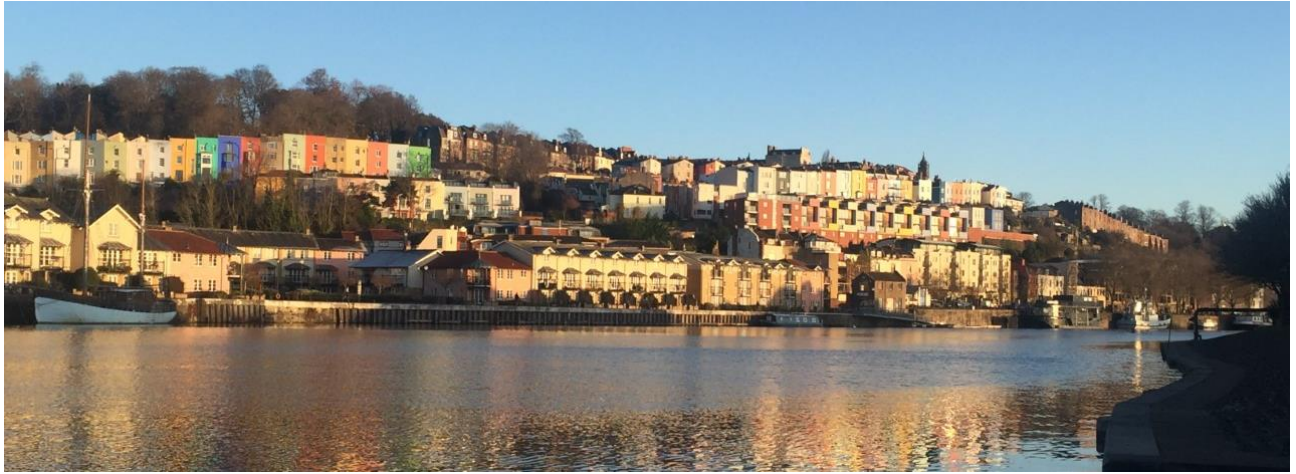


“Watersports for all”



All-Aboard!'s Open 50+ Multisport Evening

On 6th November, All-Aboard opened its doors to new comers (aged 50+) to try their hand at SUP, canoeing/kayaking, rowing and enjoy powerboat trips. With the dark evenings rolling in, there was a great atmosphere as over 30 participants enjoyed the twilight aspect of the watersport sessions on offer.



We were delighted by the wide range of participants' backgrounds, ethnicities, abilities and experiences, during this session. This has allowed us to outreach to a wider population and facilitate integration within the 55+ group sessions.

Many of the participants who attended have continued to come to our regular Thursday sessions.



This evening was a great start to our twilight evening sessions this winter. We are also offering rowing and kayaking evening sessions and Christmas festive river boat trips. See upcoming section for more information.

Thankyou! Shed men!

Over seven days in November, the Shed Men worked non-stop from early morning till sun down to complete the new boat storage. Andy designed and co-ordinated the build with support from other volunteers. It is the first time that we have been able to keep our equipment under cover to prolong its active life. Together with the new



build, other volunteers have been actively cleaning and sorting out redundant equipment in the boat yard. It is hoped that this will enable easier access to equipment and show it off to best advantage. We are now ready to take delivery of new sailing boats with old boats being sold off.

Our thanks to Keith, John J, John RH, Nick, Hamish, Steve, Dave Barry, Mike, Tony and most of all to Andy for their tireless efforts.



All-Aboard Staff Explore the River Wye

On Monday 13th November, a small team of staff took a day to examine ideas about the future projection of AllAboard! and to agree our objectives. This was a great opportunity to collaborate on ideas and visions from the various perspectives of management, admin and instructors.



The following day the team took a trip down the River Wye to trial the possibility of taking novice and disabled canoeists on fast moving water, down a specific stretch of the river. Glyn had already



ventured this trail with his students from Warmley Park, who successfully completed their D of E with Glyn and Steve Holland earlier in the year. However, we had not analysed or scouted this part of the river with a wheelchair user, so it was a great opportunity to plan how to transport the adapted canoe; in addition to planning and exploring the various access points. Thanks to the hard work of the shed men, Glyn, Sonya, Nic and Phil; this trip was a success. Keep tuned to hear more about River Wye trips in the future.

