



Sailing for the Disabled

MEMBER'S HANDBOOK



SAILING WITH PRIDE



Patron - Sir Miles Walker, CBE, LLB

HOW IT ALL STARTED

In 1984 the landlord of the Creg ny Baa Hotel, Ray Kelso raised, with the help of the social club several thousands of pounds to successfully start a Spina Bifida organisation on the Island. He then found another cause! Following discussions with various people including Ivor Mellor, the then Head of Physiotherapy Service for the Isle of Man, he learned there were disabled people who would like to sail. Together with the "Friends of the Creg" he raised and gave £2,500 to purchase from John Qualtrough of Castletown a second-hand Leisure 17. The yacht was placed on a trailer, taken up to the "Creg" and there with great ceremony christened the "Creg Ny Baa"! A committee was formed and so "Sailing for the Disabled" came into being.

Over the next few years the membership of the Charity increased and fund raising began in earnest. Much of the money the 26' cruising yacht "Dunlin" which was capable of some off-shore sailing to Ireland and Scotland was raised by one of our founder members and former Chairman, Terry Hopkins, who ran the London Marathon—no mean feat when you realise he is partially sighted!!

"Dunlin" was our vessel for about 10 years before fund raising started again for a larger boat. Together with a generous donation from Mann 2000, the Isle of Man Sports Council, the Manx Lottery, and many local businesses a new Bavaria 37 was purchased in May 2000.

The Charity continued to go from strength to strength enrolling more people both able and disabled, offering services to special needs units on the Island thereby making sailing available to all.

In April 2005 the charity purchased a larger yacht a Bavaria 46 cruiser which was named Pride of Mann II which allowed for further expansion of the sailing capabilities. Pride of Mann II served the charity well and completed over 33 thousand nautical miles before being replaced in September 2014 with a vessel that allowed further expansion of the charities reach into the community.

So 30 YEARS on

On September 28, 2014 in our 30th anniversary year, Pride of Mann III arrived in Douglas. She is our largest yacht to date and one which will service the charity for many years to come.

Pride of Mann III is a Beneteau Oceanis 48 Cruiser, which was adapted at the Hamble to meet our specific requirements.



- Fitted with 10 berths in five cabins which allows us to take up to 5 persons with disabilities plus Skipper/mate and 3 crew/carers on each cruise. On some cruises it may change slightly to allow each disabled member his/her own cabin, depending on disability. On day sails up to 14 people can be carried with a 1:2 ratio.
- The yacht is fully equipped with the necessary safety equipment and modern electronics.
- The yacht has been adapted for use with a boarding ramp, a lift to the saloon and additional handrails to allow ease of access on board. We have the ability to carry wheelchair users subject to them being able to manage on board, the cockpit table slides to provide additional space.
- The full cockpit enclosure affords protection from the elements which ensures greater comfort during the winter months.

Sailing for the Disabled remains completely managed by volunteers; there are no paid officers. We receive no public funding but rely entirely on sponsorship and donations. A large part of our income comes from our Corporate members, to whom we are continually grateful.

Sail in harmony with your peers, regardless of disability



Family: 5 cabins - 3 heads / 5 cabins - 3 salles d'eau

Pride of Mann III

- **Built 2014 in France**
- **Overall length 14.6 m**
- **Mast Height approx. 21.3m**
- **Five cabins**
- **Three toilets**
- **Shower**
- **Well equipped galley**
- **Modern electronics**
- **Extensive safety equipment**
- **Moveable cockpit table**
- **Stern boarding**
- **Lift to saloon available**

PUTTING TO SEA

All of the Charity's Skippers and mates have been approved by the Executive Committee and have undergone training and assessment with the charity prior to their appointment.

Both skippers and mates must hold current First Aid and VHF DSC Radio Certificates.

All crew/carers, including skippers and mates will have completed our Awareness Course which provides advice and practical experience in dealing with people with a variety of disabilities.

