 had a declared disability and 386 were under the age of 18 years (133 of the under 18 years old had a disability). We also welcomed 95 individuals aged 55+ years, many are from care homes who have an average age of 90 years! It has certainly been a busy month, so thank you to everyone for their help and support to make it very successful month.

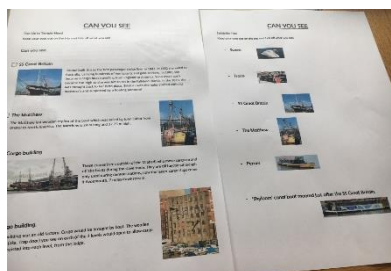
St Mary Redcliffe Nursery

This month we have taken to Mary Redcliffe Nursery on 24 powerboat trips in Aiming high up the river to show the 4-5 years old what life is like on the water. These trips were hugely entertaining with the children thoroughly enjoying the sights from the water.



Many volunteers helped to deliver these sessions – thank you to all for your support.

'What Can You See' – Aiming High



Within the next week, we will be introducing 'What can you see' cards on Aiming High. There will be a Sailability and mainstream version. These cards have numerous landmarks which can be spotted around the harbour and have an interesting history, linked to Bristol Harbour as a working dock.

This will help bring history to life and encourage the Sailability clients to look out of the boat and take in their surroundings.

When you are next in Aiming High, ask for the 'What you Can See' Sheets and see if you can complete the list.

[Accessibility Videos](#)

Within the next few weeks we will be publishing our own accessibility videos. Here at All-Aboard we appreciate that it takes a lot of courage to come to a new place and try something you haven't done before. These videos are designed to answer basic questions for Sailability service users to re-assure and inform them on what to expect and what our facilities are. The initial videos will be tailored towards Sailability customers, though we hope to branch out and show videos which answer the questions on our mainstream activities and courses.



Links to view these videos will be available from the accessibility page on the website.

[Eddystone Challenge](#)



This month the team to complete the Eddystone Challenge in Plymouth has been announced; Nicola Murdoch, Duncan Murdoch, Glynn Norris and Jill Markham. The Eddystone pursuit is a race from Plymouth to the Eddystone Lighthouse and back, to raise money towards chosen charities. Our chosen charity is All-Aboard, raising money to replace Aiming High with a new wheelyboat. Last year we managed to raise £3K – let see if we can beat that this year! Details on how to donate still to come!

[After-School Clubs](#)

Numbers for After-School clubs continues to grow. So much so that we are having to turn people away on some nights. Obviously, this is the last thing we want to do, so we would be grateful if any of our qualified volunteers (qualified Dinghy Instructors) could



volunteer on Mondays, Wednesdays or Fridays, we would be very grateful.

You can now book online for Friday After-school clubs, in addition to Monday and Wednesday after-school clubs. Book **NOW**, as spaces are going quickly!

Book on – www.allaboardwatersports.co.uk

Changes at All-Aboard

Due to the recent changes in staff the following table reflects the responsibilities of each member of staff. If you have any questions about this, please do not hesitate to call the office on 0117 929 0801.

Staff Rota & timesheet approval:	Glyn Norris
Casual Instructor Management:	Tilly Parry
RYA Chief Instructors:	Tilly Parry (sailing) & Rich Price (powerboat)
RYA Principal:	Nicola Murdoch
Equipment:	Phil Taylor
Bosun:	Steve Holland
Volunteer Rota:	Admin Team (with support from Anna Curvan)
Bookings:	Admin Team
NGB Inspections:	Nicola Murdoch
School Games Lead:	Tilly Parry
SUP Lead:	Tilly Parry
D of E Expedition Lead:	Steve Holland
New Powerboat Courses:	Rich Price

Congratulations to Nicola and the Gig Club – 9th in the World!

Big congratulations go to Nicola and her team for competing in the 28th World Pilot Gig Championships and coming 9th in the ladies and 11th in the mens!



This fiery contested championship event took place in the Isles of Scilly from Friday 28th April to Sunday 30th April with; 142 ladies crew, 51 ladies vets crew, 27 ladies supervets crew, 140 men crews, 26 mens supervets competing for the title of World Champions.