Race Squad Update

By Chris Queree

Race squad operates on Saturday mornings from September through to June. Young people who have shown some promise are invited to attend to improve their sailing skills and encouraged to join in races locally and regionally.

The coach team is formed from members of Baltic Wharf Sailing Club, Ben Palmer, Chris Queree, Pete Sanders, Kelvin Palmer and Martin Hauge. They are all volunteers and because they form a team can allow members to go off and miss a week for racing themselves.

The squad is currently bursting with life. This week they had 15 people on the water using four Fevas, five Toppers and the Vanguard15. This year they also provided the candidates for an Assistant Instructor course and 6 young people now volunteer as AI to the centre with adult courses and holiday clubs. Having qualified, these 6 are also continuing to develop their personal sailing skills in racing, there is no end to learning in dinghy racing.



Whatever the coach team are doing it is certainly proving to be more and more popular. We now have had to form waiting list.

Members are now breaking out and joining the races of Baltic Wharf Sailing Club.

One of the other attributes of this activity is the fact that in the first seven weeks of running this year they contributed more than £450 to the Centre's funds.

So when you are tucked up in bed on a Saturday morning, and why not folks, you can remember how wise you are and think of those people who don't seem to mind getting cold and wet in winter time, having fun and putting a small bit of money into the coffers.

November Updates

RYA Sailability Conference by Gill Hannan

Nicola Murdoch (CEO) and Gill Hannan (Disability Lead) attended a RYA Sailability conference in Southampton with delegates from sites as far as Scotland and Northern Ireland. The idea was to

pull our collective expertise to see how we can improve the experience of our sailors and volunteers as well exploring the best ways of evidencing the benefits of Sailability (both health and well-being). This evidence is necessary for Sport England to fund and support RYA Sailability countrywide. All-Aboard! have elected to be part of the ongoing discussions of how to discretely collect this data, and develop ways of supporting the different needs and wants of our sailors.

RYA Powerability

This month we have started up a new pilot RYA scheme called Powerability. We have been chosen by the RYA to trial delivering sessions to individuals with a variety of additional support needs using the new Powerability scheme. This scheme is similar to the Sailability Achievement scheme, where the syllabus is broken down into simpler steps, allowing individuals to improve skills over a longer period of time. This approach is perfect for individuals with learning difficulties or Autism.



Brian Hall is currently delivering these sessions each fortnight on Saturday mornings, until the end of the year. 2018 dates will soon be confirmed. If you are interested in participating or find out more, please call 0117 929 0801 to enquire.

All-Aboard Online Shop



We now have an online shop where you can buy RYA books, All-Aboard merchandise and Christmas cards! You have choose to pick this up your purchase or for us to post it out to you! Simply visit <http://www.allaboardwatersports.co.uk/courses/course-category/shop/> and start shopping now!

50+ Winter Activities

This month we kickstarted our winter CSAF activities by launching our mixed and Women's only rowing, and kayaking sessions. These have been very successful so far, though if you want to join in you are more than welcome to. Simply click the following links for each sport and press 'Book Now' to book online!

Womens only Rowing – Mondays, 3.00 – 4.30 pm, £6 :

<http://www.allaboardwatersports.co.uk/courses/course/55-taster-session-rowing-2017/>

Mixed Rowing – Fridays, 11-12.30pm, £6 :

<http://www.allaboardwatersports.co.uk/courses/course/50-rowing-mixed-session/>

Kayaking – Fridays, 2.00-4.00pm, £6:

<http://www.allboardwatersports.co.uk/courses/course/50-kayaking-session/>

Christmas cards

Our Christmas cards, designed by Naomi Young, are now £3.50 per 5 cards. If you would like to purchase a pack, please visit <http://www.allboardwatersports.co.uk/courses/course/all-aboard-christmas-cards/>, email admin@alboardwatersports.co.uk, or phone 0117 929 0801 to purchase.

The profit raised from the Christmas cards will go to supporting the charity which will allow us to continue delivering sessions at reduced prices to individuals with disabilities, 50+ year olds, youth clubs, multi-sport family sessions, and those who have financial barriers.