If you wish to serve as an active crew member you will be required to attend sail training sessions and work towards achieving RYA competent crew standard which many of our crew already hold, or even possibly go on to achieving a Skipper's qualification.

First Aid and VHF DSC Radio qualifications are also useful for crew members as are diesel engine maintenance, radar and sea survival courses, all of which can be taken locally.

For further advice and information on courses contact the Charity's Training Organiser or Awareness Officer, see our website for their numbers.

On all sails there is a mix of able and disabled members who all take part in the crewing of the boat to whatever level their disability allows.

As a new member you might prefer to join a short sail of approx. 4 hours leading to day sails as your experience grows. Overnight and weekend cruises introduce a new element of life on board where communal living takes on a new light. During the course of the sailing year, a mixture of sails of varying duration are available on the programme and will include off-island cruises of several days.

HOW TO BOOK YOUR SAIL

When you would like to go out on Pride of Mann III you should look on the website **www.sftd-iom.com** where you will find the current sailing programme. When chosen the sail(s) you would like to join, email **crewmaster@sftd-iom.com**. If you do not have access to the Internet telephone the **Crewmaster** on 07624 471222 and he will give you this information.

GIVE IT A GO

Everything changes once you step on board the yacht. Some things are more difficult, some much easier. Physically and mentally nothing is the same— even your mood changes. Being on the sea brings everything from exhilaration to tranquillity. Through 'Sailing for the Disabled', whatever your disability, a whole new world opens up for you.



WHAT TYPE OF SAIL IS AVAILABLE TO YOU?

SHORT SAILS - We offer short sails of typically 4 hours in local waters from Douglas or Peel. If this is over a mealtime, you need to take a packed lunch to enjoy at a local anchorage.

ALL DAY SAILS - These vary between 9—12 hours in local waters going somewhat further than on a short sail. You will be advised of the arrangements for any meals by the skipper.

WEEKEND SAILING - Weather permitting you can join Pride of Mann III for a weekend sail around the Island or possibly off Island. We have visited Cumbria, North Wales, Eire, Northern Ireland, and the South of Scotland.

Each year we endeavour to plan some longer cruises of up to seven days giving you the chance to travel further afield and spend more time visiting various coastal towns.

The cost of food and drink is shared between all members of the crew. Alcoholic drinks are normally permitted aboard except in certain circumstances i.e. an under 18 group. Anyone requiring a special diet is asked to make their own arrangements for particular provisions. **SMOKING IS NOT ALLOWED below deck**; smoking on deck is at the discretion of the skipper.

Waterproof clothing, life jackets and safety harnesses are provided.

WHERE TO FIND US.....

Pride of Mann III is berthed on a pontoon in Douglas inner harbour and can be accessed via The Tongue. Pay and display parking for your car and on-shore toilet facilities are available nearby.



Unless differently agreed with the skipper, those sailing are asked to meet at the boat one hour before the time shown on the sailing programme. When the weather requires, waterproof sailing jackets and trousers can be obtained from the drying room before boarding the boat in which case we will meet outside Douglas Bay Yacht Club.

WHAT TO BRING WITH YOU

In addition to any medication you may need during your sail, it is recommended you bring the following:

All Sails

- Soft soled shoes at all times (not black)
- Complete change of clothes—people do fall in.
- Warm clothes & extra woollies
- Gloves, hat and neck towel
- Waterproof footwear plus spare socks
- Sunglasses and sun cream
- Spare sighted glasses, if required plus case and/or cord
- Camera

For longer voyages also take

- Sleeping bag plus a pillow slip
- Extra change of clothing to include smart(ish) clothes for ashore
- Wash kit and towels
- Ear plugs - some crew do snore!
- Medication - on all voyages please ensure you carry more medication than you need as all return times are provisional and delays are inevitable.
- All belongings should be carried in a soft bag - no suitcases.

If you sail off Island you should carry photographic identification in case, for any reason, you need to travel back by ferry or air. Should this be due to hospitalisation, and if our boat is required to return to the Island before you are discharged, then you are responsible for the cost of getting home. Whilst we would make every endeavour to wait until you were discharged, there could be circumstances that prevented this happening.