Her team had been training long and hard, doing regular intensive sessions on the Ergo Machines at All-Aboard and training out in Bristol Blue Gig in all weathers; so this achievement is truly deserved!



Nicola says, *"I love this competition - it's my favourite competition. My favourite part is the first race where over 100 boats race from the same start line with crew from all over the world, just going for it. It is so much fun!"*.

If you want to join in the fun and try your hand at rowing, visit

www.allaboardwatersports.co.uk/event-category/rowing/ to find out more on what we offer!

Work Experience – Working Life at All-Aboard

This year we have had growing interest for young students to complete their work experience at All-Aboard. To give the students an understanding of the charity, we try to give the student a taste of the various roles within the centre (i.e. Bosun, office, instructors). This month we had our first work experience student of the year. Read below for his experience:

I had chosen the All-aboard for my work experience placement, with thoughts, that is going to be very good and helpful place, which will improve my skills and qualities, when it comes to work. In my first day here, I had been surprised with positive attitude to me by every single person there. Everyone was kind, helpful and gave me clear advices, instead of doing it all for me. My first thought were that they will treat me like a person just to do some of not important work, but immediately they accept me and let me join their team. I enjoyed every second here, and I can feel that time spend there, gave me a massive boost in experiences that I will meet in a real work. That's because the instructors let me to do lots of an independent job, what suggests that they trusted and believed in me. The staff there is amazing, and I can say it with clear heart. You can laugh, chat and have nice time, but when they have a deadline, everyone tries their best. I experienced that the company is organised because everyone knows his job and also everyone treats each other like a part of a team. I saw no complaining and being angry at each other, what surprised me a bit because instead of shouting at you, they try to help with a problem. Every day, the company have different costumers, but every single one comes with smile, goes out with a smile and it seems like everybody had a very fun day. That might be because the instructors don't do anything for you, what means that you can try it yourself, which makes you learn a lot. Also the instructors are always there to watch you if something

goes wrong, and give you advice that might make you better and more confident in doing Watersports. For me it was a great time spend with these people and if I had to choose place for work experience again, it would be exactly the same. It was a pleasure working here and it changed my look, how does work look like.

Thanks, Przemyslaw Bochnak

Accessible Shower-room – the final hurdle

It has been a dream for some time to remove the final barrier for some of our most disabled clients, particularly students from Claremont School. Thanks to the hard work of Andy Beasant (volunteer) and Steve Evans we now have a customised changing table and over-head hoist which can be easily stored away in our downstairs wetroom. This will allow these service users to easily get changed have a shower or use the table as a stretching table.



Easy- fundraising

Easy-fundraising is an easy way to get company's to donate to get company's to donate to your charity of choice. Over 3,000 shops and sites have signed up to this cause, from Amazon, Expedia.com and Travelodge, to Harvey Nicolas, Habitat and Halfords.

By registering with Easy-fundraising (see link 1.), whenever you make an online purchase from one of the 3,000 sites, the retailer will make a donation to your chosen charity at no extra cost to you!

Want to support All-Aboard as your charity whenever you make a purchase?

Here's what to do:

1. Click on this link below to register:

<https://www.easyfundraising.org.uk/causes/allaboardwatersports1/>

2. Click the link below for the “Donation reminder” toolbar. It’s really easy to download, and once downloaded it means that every time you go to a site linked to Easy-fundraising a reminder pops up at the top of the screen asking you if you would like a donation to go to All-Aboard.

<https://www.easyfundraising.org.uk/donation-reminder/>

Remember the donations are made by the company you are purchasing from, so it’s a really easy way to support your charity at no cost to you. Make All-Aboard your charity today!

[Michelle Holder’s New arrival](#)

Big congratulations goes out to Michelle Holder, who had a little baby boy on Saturday 27th May called Jack.

Michelle learnt to sail at All-Aboard as a child and is now a Trustee. We are all very happy for her and wish her all the happiness



[UPCOMING EVENTS](#)

[School Games](#)

This month the students involved with the School Games, have been trying really hard to develop their skills ready for the School Games Regatta on 20th June, 9.00 – 3.00 pm.

We will need a lot of volunteer for that day to support instructors deliver safety cover, time and record the races, help sort out the children and kit and more.

If you are free to volunteer please email admin@allaboardwatersport.co.uk.



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