We believe that watersports teach life skills to youths; improve health & well-being and empower individuals by achieving goals. Our constitution states that we will try to remove barriers to watersports whenever possible. We cannot do this without the generous donations from the public.



Upcoming Events

Festive Boat Trips



We will be offering Christmas boat trips throughout December. Twilight boat trips with festive refreshments will run every Thursday in December from All-Aboard into the Centre of Bristol and back to take in the Christmas lights.

These trips are running on Thursday 7th, 14th, 21st December and last one hour. You can book onto the 6.00-7.00 pm or 7.15-8.15pm slot by clicking

<http://www.allboardwatersports.co.uk/courses/course/twilight-christmas-river-boat-trip/>

Tickets are £6 for children and £12 for adults.



Santa's Floating Grotto



We are having a very special guest visit All-Aboard! this December, before his busiest night of the year. Yes kids, Santa is coming to All-Aboard! in his floating Santa's grotto!

You can meet him and enjoy a festive boat trip on his Floating Grotto on Saturday 2nd, 9th, 16th December for our 1 hour boat trips at 2.00-3.00 or 3.30-4.30pm. You can find out more and book by clicking <http://www.allaboardwatersports.co.uk/courses/course/santa-boat-trips/>.

Tickets are £10 per adult and £15 per child. Children will be given a small gift and festive refreshments will be available on the trip. Come along and join in the fun!

Christmas lunch and Christmas Quiz Evening - 22nd December

If you would like to come to our volunteer and staff Christmas lunch on Fri 22nd December at 12.00 we would love to have you and your partner.

Date: Friday 22nd December

Where: All-Aboard

Time: 12.30PM – 3.00PM

Cost: £16.50 (2 courses) BYO Drinks

RSVP: Tuesday 12th December – Please pay Admin team

Numbers limited – First come First Served!

For those of you who can't make the lunch we are having a Christmas Party and Quiz in the evening. You are more than welcome to join.

Mulled Wine, Minced Pies and a Christmas Quiz

Date: Friday 22nd December

Where: All-Aboard

Time: 3.00PM – 6.00PM

Cost: Free! BYO Drinks,

RSVP: Friday 15th December (we need to know numbers in advance)

Christmas Holiday Club: 18th Dec – 21st December 10.00am - 4.00pm



Join the fun at our 4 days Christmas Holiday Club. It will start on Monday 18th December – Thursday 21st Nov and will include activities such as orienteering and a treasure hunt round the harbourside, making Christmas jumpers, painting Oppi's and playing games!

Book online now by clicking <http://www.allaboardwatersports.co.uk/courses/course/christmas-holiday-club/>.

Christmas presents!

Christmas Presents! - Gift Voucher



Why not make someone's Christmas this year by purchasing a Gift Voucher for them to have some fun on one of our courses or try out an activity. Vouchers are valid for a year. You can purchase our vouchers by visiting:

<http://www.allaboardwatersports.co.uk/courses/course/gift-voucher-2017/>.

Easyfundraising Reminder – Make your Christmas shopping count!

By Sarah Harding – Finance Officer

You can support us when doing your Christmas shopping!

All Aboard Watersports is registered as a good cause with Easy Fundraising. This is a website that will raise donations for us whenever you shop online – at absolutely no extra cost to you! Please try and use this if you are shopping online – particularly with Christmas fast approaching.



There are nearly 3,000 online retailers who will make a donation to us, including Amazon, John Lewis, Aviva, the trainline, Sainsbury's and it doesn't cost you anything. It's really simple, all you have to do is:

1. Join.

Go to <https://www.easyfundraising.org.uk/causes/allaboardwatersports1/> and sign up for free. If you are searching for us the name is "All-Aboard Watersports"

2. Shop.

Every time you shop online, go to Easyfundraising.org.uk first, pick the retailer you want and start shopping (even better and simpler is just to use the "donation reminder" – see below)

3. Raise.

After you've checked out, that retailer will make a donation to your good cause for no extra cost whatsoever!

AND – even better is to download the Donation Reminder using this link:

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

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



Check up to date with the latest news by liking our Facebook page ([All Aboard Watersports](#))! You can also find us on Twitter ([@AllAboardWSC](#)) and Instagram ([@allaboardwatersports](#)).