The UK and Northern Ireland have a reciprocal Health Agreement with the Isle of Man. However, Southern Ireland does not and the Executive Committee strongly recommend you consider travel insurance if you do not already have any.

Email addresses to note

To book a sail	crewmaster@sftd-iom.com	07624 471222
For sail training	crewtraining@sftd-iom.com	
For awareness training	awareness@sftd-iom.com	
For all membership queries	membership@sftd-iom.com	
General enquiries	secretary@sftd-iom.com	
To help with fundraising	fundraising@sftd-iom.com	



**ENJOY YOUR SAIL ON
PRIDE OF MANN III**

If you are new to sailing or the weather forecast is changeable, here are a few tips to help you enjoy your sail.

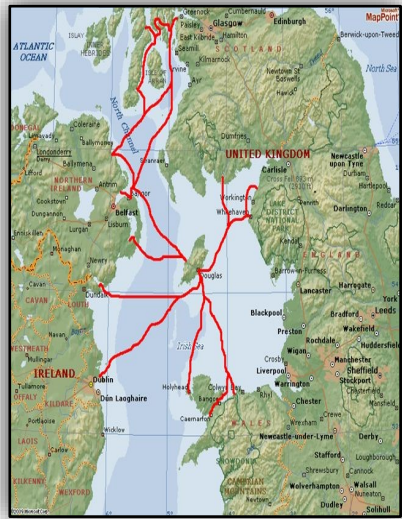
- The evening before your sail have a light meal and avoid anything very spicy or a lot of alcohol.
- If you plan to use anti-seasickness medication, check the dosage the night before and only take as directed. Some brands are taken 2hrs before the sail, then at pre-scribed intervals after that.
- Wear warm clothing in two or three layers. Bring a hat and cloves. It can be chilly out at sea, even during the summer months. SFTD crew will provide you with foul weather gear (waterproofs) to wear over your own clothes if necessary.
- Pop a plastic carrier or sandwich bag into your pocket so it's handy if you start to feel queasy. A few ginger biscuits or sweets may help.
- Bring a packed lunch that is easy to digest and will give you energy. Some members bring biscuits/chocolate/sweets to share, which is always welcome!

Even the most experienced of sailors can be affected by sea-sickness from time to time, but if you do start to feel unwell-

- Stay in the cockpit- going below will make you feel worse.
- Focus on the horizon or a distant object forward of the boat.
- If you are ill, use the bag in your pocket.

Please don't feel embarrassed if you are unwell- tell the crew and they will help you!

WHERE WE SAIL



FUNDRAISING

Throughout the year we ask for volunteers to help with the fundraising necessary to ensure the continuance of our Charity. If you are willing to give your time and help with this essential work, please contact the fundraising officer whose name is shown on the website or alternatively you may email fundraiser@sftd-iom.com

100 CLUB

By joining the 100 Club at a cost of £24 per year, your name is put in our monthly draw. Winners are announced on the website and in the Newsletter. The form to join may be downloaded from our website.

**RENEWAL SUBSCRIPTION PERSONAL AND
COMMUNITY MEMBERSHIP**

Your membership is renewable on the 1st April each year, irrespective of when you join, and to make this easier for you, we suggest you pay by Standing Order. The necessary form is available from the Membership Secretary or can be downloaded from the website.

CORPORATE MEMBERSHIP

Various levels of corporate membership are available to companies wishing to support Sailing for the Disabled. Full details may be obtained from the fundraising officer whose details are shown on our website or by emailing fundraiser@sftd-iom.com

CODE OF PRACTICE

The Mission Statement and Code of Practice, detailing procedures to be followed on board Pride of Mann III is displayed on our website. All sailing members are recommended to read this.

www.sftd-iom.com





*DBS Check: a verification that individuals working with vulnerable persons are free of convictions and cautions;
www.dbscheckonline.org.uk

